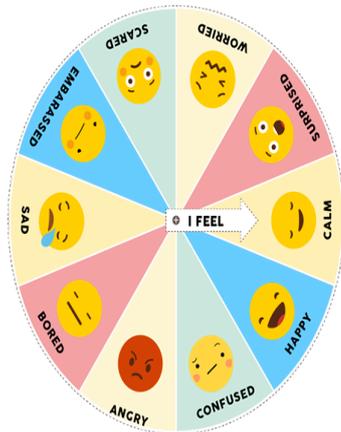


<p>Read your Duffy book with your child and talk about their favorite character, an illustration they liked best or share why they liked or disliked the story.</p>	<p>Make your own stress ball(s) by filling balloons with dry lentils or rice. Take the ball(s) in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.</p>	<p>Pretend you are a feather floating through the air for about ten seconds. Suddenly you freeze and transform into a statue. Don't move! Then slowly relax as you transform back into the floating feather again. Repeat, making sure to finish as a floaty feather in a relaxed state.</p>	<p>Draw pictures for family and write a story about it.</p>
---	---	--	---



How are you feeling today? Why are you feeling that way?

I feel

_____ because

THINGS YOU CAN DO at home

- Have a BBQ
- Make a den
- Learn to tie your shoelaces
- Take a bubble bath with a book
- Go on a mini-beast hunt
- Make a rainbow from recycled materials
- Paint a family portrait
- Give up talking for a whole day
- Have a screen/media-free family day
- Make a picture from Easter egg wrappings
- Keep a tally of all the handwashing in your house
- Camp in your garden
- Make an alphabet using things from around your home
- Bake a cake for your neighbour - leave outside their door
- Can you learn to do a head/hand-stand
- Can you guess how many pieces of pasta are in a packet?
- Record your favourite story and send to school to put on Video Library
- Do 5 minutes running on the spot everyday
- Make a sandwich for a member of your family

Above all, have fun and stay safe!

<p>Design and make a kite to fly outside. Will it fly high?</p>  <p>Do you know this NZ building? Which city is it in?</p> <p>Find out</p> <ul style="list-style-type: none"> • What is it famous for? • What special event is coming up that relates to this? 	 <p>Which city is this building found in? Find out</p> <ul style="list-style-type: none"> • How tall it is. • What is it famous for? 	<p>Make a cardboard fort</p> <p>So simple but the fun can last for hours. Put any boxes you have out in the garage for good use. Don't have boxes to spare? A sheet fort using chairs and bedsheets can be just as fun.</p>	<p>Show kindness to a sibling or family member. Draw a picture and talk about it.</p>
<p>Film-making is easier now than ever before. With technology like smartphones and tablets, most children have access to video equipment.</p> <p>Pick a theme, topic or story and get children to film it. Then, using free software like Windows Movie Maker, iMovie or PowerDirector, go in and edit your masterpiece.</p> <p>After you've finished, you could get everyone to share their videos on class dojo.</p>	<p>In the garden, how many baby steps from one side of your property to the other? How many giant steps?</p>	<p>Draw a map of your house and create directions for emergency exit routes to the letterbox, from each room.</p>	<p>Work together to spring clean your bedroom or an area of the house (inside or outside).</p>

<p>Help tidy up after a meal by clearing the table and washing the dishes.</p>	<p>Make cards for everyone in the family.</p>	<p>Make letters/words in sand (or with twigs/shells etc)</p> <p>ABCDEFGHIJKL MNOPQRSTUVWXYZ</p>	<p>Bake Together Cookies, cakes, brownies. Anything! Baking is a great lesson in measuring, ingredients, and of course, making delicious goodies.</p>
<p>Have a Picnic- Grab a sheet, whatever food you have, and enjoy a living room picnic or take the fun out into the backyard if you are able. You can even play that memory game at the same time: "I'm going to a picnic and I'm bringing..." Each person takes turns remembering (in order) what everyone is bringing and then adds one thing each turn.</p>	<p>Film Tik Toks- Quarantine? It's perfect time to choreograph and film <u>TikToks</u>.</p>	<p>FaceTime family Members- FaceTime is another meaningful way to connect with family and friends while practicing "social distancing." Use it to check in on family members and to socialize, even if it's just over the phone.</p>	<p>Indoor Hopscotch- If you can't get outside, grab some painter's tape and map out your hopscotch indoors.</p>
<p>Do Yoga- The YouTube account <u>Cosmic Kids Yoga</u> has all kinds of yoga-for-kids videos. It's not just for kids, either; you can all do yoga together as a family!</p>	<p>Make a Self Portrait - If you want to keep things simple, the self-portrait can be made with crayons or markers. But if you want to take things up a notch, switch to a more unconventional medium: candy, pasta, buttons, or anything else you can find!</p>	<p>Create a Bird Facts Sheet- Have your child pick a NZ Bird Can they make a fact sheet, listing everything they know about that animal? Now, do some research. After learning a little bit more about that bird, have your child add new facts to the sheet about what they learned</p>	<p>Bird Watch Can you identify five types of birds and then research them?</p>

Enjoy working through activities throughout the week with your children. Colour in or tick activities as you complete them. Don't forget to add them in the class dojo. Have fun!