



Week 3 Term 4 Stage 2 & 3

Welcome to the last week of Home Learning! We would like you to take this week to organise and prepare yourself for the return to school. There will be no Framework sent home this week, instead you will find two set tasks/activities on your GoogleClassroom to complete. You will still have your class zoom with your teacher each day. We know how hard you have worked during this time, and we understand that there are lots of changes happening which can be unsettling and confusing. We would like you to take time this week to get yourself ready for the return to school. Use this week to organise your work, finish off any unfinished work, tidy up your learning space and mentally prepare yourself just like your teachers are.

Things you will need to think about for next week:

- *Find your school bag – make sure it is clean!*
- *Check your school uniform and your school shoes.*
- *Where is your school hat?*
- *Is your pencil case organised and ready to go?*
- *You will need a drink bottle with your name.*
- *Practise waking up on time ready for school to start.*

We will still have Wellbeing Wednesday – make the most of your time to recharge and get outside. If you complete all of the activities for the day you can always complete:

*Mathletics tasks

- *Practice your typing skills** - <https://www.typingclub.com/sportal/program-3.game>
- *Access activities on the learning HUB** - <https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home> or there are some extra mindfulness activities attached below.

While you are at home, can you please take some time to complete the following survey. There are 6 questions for the student to complete and 6 questions for the parent/carer to complete. The responses/answers of this survey will be reflected in the Semester 2 report, learning attitudes section, so please ensure that you take your time while answering the questions.

<https://forms.gle/RadfDvHPENXZ5XhCA>

We are excited to see you back at school next week. We understand this is going to be a big transition after working at home for so long. You can do this – we are all in this together!

See you next week!!!

Stage 2 & 3 teachers



WELLBEING WEDNESDAY: WEEK 3 TERM 4

Wellbeing Wednesday is a day to relax and have some fun. Think of something you love doing. Maybe that is going for a walk, being creative, cooking, gardening, playing a board game or listening to music. At the bottom of your sheet you will find more links to explore.

COLLAGE

Take photos inside and/or outside and then make a collage.



They can be in a shape, overlapped, cut out and arranged, spaced or randomly placed. Experiment with what looks best!

Write ABOUT IT

Use pictures or emojis to write a story.



DIRECTED DRAWING

Find a cool art activity at **Art For Kids Hub -**

<https://www.youtube.com/channel/UC5XMF3lnoi8R9nSi8ChOsdQ>

and follow the directions!



Cook

Choose a favourite recipe to cook. It could be cupcakes, biscuits, slice or a cake. Please make sure that you have an adult's permission and/or assistance.

You may even like to decorate biscuits with icing and lollies or sprinkles!



Perform a Random Act of Kindness for someone in your family. Be creative!!



Play a board game with a family member.



Get active with a dance from **Just Dance**

Or maybe something chill from **Cosmic Kids Yoga.**



If you were a Super Hero, what would your Super Powers be? Why?



Change the words to a song, making up your own lyrics about Home Learning, COVID or anything!!!



Check out these Links:

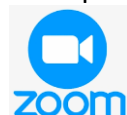
Well-Being Activity Book - <https://education.qld.gov.au/curriculum/learningfromhome/wellbeing-activities-booklet.pdf>

30 Fun Science Activities You Can Do At Home - <https://www.youtube.com/watch?v=7TtAoNilQ8s>

20 Fun Activities You Have To Try! - <https://www.youtube.com/watch?v=LynoDOTBw-Q>

DON'T FORGET!

Join us for our Stage 2 zoom @ 12.00pm.

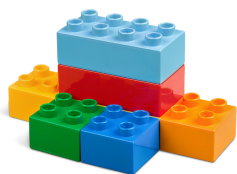


5 MINUTE BOREDOM BUSTERS

Complete one, two or all of these fun activities.

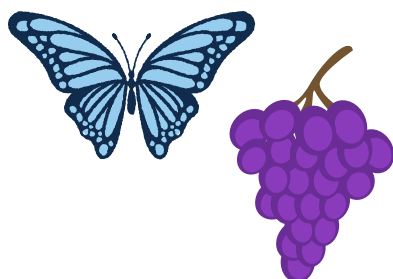
The decision is entirely up to you!

Use construction blocks to build the tallest tower you can before it falls over. Is it taller than you?



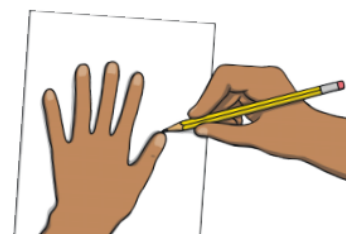
Draw your dream house. Does it have slides instead of stairs? Does it have a swimming pool? Does it have a launch pad for a rocket? Let your imagination go wild!

How many things can you find around your house or garden that are blue? Can you draw a picture to keep track of how many you find?

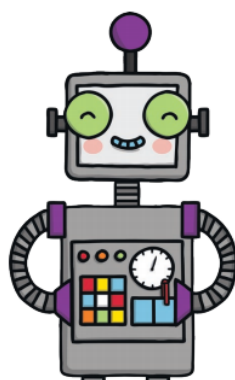


Using a camera, take close up photos of things like the lounge, a pillow or a blanket. Can someone in your house work out what those things are?

Draw around your hand on a piece of paper. Design some funky new nails or draw a pattern all over the paper hand.



Hide a soft toy somewhere around the house or garden and make a treasure map to find it.



Draw a robot and label all of the parts. What can your robot do?

Create a superhero and draw them. What is their name? What super powers do they have?



SCREEN-FREE MINDFULNESS

Can you step away from your device for a few minutes?
Take the challenge by completing one, two or all of the mindfulness challenge cards.

Play some calming instrumental music. As you listen to it, draw the pictures that come into your mind.



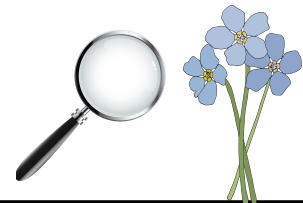
Lie on the floor, in a position that is comfortable for you. Close your eyes and imagine you are lying on a beach on a warm day. As you breathe in, imagine the waves gently lapping your feet. As you breathe out, picture the waves retreating back to the sea.

Go outside and lie on your back, looking up at the sky. Watch the clouds carefully. What shapes can you see? How are they moving?

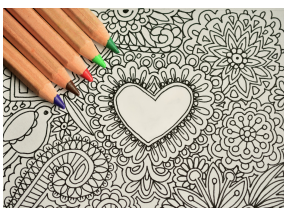


Sit cross-legged on the floor and close your eyes. Focus on the sounds you can hear around you. Allow yourself to acknowledge the sounds you can hear.

Take a magnifying glass outside and lie on the grass. Use the magnifying glass to focus your attention on something small on the ground. Take your time to really notice the details on your chosen object.



Using your pencil, take it for a 'walk' over a piece of paper. Try to use as much space as you can and create patterns and lines all over the page. Once you have finished, colour in the different patterns and shapes you have made.



Make your own glitter shaker by filling an empty jar with water almost to the top. Add a few drops of food colouring and stir with a spoon. Add a large spoonful of glitter, then stir in a small tube of glitter glue. Seal the jar with a lid and secure with tape. Shake the jar and watch the glitter settle.





A PEEK INSIDE MY MIND

In these clouds, write down all of the thoughts and feelings that are having.
They can be happy thoughts, sad thoughts, worried thoughts, excited thoughts!



Fold along the
dotted line so
the two stars
touch.



A JAR OF

Thankfulness



Write in the jar, all the things you are grateful for in your life.