

# Stage 3 – Take Home Learning Pack Term 3, Week 5

Dear families,

Please find the learning from home work for this week attached. There is a suggested timetable, but children can complete the activities in any order and can also complete them more than once if they would like to.

If you can, we ask that you send a photo/video of the work your child has completed. All photos/videos can be uploaded in your child's Class Dojo Portfolio.

Taking photos of the tasks your child completes, allows us to see all the wonderful learning that the children are doing as well as allowing us to see which children are learning from home so that we can mark the roll.

Alternatively, bring your completed work to school when you come and collect your new booklet.

Happy learning!

InterPool WESt

# LIVERPOOL WEST PS - STAGE 3 - REMOTE LEARNING - TERM 3, WEEK 5

1 1 20	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:10			20mins Reading		
9:30	Reading Comprehension Predicting	Reading Comprehension Predicting Reading Eggs	Reading Comprehension Predicting	Reading Comprehension Predicting Reading Eggs	Reading Comprehension Inferencing
10:10	Writing Plan your explanation:	Writing	Crunch and Sip Writing Plan your explanation	Writing	Writing Descriptive writing
10:50	How does the respiratory system work? Vocab – word of the day "WUOW	Publish your explanation Vocab – word of the day 'guffaw'	'What causes the seasons?' Vocab – word of the day Word Cline	Vocab – word of the day Word Cline	picture prompt Vocab – word of the day Word Cline
11:00			Break 1		
11:40	Mindfulness Mindful Generosity	Crunches Mother of Invention	Mindfulness 5 Things I See, Hear & Feel	Crunches Posing the Question	Mindfulness Moments of Gratitude
11:50	Maths Patterns	Maths Patterns	Maths Cartesian Plane	Maths Volume and Capacity https://bit.ly/2WftgKs	Maths Volume and Capacity
12:30	BTN UNESCO Great Barrier Reef https://www.abc.net.au/btn/clas sroom/unesco-great-barrier- reef/13465558	Number of the Day 2625 TEN Maths Place value Yahtzee	Geography Olympic Mascots https://bit.ly/3i6inCz	Number of the Day 8764 TEN Maths Red or Black	Music Elements of Music: Form https://publish.viostream.com/pl ay/w9i3zgnztoi43
1:10	Fitness Couch Island	Fitness Shoe Streams	Fitness Fitness Circuit	Fitness Dance https://binged.it/3rAdPYx	Fitness Avatar Workout
30			Break 2		
2.10	Visual Arts Pop Art Landscape <u>https://bit.ly/2XlkiaY</u>	Library Story Box Online 'Norton and the Bear'	Visual Arts Shadow Art <u>https://bit.ly/2YoiTqb</u>	Science STEM – Design a space car Research - Venus	Journal Reflection How are you feeling? What have you been doing? What's going well? What would you change?

# DAILY

READ: for 20 mins each day				
Book of your choice	Reading Eggs	Read a piece of everyday text (a menu, timetable, an ad, cereal		
Library book	Newspaper article	box)		
Magazine article	Online book or information			



# MONDAY

# COMPREHENSION

- Choose any text to read.
- **Predict before you read** by looking at the title and cover and record your prediction.
- **Predict while you are reading** and note down any changes to your prediction or what will happen next.
- After reading, check if your prediction was correct. You can use the format below.

# PREDICTING

Predicting is when we think about what will happen next using clues from the text.

**BEFORE READING -** Look at the title and the cover. What could the story be about? **WHILE READING -** What has happened so far? What might happen next?

AFTER READING - Check your predictions. Were they correct? How were they different?



VOCABULARY							
	<b>Meaning</b> Can use a dictionary	Base Word	<b>Prefix / Suffix</b> Can you add a prefix or suffix to the word?	<b>Synonym</b> Similar meaning Can use thesaurus	<b>Antonym</b> Opposite Can use thesaurus		
Example 'frustrating'	Causing feelings of anger and annoyance.	frustrate	frustrates frustrated frustration	annoy irritate	pleasing		
'forlorn'			Sentence				

### BTN

Watch the BTN episode: 'UNESCO Great Barrier Reef' https://www.abc.net.au/btn/classroom/unesco-great-barrier-reef/13465558

- 1. Before you watch the BTN story, record what you know about the Great Barrier Reef.
- 2. What makes the Great Barrier Reef special?
- 3. What is coral bleaching?
- 4. The Great Barrier Reef is on the UN World Heritage List. What does that mean?
- 5. What list did UNESCO want to add the Great Barrier Reef to? Why?
- 6. What did the government think about the Great Barrier Reef being put on the list?
- 7. What decision was made by the World Heritage Committee?
- 8. Do you agree with the decision to keep the Great Barrier Reef off the `in danger' list? Give reasons for your answer.

### **WRITING: Explanation (Plan)**

WALT: We are learning to plan explanation texts to explain how or why something works or how an event occurs.

### Success Criteria:

- \* I can research the topic about how the respiratory system works and take some notes.
- \*\*I can research and record dot points about how the respiratory system works.
- \*\*\*I can research, take dot points and complete my plan about how the respiratory system works.

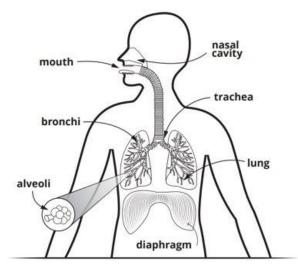
### Explanation Writing Task – How Does the Respiratory System Work?

Explanation texts describe how and why something works, or how and why an event occurs. You are going to write an explanation text called *How Does the Respiratory System Work?* 

You will need to:

- research this topic
- · record dot-point notes
- · write your text in complete sentences.

This diagram is a visual representation of respiration. It has been included to help you understand the process and to stimulate some initial ideas for your writing.



# **Explanation Text Research Template**

Before writing your explanation text, you will need to research the object, event or process you are describing. Use this template to record your research as dot-point notes. **Do not use full sentences.** 

### Question

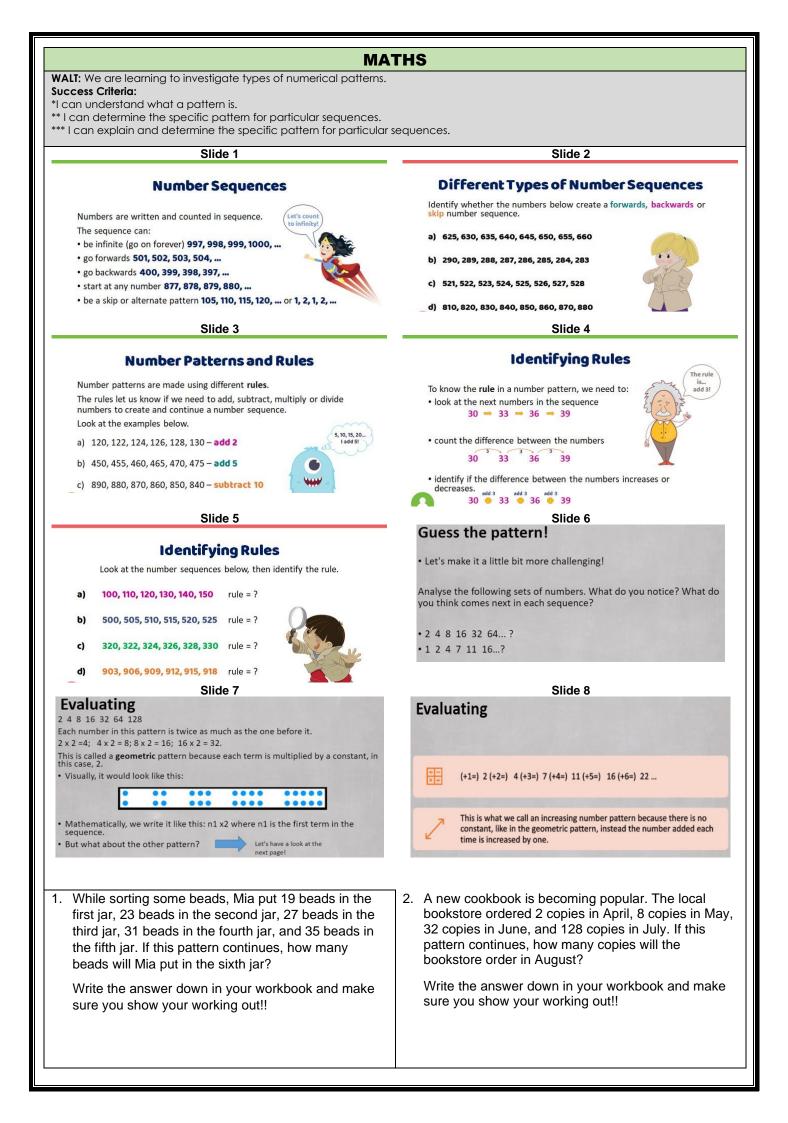
The question I am going to answer in my explanation text is:

### Process

Research how and why this process happens. Draw a diagram or flow chart if it helps you to better understand the process. (You need to properly understand it so you can explain it clearly in your text!)

### Vocabulary Word Bank

List some of the subject-specific vocabulary you will use in your written explanation of this process.



### ART

WALT: We are learning how to draw Pop Art landscape to create space and perspective.

### Success Criteria

\*I can draw the foreground. \*\*I can draw the midground.

\*\*\*I can draw the background.



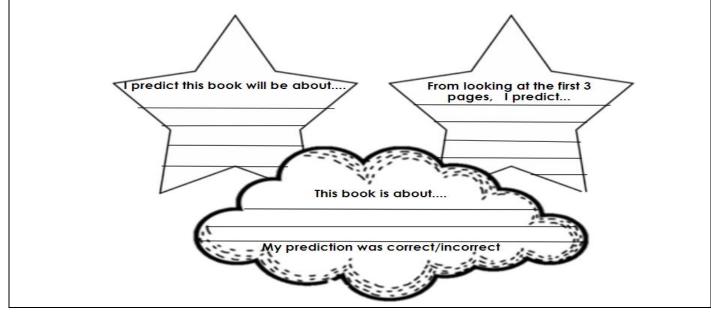
### Pop Art Landscape using Perspective

- For this art activity you will need: a piece of paper, ruler, pencil, colouring pencils or crayons.
- Watch the video for instructions to complete your artwork: <u>https://bit.ly/2XlkiaY</u>

# TUESDAY

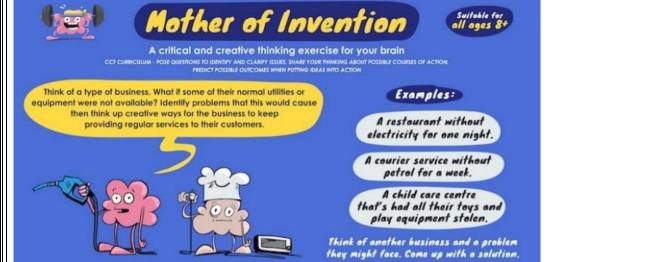
### **COMPREHENSION**

- Choose any text to read.
- **Predict before you read** by looking at the title and cover and record your prediction.
- Predict while you are reading and note down any changes to your prediction or what will happen next.
- After reading, check if your prediction was correct. You can use the format below.



	VOCABULARY							
	Meaning	Base	Prefix / Suffix	Synonym	Antonym			
	Can use a dictionary	Word	Can you add a prefix or suffix to the word?	Similar meaning Can use thesaurus	Opposite Can use thesaurus			
Example	Causing feelings of anger	frustrate	frustrates	annoy	pleasing			
'frustrating'	and annoyance.		frustrated	irritate				
			frustration					
'guffaw'			Sentence					

# CREATIVE & CRITICAL CRUNCHES



### **WRITING: Explanation (Publish)**

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	• /	~	•••	

We are learning to use our plan to write an explanation text about the respiratory system.

### Success Criteria:

\* I can use my plan to write an introduction.

\*\*I can use my plan to write an explanation about the respiratory system.

\*\*\*I can use my plan to write an explanation and re-read and edit my work.

\*\*\*\* I can use my plan to complete an explanation, edit my work and publish correctly using the checklist provided.

- Use your planning template to write full sentences and publish your writing.
- Check your work and revise your vocabulary, spelling and punctuation.

Title:

Introduction (Provides a brief overview of the object, event or process.)

Description (A series of paragraphs that explain the 'how' and the 'why'.)

Conclusion (Provides a brief summary.)

# Place Value Yahtzee



In pairs, students take turns to roll 4 dice.

 Set aside any dice you want to keep (to meet the Yahtzee category). You may re-roll the other dice (maximum 2 turns each person).

 After completing your roll, use the numbers on the dice to fill in one of the 9 categories on your score sheet. For each category, your goal is created the greatest number you can.

You must fill in only one category on each turn. You may fill the categories in any
order. If you cannot enter a number for any category after rolling, you must place an X
beside any it. Each category may only be filled in once (with a number or X). Once you
have filled in a category, you may not change it.

Continue taking turns until each player has filled in all 9 boxes.

 After each player has filled in all 9 categories on his/her score sheet with a number or X, players compare the number they filled in for the first category. An X in any category counts as 0. The player with the greatest number written circles that category on his/her score sheet and receives 1 point. If there is a fie, both players receive the point.

The player with the greatest number of points is the winner! If there is a tie, the
players can have one final roll to see who rolls the largest number.



Category	4-digit number
Number with 3 in the hundreds place	
Number with 5 in the ones place	
Number with 2 in the tens place	
Number with 6 in the thousands place	
Number whose thousands and ones digits add up to 9	
Number whose digits add up to 13	
Number with two of the same digits	
Number with three of the same digits	
WILD! Any number can be written here.	

If you are unable to fill in a number for any category at the end of your turn, place an X beside any available category. At the end of the game, compare the number you wrote in each category with the number your opponent wrote. If you wrote the greater number for that category, circle it and give yourself 1 point.

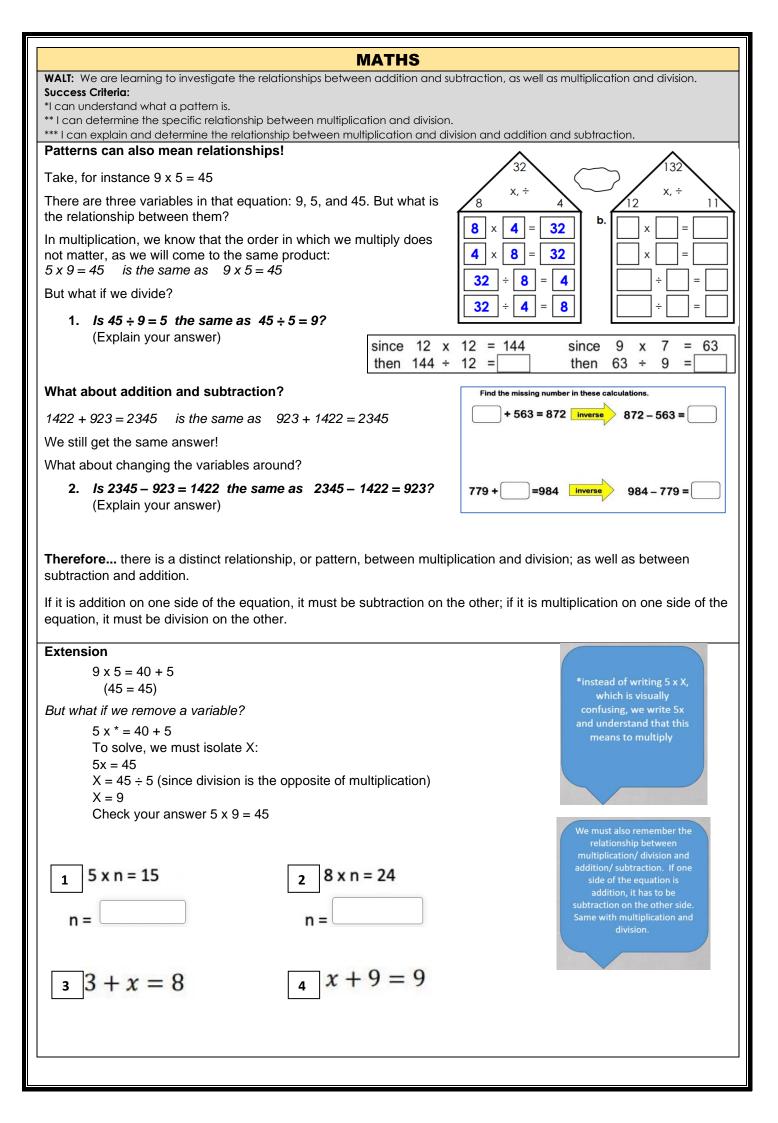
### Place Value Yahtzee Score Card

Category	4-digit number
Number with 3 in the hundreds place	
Number with 5 in the ones place	
Number with 2 in the tens place	
Number with 6 in the thousands place	
Number whose thousands and ones digits add up to 9	
Number whose digits add up to 13	
Number with two of the same digits	
Number with three of the same digits	
WILD! Any number can be written here.	

number for that category, circle it and give yourself 1 point.

Category	4-digit number
Number with 3 in the hundreds place	
Number with 5 in the ones place	
Number with 2 in the tens place	
Number with 6 in the thousands place	
Number whose thousands and ones digits add up to 9	
Number whose digits add up to 13	
Number with two of the same digits	
Number with three of the same digits	
WILD! Any number can be written here.	

number for that category, circle it and give yourself 1 point.



LIBRARY
WALT To navigate and use Story Box Library
Success Criteria *I can navigate my way to Story Box Library. ** I can accurately use the search functions. *** I can read the text then design my own t-shirt. **** I can write to persuade someone to wear my shirt.
<ul> <li>In browser search 'Story Box Library' <u>https://storyboxlibrary.com.au/</u></li> <li>Log in with:         <u>User name: lwps</u>         password: lwps         Click on hamburger button         Click on Stories         Search 'Norton and the Bear'</li> </ul>
** Read the book 'Norton and the Bear'.
ACTIVITY: Tap into your creative expression and design your own unique piece of clothing. Step 1 - Draw an outline of a t-shirt on a piece of paper
Step 2 - Using coloured pencils or sharpies, design you own unique style on your t-shirt
<b>Step 3</b> - Write a note to convince someone why they should wear your t-shirt. What is special about it? What could they wear it with?

# WEDNESDAY

### **COMPREHENSION**

Look at the picture and answer the questions in full sentences



- 1.What's on the other side of the door?
- 2. What is the girl holding in her hand? Why?
- 3. How did she get to the forest?
- 4. Where is this?
- 5. Who hung the lanterns in the trees?
- 6. Where does the stream lead?
- 7. Will the girl go back through the door or stay in the forest? Predict what will happen next.

	/OCABULARY
	Create a word cline
Word clines are a way to show were synonyms sit on a slope, from the weakest meaning to the strongest meaning. If you would like to review this lesson, please looks at the slides for Wednesday.	Word List forlorn sad mournful depressed heartbroken low Weaker Meaning

### **WRITING: Explanation (Plan)**

We are learning to plan explanation texts to explain how or why something works or how an event occurs.

### Success Criteria:

WALT:

\* I can research the topic about how the seasons work and take some notes.

\*\*I can research and record dot points about how the seasons work.

\*\*\*I can research, take dot points and complete my plan about how the seasons work.

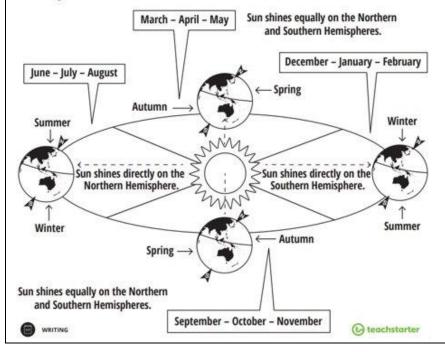
# Explanation Writing Task – What Causes the Seasons?

Explanation texts describe how and why something works, or how and why an event occurs. You are going to write an explanation text called *What Causes the Seasons?* 

You will need to:

- · research this topic
- · record dot-point notes
- · write your text in complete sentences.

This diagram is a visual representation of the seasons. It has been included to help you understand the process and to stimulate some initial ideas for your writing.



# **Explanation Text Research Template**

Before writing your explanation text, you will need to research the object, event or process you are describing. Use this template to record your research as dot-point notes. **Do not use full sentences.** 

### Question

The question I am going to answer in my explanation text is:

### Process

Research how and why this process happens. Draw a diagram or flow chart if it helps you to better understand the process. (You need to properly understand it so you can explain it clearly in your text!)

### Vocabulary Word Bank

List some of the subject-specific vocabulary you will use in your written explanation of this process.

### MATHS

**WALT:** We are learning to understand what cartesian plane is and plot coordinates on it. **Success Criteria:** 

\*I can understand what a cartesian plane is. \*\* I can plot coordinates on a cartesian plane.

\*\*\* I can plot coordinates and connect them to make an ice cream sundae.

A very famous mathematician called Rene Descartes lay in bed one night. As he lay there, he looked up at the ceiling in his bedroom. He noticed a fly was asleep on the ceiling. Descartes, being a mathematician wondered if he could figure out a way of stating where exactly the fly was on the ceiling. Obviously, it has to be a precise description he thought. I can't really say, "To the left" or "Near the right "or "In the middle". He began to think about how he might be able to describe the exact position of the fly.

Descartes decided that if he drew two lines at right angles to each other, then he might be able to come up with a way of describing the exact position of the fly.

### How do you think this would have helped him? (write your answer on the line)

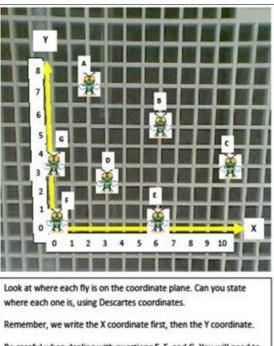
Descartes decided to place numbers on the bottom (horizontal) row and on the side (vertical) row. He could now state accurately where exactly the fly was on the ceiling.

But there was a problem, should he give the vertical number of tiles followed by horizontal? i.e. go up 5 squares and move across 4 squares, or should he give the horizontal number first, then the vertical? i.e. go across 4 squares then move up 5?c

# He decided to give the HORIZONTAL NUMBER FIRST and THE VERTICAL NUMBER SECOND.

To help people remember this he called the *horizontal line X* and the *vertical line Y* (Because X comes before Y in the alphabet) So, in this diagram, the position of the fly can be found by moving 4 units across, then 5 units up. These are known as X, Y values and are written like this

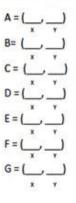
Position of fly = (4, 5) X value, Y value (First) (Second)



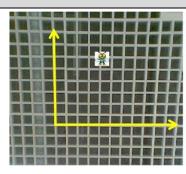
Be careful when dealing with questions E, F, and G. You will need to think a little about these before writing your answer

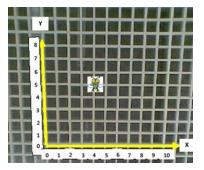
### Answers:

The coordinates of each fly are listed below,



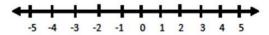
Which of the above coordinates did you find most difficult to describe? Why?



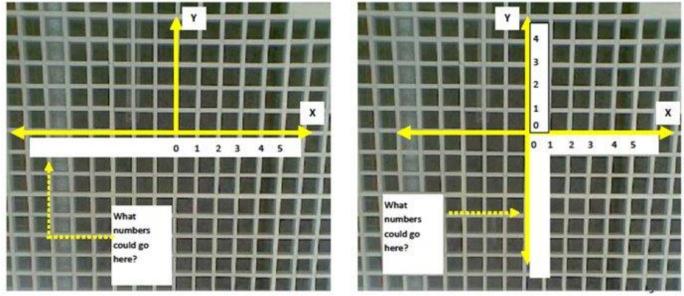


### **Negative Coordinates**

For the next part we need to think back to when we did the "Number Line". Recall what the Number Line looks like:

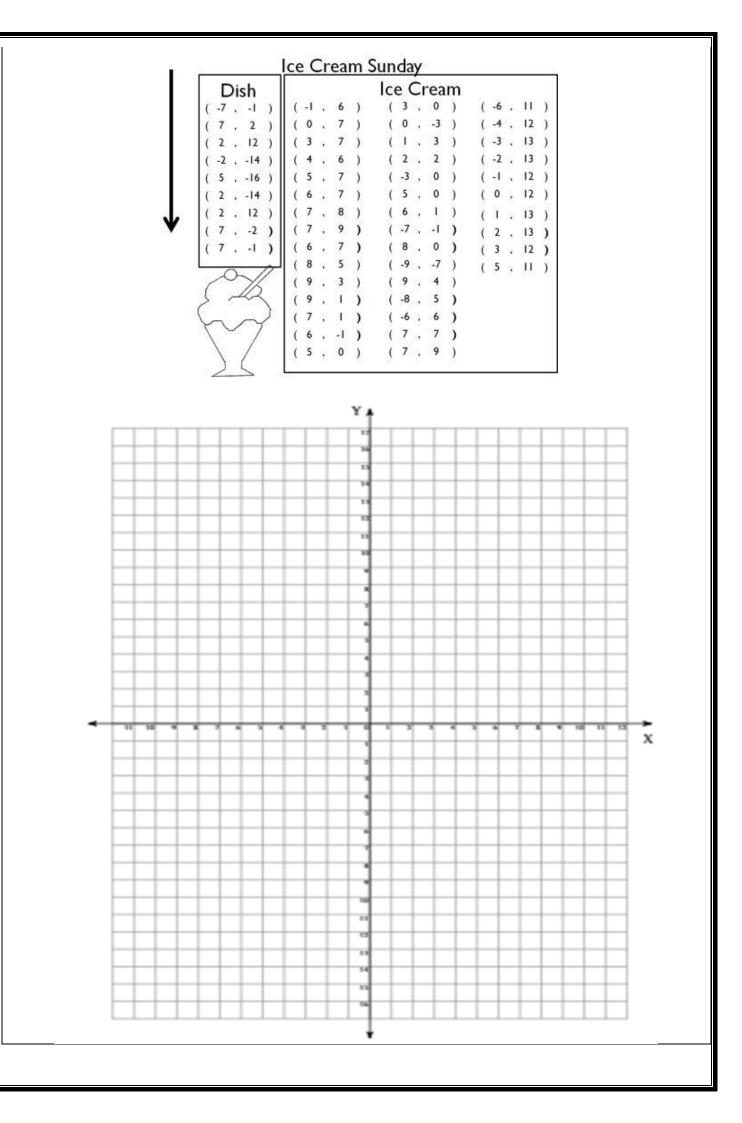


Keeping this in mind, what numbers do you think could go in the "missing parts" of the coordinate plane.



Drawing a point is similar to reading a point. You start by moving across the X axis, then move up the Y axis until you get where you need to be.

Directions:			1.	(8,6)	to	(4, 10)
Plot the following points on the grid.	12		2.	(4,2)	to	(8,2)
Then draw a straight line	10		3.	(4,4)	to	(10,4)
to connect	8		4.	(2,4)	to	(4,4)
from one to the next.	7		5.	(4,6)	to	(4,10)
	5		6.	(8,6)	to	(4,6)
	4		7.	(4,2)	to	(2,4)
	2		8.	(8,2)	to	(10,4)
		7 8 9 10 11 12	9.	(4,4)	to	(4,6)



### GEOGRAPHY

WALT: We are learning about how messages are represented by mascots and images during Olympics.

### Success Criteria:

\*I can describe and name some mascots in Olympics.
 \*\*I can discuss some messages represented by mascots in Olympics.
 \*\*\*I can explain messages represented by mascots from different countries.

### **Olympic Mascots**

It has been a tradition to have a mascot for each Olympic game.

Olympic mascots are the ambassadors of the Olympic and Paralympic games. They play a very important role in:

- spreading the values of the Games
- promotes the history and culture of the host city
- gives the event a festive atmosphere.
- welcome athletes and visitors to the games.

Watch the link about Mascots: https://bit.ly/3i6inCz (If the link does not work, copy it on your web browser.)

Write down the name of the mascot, city, country, and the year of the Olympics.

City - Country	Mascot	Year of Olympics
Barcelona - Spain	Hoadari	1988

### Activity

### **Option A: Information Report**

Choose one of your favourite mascots and write a report about it. Include an image of the mascot. Use the link on the previous slide to get some information or do your own research.

### Option B: Team Mascot

Imagine you are going to represent your country at an international sporting event.

Create a mascot for your team and give it a name. What message will your mascot represent? Complete you work and upload it to the correct portfolio.

ART

WALT: I am learning how to capture nature with shadow art

### Success Criteria:

\*I can trace and capture the shadow of nature on the paper before the sun moves.

\*\*I can colour my completed shadow art.



### Capture Nature with Shadow Art

- For this art activity you will need a piece of paper, pencil or texture and you need to decide what part of nature you will be drawing.
- And most importantly you will need the sun to start your art activity, the sun is the most important part because it's going to help us by creating the shadow.
- Watch the video for instructions to complete your artwork <a href="https://bit.ly/2YojTqb">https://bit.ly/2YojTqb</a>

# THURSDAY

### COMPREHENSION

Look at the image and answer the questions in full sentences.

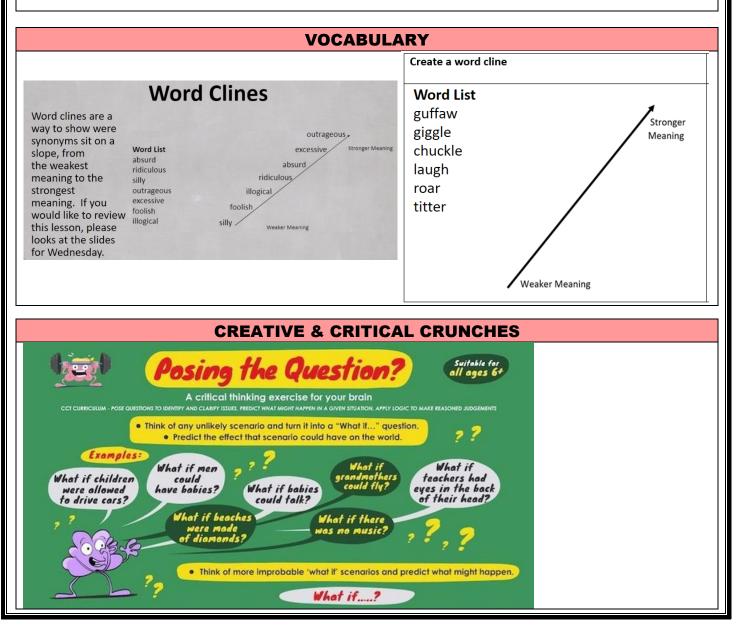


1.Where did it come from?

2. Have the people in the village seen the rock sphere?

3. What might they be thinking, saying or doing?

4. What do you think is going to happen next?



### **WRITING: Explanation (Publish)**

### WALT:

We are learning to use our plan to write an explanation text about how the seasons work.

### Success Criteria:

- \* I can use my plan to write an introduction.
- \*\*I can use my plan to write an explanation about the seasons.
- \*\*\*I can use my plan to write an explanation and re-read and edit my work.
- \*\*\*\* I can use my plan to complete an explanation, edit my work and publish correctly using the checklist provided.
  - Use your planning template to write full sentences and publish your writing.
  - Check your work and revise your vocabulary, spelling and punctuation.

Title: \_

Introduction (Provides a brief overview of the object, event or process.)

Description (A series of paragraphs that explain the 'how' and the 'why'.)

Conclusion (Provides a brief summary.)





VOLUME	EXAMPLES	
One cubic centimetre		
One cubic metre		
Half a cubic metre		
Two cubic metres		

Red OP Black



Learning Intention: I am learning to use efficient strategies to solve addition and subtraction problems involving numbers of any size.

### Success Criteria:

\* I can create a three-digit number and identify the solving strategy.

\*\* I can solve the three-digit number problem using the most efficient addition and subtraction strategy.

\*\*\* I can share the efficient addition and subtraction strategies.

	Task
Re	sources: Deck of cards, Paper and Pencil
•	Players start at 1000/5000.
de	Take turns to flip 3 cards creating a 3-digit number. 1st card flipped termines addition or subtraction
(re	d = add, black = subtract).
For	example: flip 522 (5 is black, subtract from total) 1000-522=478
•	Players keep a cumulative tally.
•	If a player doesn't have enough points to subtract, they miss a turn.
•	Player with the highest total at the end wins.
Va	riation: allow negative numbers

### SCIENCE

WALT: We are learning to design and create a space car that can travel on the surface of another planet or moon Success Criteria:

\*I can plan my space car

\*\* I can include labels on my plan

\*\*\* I can build my space car using recycled materials at home

### **Extraterrestrial Vehicle**

NASA requires an extraterrestrial vehicle that can travel on both rocky and smooth surfaces.

- The car must have a space for one driver and one passenger as well as their equipment for long space expeditions.
- You will not be able to take fuel (petrol) on your expeditions so the space car must run off another type of renewable energy

Answer these questions:

- How much will it weigh? \_\_\_\_\_\_\_
- How long will it be able to travel for between refueling?
- How will you make sure it is able to travel on both rocky and smooth surfaces?

Some inspiration for your space travels...









Draw your design. Be sure to upload a photo of your space car after building it, along with a written response about it to your Class Dojo Portfolio.

### SCIENCE

WALT: discover more information about our Earth and our Solar System Success Criteria:

- \* I complete basic research about Venus by using credible sources on the internet
- \*\* I can answer the research questions in full sentences
- \*\*\* I can draw Venus in its correct position in our Solar System

### Venus

Youtube : <u>https://bit.ly/3zmb5Rg</u> NASA : <u>https://go.nasa.gov/3rpJYIj</u> Science Kidz : <u>https://bit.ly/2TqLsPR</u>

Research and answer these questions about Venus

- 1. Describe Venus scientifically. What is it made out of, its colour and its size?
- 2. How long does Venus take to rotate on its axis, what does this mean?
- 3. How long does it take for Venus to orbit around the sun, what does this mean?
- 4. How far is Venus from the Sun, how far is Venus from Earth?
- 5. Who discovered Venus and who or what is it named after?
- 6. Draw and label a coloured diagram of Venus in the Solar System.
- 7. Describe any interesting facts about Venus.
- 8. Bibliography What sources or websites did you use to find your information. (Do not write Google)

# FRIDAY

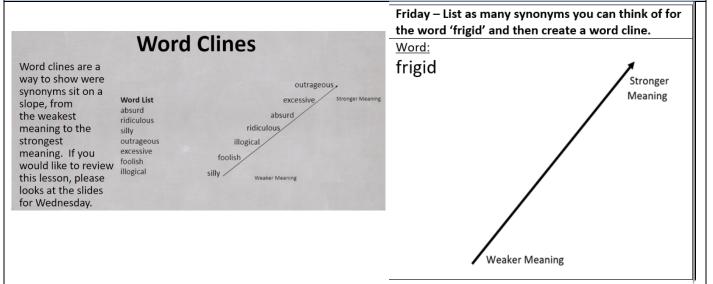
# COMPREHENSION

Read the text and use the clues to draw the image.



You'll love this gorgeous single-storey home located in Pentonville. This solid structure is made from a brown, man-made material, topped with emerald coloured tiles. The home is approximately 150 square meters and is very cosy. Winters are toasty when sitting by the crackling fire. Wake up each morning to beautiful sunrises through the two front rooms. You are greeted with a ruby coloured door with a brass door-knob. The garden is low maintenance with only a couple of plants. The plants match the rosy curtains.

# VOCABULARY



# **WRITING: Descriptive Writing**

### WALT:

We are learning to use descriptive vocabulary to inform the audience about an image.

### Success Criteria:

\*I can record 3 descriptive words about the image.
\*\*I can record many descriptive words and transfer 3 into sentences.
\*\*\*I can use my descriptive words to write a paragraph about the image.

- View the image and make a list of descriptive words to explain what you see.
- Use your 5 senses for adjectives, prior knowledge and synonyms.
- Then use the vocabulary that you list to write sentences / a paragraph to inform the audience about the image.

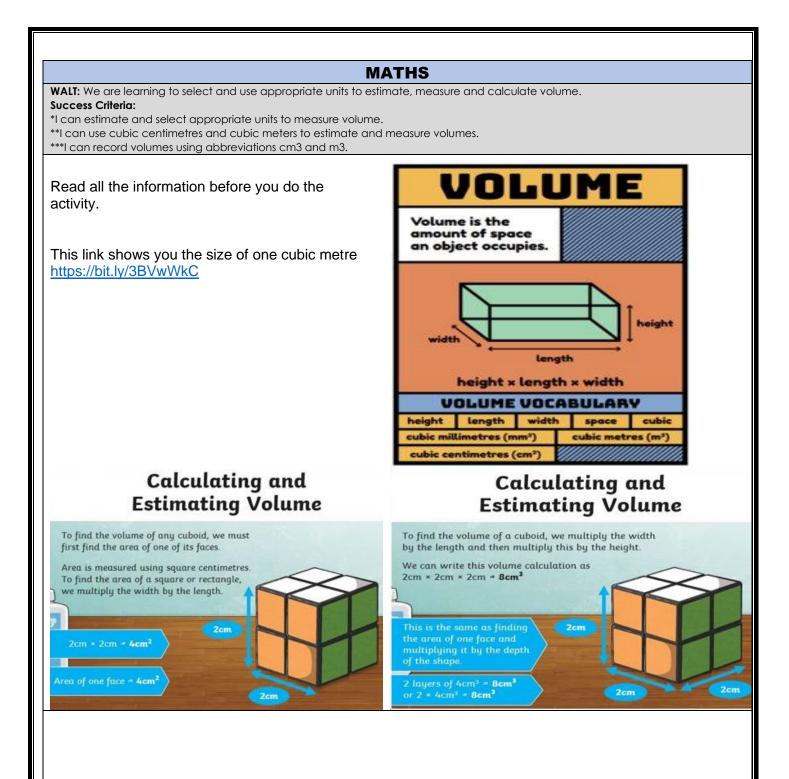


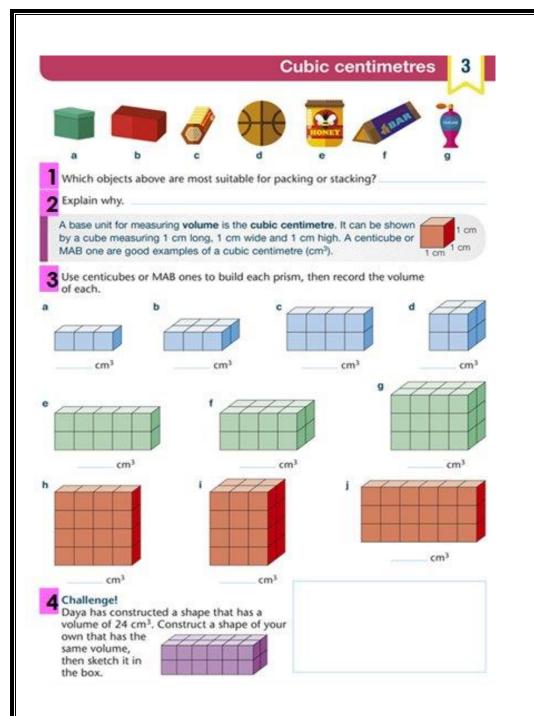
### EXAMPLE

- **Vocabulary** \* glistening sun rays diving down
- \* whispery, white crisp water trickling

### Paragraph

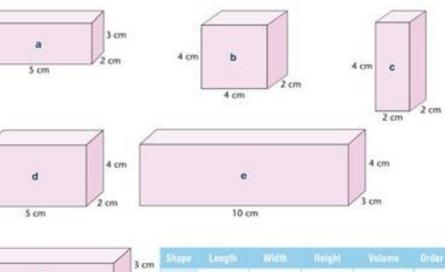
The morning had risen throughout the tranquil rainforest. Glistening sun rays dove down through the giant treetops as the whispery white water trickles gleefully through the smooth cold rocks.

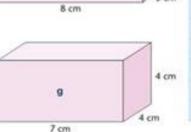




5 Use the formula Length × Width × Height to calculate the volume of each prism.

Order the volumes from smallest to largest by numbering them from 1 to 7.





4

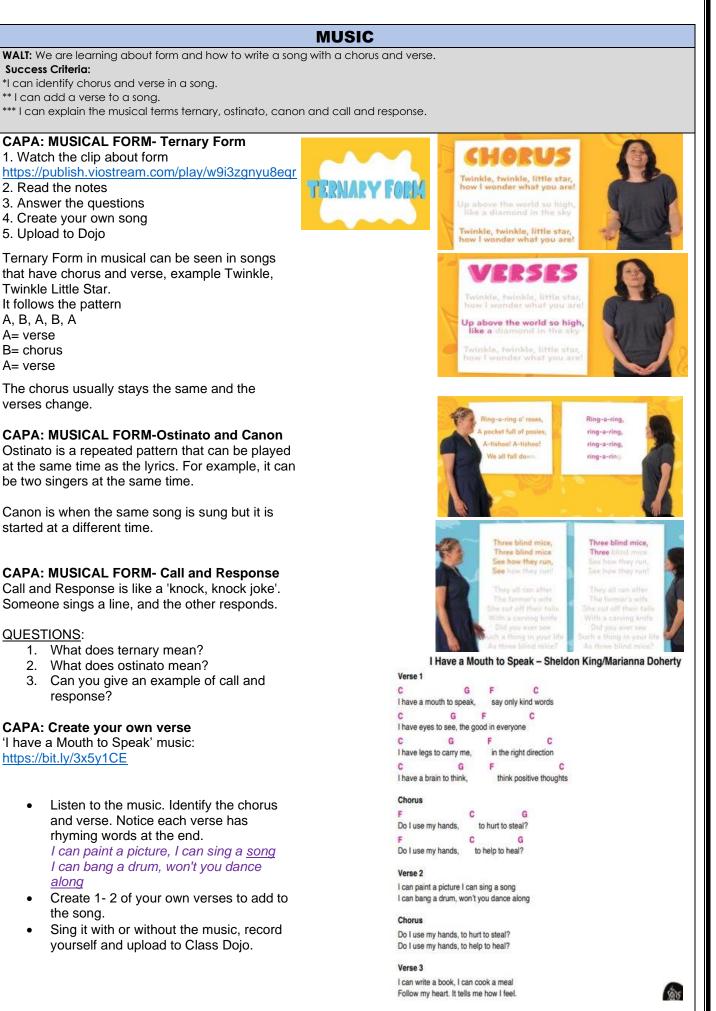
	Leogth			
а			cm <sup>3</sup>	
b			cm <sup>3</sup>	
с			cm <sup>3</sup>	
d			cm <sup>3</sup>	
e		· · · · · ·	cm <sup>3</sup>	
f			cm <sup>3</sup>	
g			cm <sup>3</sup>	

- 7 How many boxes will fit? a How many large boxes can be
- packed neatly into the container?

cm

b How many small boxes will fit into the container?





Call and Response is like a 'knock, knock joke'. Someone sings a line, and the other responds.

### QUESTIONS:

A= verse

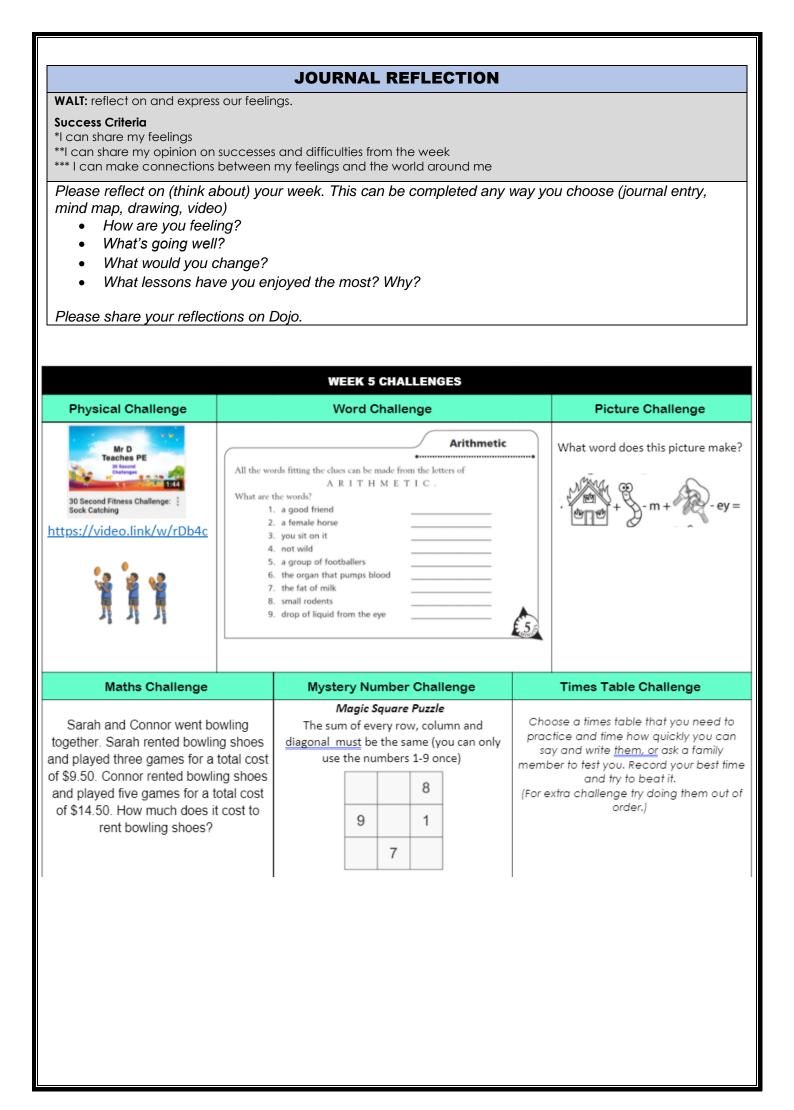
A= verse

- 1. What does ternary mean?
- 2. What does ostinato mean?
- 3. Can you give an example of call and response?

### CAPA: Create your own verse

'I have a Mouth to Speak' music: https://bit.ly/3x5y1CE

- and verse. Notice each verse has rhyming words at the end. I can paint a picture, I can sing a song I can bang a drum, won't you dance along
- the song.
- yourself and upload to Class Dojo.





# 30 Random Acts of Fun



	84					
Make an outdoor obstacle course	Make an indoor Scavenger Hunt	Create a game using food cartons, boxes, and containers	Practice dribbling a ball with each hand for 5 minutes	Surprise your parents by vacuuming the rugs	Ride your bike for 20 minutes	Juggle an inflated freezer bag or soccer ball
Build a fort with couch cushions and pilloJ	Make up a dance and teach it to a parent or sibling	Write letters to friends or relatives	Dribble a soccer ball through obstacles	Toss a stuffed animal in the air and catch it 50 times	How many stacked pillows can you jump over?	Design and create your own jump rope
Make a game with a laundry basket and rolled up socks	Design a workout with at least 4 exercises	How high can you build a tower with playing cards?	Practice throwing and rolling a ball at several cans lined up	Make a sculpture with recyclables	Play your favorite music and DANCE!	Pick out a game for family game night
Practice your standing long jump and measure your distance	Jog and/or walk around your home for at least 10 minutes	Weed the flower beds and garden	Play catch with a sibling or parent for 10 minutes	Design an obstacle course in your house or backyard	Jump rope for at least 5 minutes	Hold a plank and count by 5's to 200, 2's to 100
Write a letter to a teacher       Make a bowling alley with home-made pins       1. Each day choose at least one activity to complete.         2. After completing each activity, color in the square.       3. If you want to repeat an activity already completed, great! Enjoy what you love.         4. How many activities can you complete throughout the next 30 days?       5. Take a picture of your completed challenge and share with your friends or teachers.						

# . . . . . . . . . . . . . . . . . 100+ INDOOR ACTIVITIES

### CRAFTS

MAKE PAPER AIRPLANES SALT PAINTING MAKE SUNCATCHERS MAKE SALT DOUGH MAKE SPONGE STAMPS MAKE A CEREAL BOX AQUAIRIUM MAKE SCRATCH ART MAKE YOUR OWN BOOKMARKS PAINT PET ROCKS MAKE RECYCLED CRAYONS MAKE PAPER BOATS FINGER PAINT MAKE FRIENDSHIP BRACELETS MAKE A BIRD FEEDER MAKE PAPER BAG PUPPETS MAKE HANDPRINT ART MAKE A SCRAPBOOK DECORATE T-SHIRTS MAKE A THANKFUL JAR PAINT LEAVES MAKE A TIME CAPSULE MAKE BUTTON ART PAINT WITH WATERCOLORS COLOR IN A COLORING BOOK MAKE PAPER CRAFTS BUILD A CARDBOARD CASTLE MAKE TISSUE BOX MONSTERS MAKE A TOILET PAPER ROLL BUTTERFLY STAMP WITH CELERY MAKE CHALK ICE MAKE PUFFY SIDE WALK PAINT DRAW A SELF PORTRAIT USE RUBBER STAMPS DO SCRAPE PAINTING PAINT & RECYCLED JAR MAKE SUPERHERO COSTUMES

### ACTIVITIES

MAKE PLAYDOUGH MAKE SLIME MAKE PLAY MUD MAKE RAINBOW RICE MAKE FAKE SNOW MAKE A SENSORY BIN MAKE A SENSORY BAG BUILD A FORT HAVE A PILLOW FIGHT WRITE A STORY MAKE ICE CREAM IN A BAG MAKE GUMMY BEARS MAKE FRUIT ROLL-UPS HAVE A MOVIE DAY PUT ON A FASHION SHOW BAKE CUPCAKES OR MUFFINS DO YOGA BUILD AN OBSTACLE COURSE MAKE DINNER TOGETHER PLAY WITH MAGNETIC TILES BUILD SOMETHING WITH LEGO USE DOT MARKERS BUILD A STACK OF CARDS PUT ON A PUPPET SHOW MAKE A TREASURE HUNT INDOOR BOWLING LEARN TO DRAW PUT ON A PLAY MAKE INDOOR HOPSCOTCH DO A FAMILY CHORE TOGETHER LEARN A NEW LANGUAGE HAVE A DANCE PARTY HAVE A TEA PARTY PLAY WITH WATER IN A BIN SET UP A PLAY STORE MAKE A SOCK TOSS GAME MAKE PERLER BEAD ART WRITE IN A JOURNAL

THEBESTIDEASFORKIDS.COM

### GAMES

PLAY WOULD YOU RATHER PLAY I SPY PLAY SIMON SAYS PLAY BOARD GAMES PLAY HIDE AND SEEK INDOOR SCAVENGER HUNT DI AY RINGO PLAY CARD GAMES DO A PUZZLE PLAY CHARADES BUILD YOUR OWN GAME PLAY FREEZE DANCE PLAY HOT POTATO PLAY MARBLES KEEP THE BALLOON UP PLAY DOMINOES PLAY HANGMAN PLAY TIC-TAC-TOE

### EDUCATIONAL

READ BOOKS DO A SCIENCE PROJECT LEARN ORIGAM LEARN ABOUT A NEW ANIMAL LEARN A NEW CARD GAME LEARN TO SEW LEARN TO KNIT DO BRAIN TEASERS LEARN ABOUT A COUNTRY