

Choice Board

Hands On Learning	Social and Emotional Learning	Daily Fitness
Construct something using Lego or blocks. Sketch your design	Choose a meditation from https://www.peacefulkids.com.au/	<u>Aerobic Workout</u> 10x Star Jumps 10x Sit Ups 1 minute wall sit
Make a chatterbox or origami	<u>Positivity</u> Write, draw or record a video of something you did that you are proud of	Cosmic Kids Yoga https://www.youtube.com/user/CosmicKidsYoga
Help a parent cook something in the kitchen	<u>Emotional Intelligence</u> Write a song, comic or draw a picture to explain how you are feeling	Take yourself for a walk around the yard
Create something using only a pile of rocks or sticks	<u>Positivity</u> At meal time, take it in turns with your family to share your favourite thing from the day	<u>Indoor Basketball</u> Using a bucket and rolled up paper or socks, have competitions to see how far away you can be and still score!
Practise tying your shoe laces	Prepare a sacred space in your home and listen to some quiet music/say a prayer	Just Dance https://www.youtube.com/results?search_query=just+dance