

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/	Aerobic Workout 10x Star Jumps 10x Sit Ups 1-minute wall sit
Go on a scavenger hunt	Positivity 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	Emotional Intelligence Write a song, comic or draw a picture to explain how you are feeling	Take yourself for a walk around the yard
Play a board game with a sibling or parent or even your Teddy!!!!	Positivity At mealtime, take it in turns with your family to share your favourite activity from the day	Indoor Basketball Using a bucket and rolled up paper or socks, have competitions to see how far away you can be and still score!
Make a paper plane	Emotional Intelligence Draw or write a list of tools you have at home that help you keep calm. Eg 5 mins in a quiet place, run around the yard, throw a ball, read a book.	Create a 'Mission Impossible' obstacle course. If you touch an object you have to start again!