

Hands On Learning	Social and Emotional Learning	Daily Fitness
Cook something delicious in the kitchen	Choose a meditation from https://www.peacefulkids.com.au/	<p>Skipping</p> <p>Use a skipping rope or a rope and skip each day. Can you increase your skips each day? If so by how much?</p>
Weed the garden or plant some seeds and observe them grow	Do a random act of kindness Write, draw or take a photo	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>
Draw a picture of someone you love and send them in a letter	<p>Emotional Intelligence</p> <p>Write a song, comic or draw a picture to explain how you are feeling</p>	<p>Just dance</p> <p>Search just dance on YouTube. Ask an adult first</p>
Use some wool and twigs to make a dream catcher	<p>Start a gratitude jar</p> <p>Each day write or draw something you are grateful for</p>	<p>Keepie Uppie!</p> <p>A Bluey favourite.</p> <p>Keep a balloon from touching the ground for as long as possible</p>
Make a paper plane	<p>Think of someone in your class that you don't normally play with.</p> <p>Send a positive message to you teacher about this person so they can pass the message on</p>	<p>Use the floor a slave</p> <p>Using cushions or pillows see if you can move around the house without touching the floor</p>