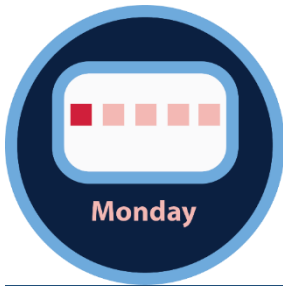
















This booklet belongs to





Things you need

Activity	You will need
Most activities	 Workbook  lead pencil
Maths – how to make a counting book	 Coloured pencils or textas  5 zip lock bags,  stapler  piece of cardboard
Maths – guess my number	 Number cards 1-10 (optional)  building blocks  pencils  workbook
Creative arts – movement and beat	 2 chopsticks or sticks, space to move around
Creative arts – print making	 Potato cut in half or a sponge  paint  paper or cardboard

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During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Big scissors



"scissor fingers" by Click free vector images is licensed under CC BY 4.0

Can you do scissors with one hand?

Now try the other hand. Which hand was the easiest?

Can you do big scissors? Hold first two fingers together and hold the last two fingers together. Now make a scissor action. Try both hands together.

Brain break



"kids dancing" by kristine431 is licensed under CC BY 4.0

Dance to your favourite song.

How many different moves can you do during the song?

Physical activity

Throw a pair of socks into the air and catch them.

How many times can you throw and catch them in 30 seconds?

How many times can you clap while they are in the air?



English – Activity 1 – Paddock in a sentence

This is a picture of a paddock.



"paddock" by kathy b photos is licensed under CC BY 4.0

A paddock is an area with a fence where animals eat grass and exercise.

What are some animals you might see on a paddock?

Write a sentence using the word paddock.

English – Activity 2 – Storytime

Listen to the book 'Pig the pug' by scanning the QR code.



If you can't listen to the book, choose one of your favourite picture books.

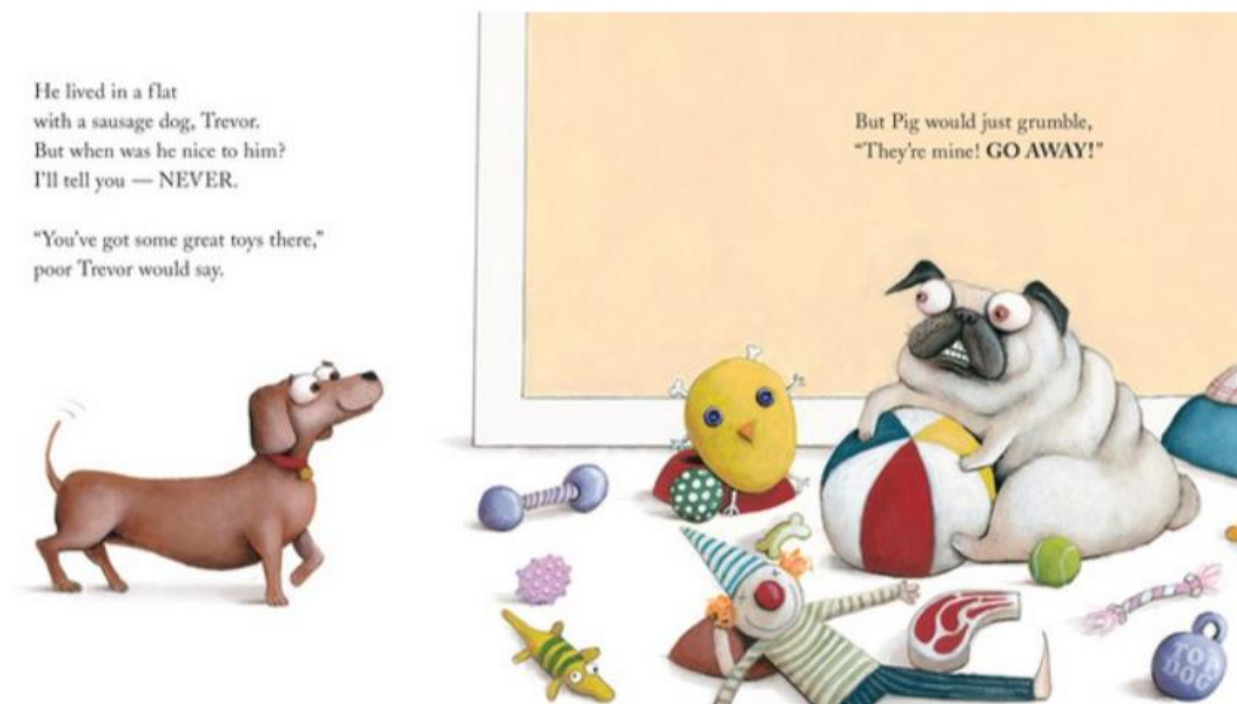
We are listening or looking for rhyming words.

Rhyming words have the same sound like sea and bee.

Here are 2 pages from the book. Can you find the rhyming words for 'Trevor' and 'say'? Write two more words that rhyme with 'Trevor' and 'say'.

Trevor - _____

Say - _____



'Pig the pug' by Aaron Blabey © 2014. Used with kind permission from Penguin Random Publishing Australia

Challenge

Write a short story using the rhyming words. You may like to

- draw a picture
- record your story
- short play.

English - Activity 3- phonics e, u, r

Scan the QR code for the instructions



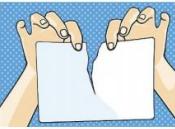


In this lesson you are going to learn the phonemes (sounds) e u r.

You are also going to learn how to blend the graphemes (letters) to make and read words.

Hint: Phonemes are the smallest sounds we can hear in words, for example c/a/t or b/oa/t. You use only your ears to hear phonemes.

Graphemes are the letters on the page and they represent the phonemes. We use our eyes to recognise graphemes.

Say the word aloud, can you hear the phonemes, can you segment the phonemes. Write the graphemes in the box.





	
	
	
	

Maths – Activity 1 – How to make a counting book

Scan the QR code for the instructions

If you don't have a device, follow the steps (instructions) below to make the counting book.



Instructions	Pictures
1. Open the zip-lock bags	
2. Lay the bags on the cardboard, like pages of a book	
3. Take the remaining cardboard and fold it over the bags to form the spine of the book 4. Staple it in place	
5. Give the book a title.	

What can you do with your counting book?

Make a book about your favourite number

Find different ways of showing your favourite number

Maths – Activity 2 – Guess my number

Scan the QR code for the instructions. If you don't have a device, follow the instructions below.



How to play guess my number

1. Write the numbers from 1 to 10 (for example) on a piece of paper.
2. Ask someone at home to choose a secret number within your given range. They can't tell you the number.
3. Guess their number.
4. They will tell you if their number is higher or lower than your guess
5. Try and guess the secret number with few guesses



Questions to think about:

- What was the best way for you to guess the number quickly?
- If you played the game again, what would you do differently? Why?

Creative Arts – Activity 1 – movement and beat



"Silhouette boy" by Mohamed Hassan is licensed under CC BY 4.0

We are singing, playing and moving to the nursery rhyme Humpty Dumpty.

If you can't watch the video, hum or sing 'Humpty Dumpty' as you move around the room.

Try doing a long step, followed by a short step (say ga-llop), then make your steps even (say trott-ing).

Try moving heavily like an elephant or lightly like a ladybird.

Which way of moving suits the song the best?

Use chopsticks or sticks to tap along to the song.



Creative Arts – Activity 2 – printmaking

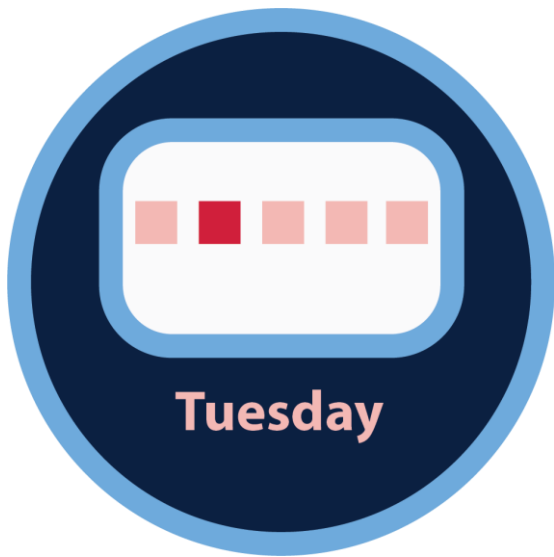
Move around the room whilst singing 'Humpty Dumpty'.

On paper, use a sponge or potato with paint on it to show the way you were moving.






Can you make a pattern? You might make a 'long, short' pattern for galloping or a 'short, short' pattern for trotting.

Example of printmaking using a potato or a sponge





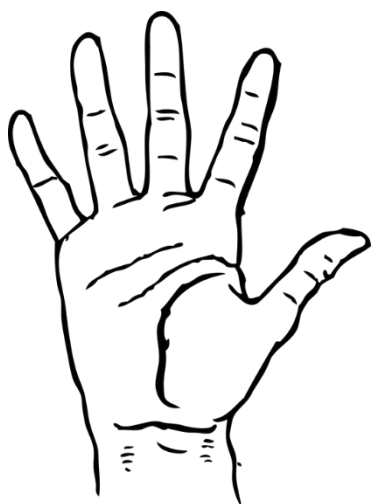
Things you need

Activity	You will need
Most activities	 Workbook  lead pencil, coloured pencils,
English activities	 Workbook  lead pencil and coloured pencils,
Maths – Number Busting	 A collection of 7 items, counters, Lego block, pasta shapes
HSIE – shelter building	Items from the environment or home such as: <ul style="list-style-type: none"> • Sticks • Leaves • Cardboard • Flowers

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Take 5 Breathing



"Five Fingers" by Clker-Free-Vector-Images is licensed under CC BY 4.0

Hold up your hand and slowly trace around it with your finger.

Every time you trace up a finger, breathe in.

Every time you trace down a finger, breathe out.

Brain Break – Leaf rubbing



Do a leaf rubbing. Place a leaf under a piece of paper and gently rub over the paper with a crayon to make the pattern of the leaf. How many different leaves can you find?



"Leaf" by studio2013 is licensed under CC BY 4.0

English- Activity 1- Listening

Listen to the first story on KidsNews (ABC) about penguins by scanning the QR code.



At the end of the story, if you can, tell somebody something you have learnt from this story.

English– Activity 2 - Reading and Viewing



To listen to the story of Herbert and Harry scan the QR code.



Do you like both Herbert and Harry?

Which character do you like more? Why? Draw the character you like the most

Too hard: If you are finding it tricky to choose which character you like the most, you might like to draw a picture of both characters.

Too easy: If you would like a challenge, label your character with some words that describes what the character is like.

English- Activity 3 – Handwriting

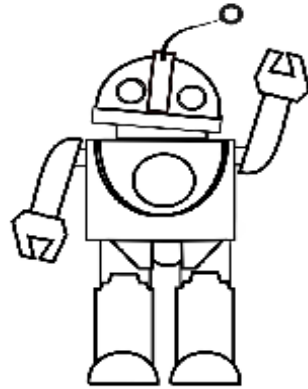
In this lesson you will learn to write the letter r and R. You can also practice on a piece of paper.

Handwriting in the early years

Lower case r

The lower case 'r' is a short letter.
It stays inside and touches the solid lines. We make the letter 'r' with one movement. Make a straight line going downwards and move back up the same line. When you are near the top, leave a wedge and make a small curve.

Example mnemonic: *Down, up, around!*



Rr



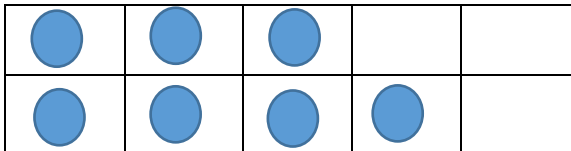
Maths- Activity 1- Number busting...7 is?

Watch the short clip to see what to do. Scan the QR code for instructions



Here is another way we can play number busting using 7 items such as counters, Lego or pasta pieces.

Place one item in each square. Here is 7, it is 3 and 4



How many ways can you make 7 using the 10 frame?

Write or draw you answers.

Were you surprised by all the different ways to make your number?

What did your structure help you notice? (for example, ten frame, dice pattern)

What did you find interesting in this activity?

Maths- Activity 2- Youcubed number visuals

Scan the QR code for instructions.

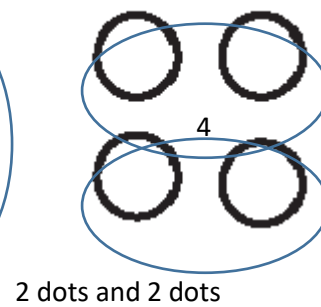
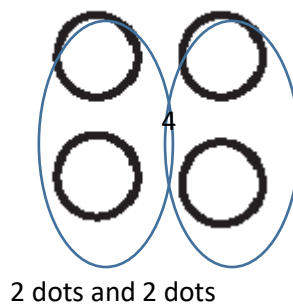
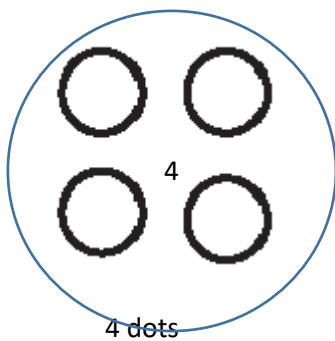
Look at the pattern shapes on the next page, what do you see?

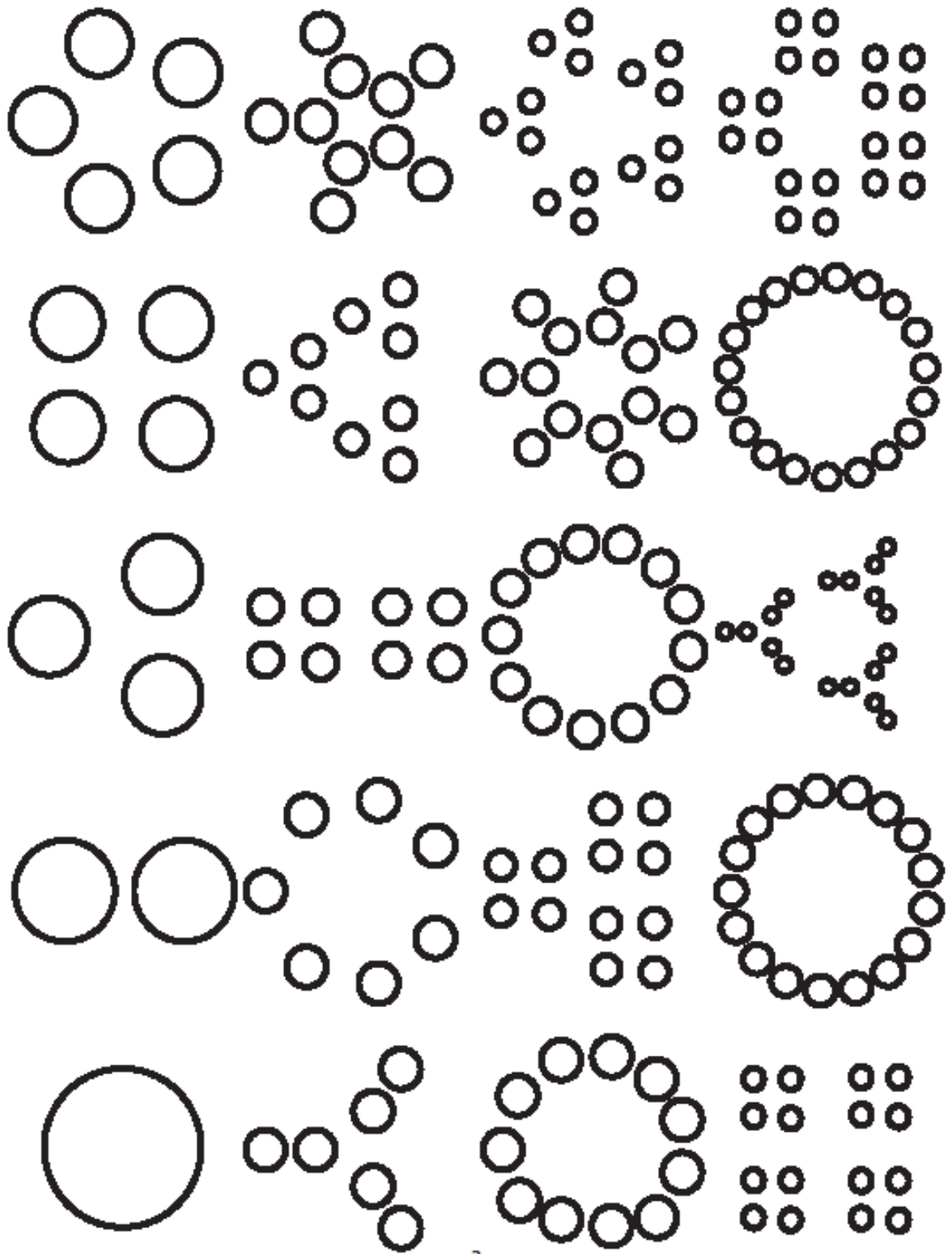
What patterns to you see?

Count the number of dots in each pattern shape.

Can you write the number of dots for each group inside the pattern?

Can you see smaller groups inside the group?





HSIE – Activity 1 – Connections to places

Look at this picture of the man with his two dingoes.



"Bunjils Shelter Aboriginal Rock Painting with two Dingoes Victoria Australia" by amanderson is licensed under CC BY 4.0

Why do you think the rock painting has been drawn inside a shelter?

The man probably loved the dingoes because they helped him hunt and kept him company.

In your workbook or on a piece of paper, draw a picture of yourself with an animal you love.

HSIE – Activity 2 – Connections to places

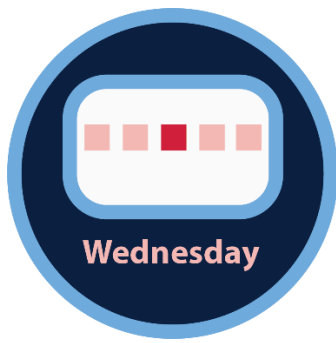
Collect things from your local environment or around your home to create a canoe or shelter for one of your toys. Here are some pictures to help you.
















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© State of New South Wales (Department of Education), 2019.



Things you need

Activity	You will need
Most activities	 Workbook  lead pencil, coloured pencils,
English activities	 Workbook  paper  lead pencil and coloured pencils,
Maths-Pinch a ten	 a small bag of counters, or dried beans or small pasta shapes,
Maths – Building towers	 Small paper square such as post it note  die   Lego blocks scissors to cut out squares.
PDHPE – Using different throws	 Soft objects to throw. For example, a small bean bag or soft toy.  Objects to make a target. For example, an empty bucket or a target drawn on paper.  Pencil

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Stay Hydrated

Grab a glass or bottle of water and try to drink it all before you finish your lesson.



"Water glass and bottle" by ALes is licensed under CC BY 4.0

Brain Break – Breathe and stretch



Breathe in. Feel how the air is cool going in. Breathe out. Feel how the air is warm going out.

Stretch up tall like a tree, standing on one foot. See how long you can hold it for, then swap legs.

English- Activity 1- speaking and vocabulary: Treehouse

Look at the picture of the treehouse.



Attribution: Image by [Schmidsi](#) from [Pixabay](#) Images is licensed under CC BY 4.0

Describe the treehouse. Can you describe the colours and size?

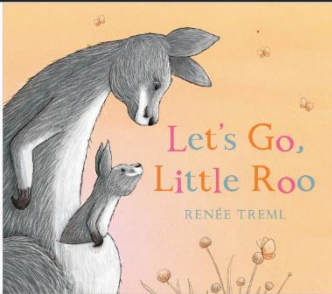
Can you describe who might live here? How big would they be?

Who might have built this treehouse?

Describe what you could do in the treehouse?

What could you see from this treehouse?

English- Activity 2-Reading and viewing: Let's go, Little Roo.



Scan the QR code to listen to the story, 'Let's Go, Little Roo'.

Can you remember a time when you were afraid or shy of a new place just like Little Roo?

In your workbook, draw a time that you were afraid or shy.



Too hard? If you can't think about a time that you felt afraid or shy try drawing what Little Roo looked like when she was afraid in the story.

Too easy? Underneath your drawing write something about the time you were afraid or shy.

English- Activity 3-Sight words: went, then

You are going to need paper and pencil while you watch the video.

You are going to learn how to say and write the sight words:



went *then*

Read the words. Practice your writing in the box.

Maths- Activity 1- Pinch a ten

Scan the QR code for instructions.

You are learning more than, less than or same as 10.

You will need:

- a small bag of counters, or dried beans or small pasta shapes

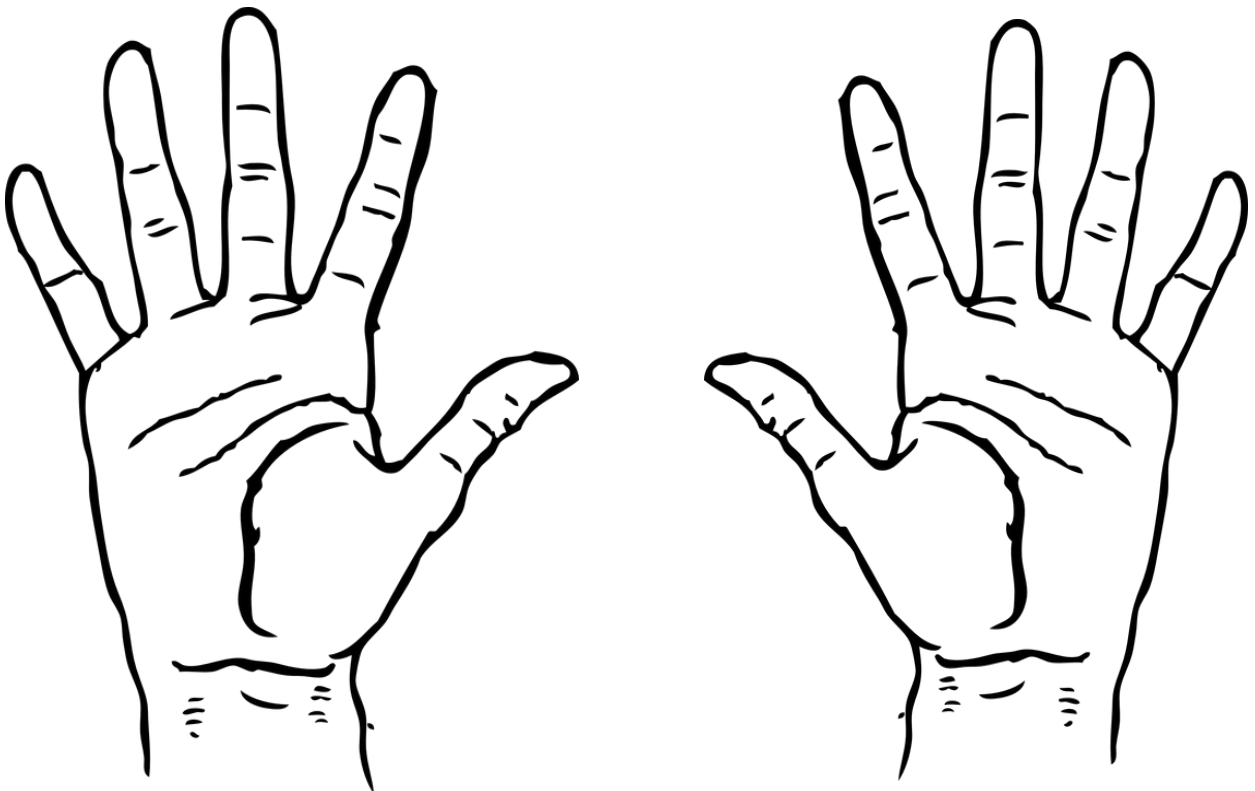


<p>Step 1: Put the items in a small container like a bowl. Take a pinch about 10.</p>	
<p>Step 2: Count your items. Use the hands to check if you have less than 10, more than 10 or 10. Put your stack in the correct box in the table. (Table on the next page).</p>	
<p>Step 3: Take another pinch and count them again 6 more times.</p>	

What number did you get the most?

What how many was in the largest pinch?

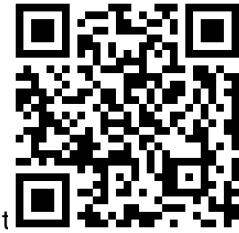
Turn	Less than 10	10	More than 10
1			
2			
3			
4			
5			
6			



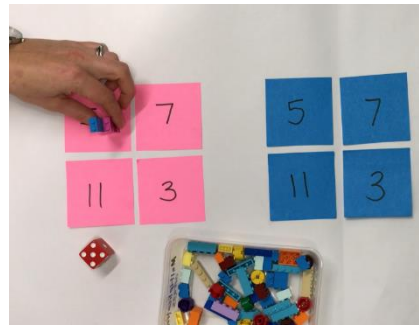
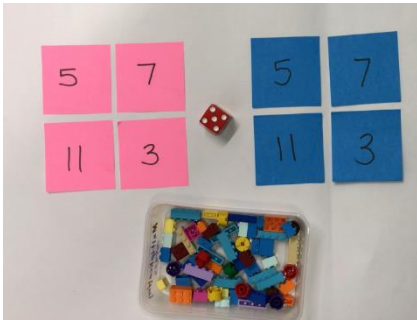
"Five Fingers" by Clker-Free-Vector-Images is licensed under CC BY 4.0

Maths- Activity 2- Build your towers.

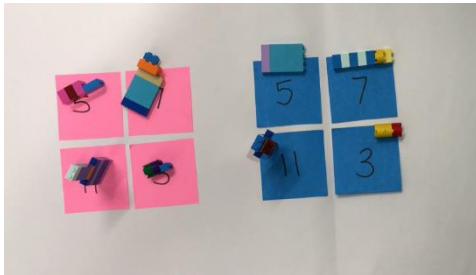
To play this game you will need: small paper squares
or post it notes, Lego blocks, and a die.



Roll the die, count out the same number of blocks. Place them on the square that has the same number of blocks as the number on the card.



Keep rolling and building until you have made all your towers.



Draw a picture in your mathematics workbook or below that shows the towers you built in order of shortest to tallest.



If you were to play the game again tomorrow, what is one thing you would do differently? Why?

PDHPE – Activity 1 – Why is water important?

Watch the video 'Why is water important?'

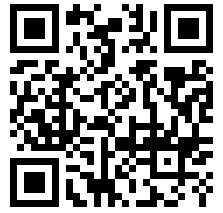
If you can't watch the video, think about why our bodies need water.

Copy and finish this sentence.

Water keeps our bodies _____

Challenge: write your own sentence about why water is important

Draw a colourful picture of you drinking water.



PDHPE – Activity 2 – Using different throws

Watch today's video on throwing at a target if you can.















1. Find a target that you can safely throw a soft object towards.
2. Think of different ways you could throw your object. For example:
 - overarm throw
 - one handed underarm throw
 - two handed underarm throw
3. Try to throw your object at the target in as few throws as possible.
4. Have 5 attempts using each type of throw.
5. Record how many throws are used in each attempt.



Type of throw	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5
Overarm throw					
One handed underarm throw					
Two handed underarm throw					



Things you need

Activity	You will need
Most activities	 Workbook  lead pencil, coloured pencils,
English activities	 Workbook  lead pencil and coloured pencils,
English- Listening	Objects from the home,
Maths- 10 or bust	 2 groups of 10 items  die or  scissors to cut our number cards.
Science and technology – Materials in my home	A piece of furniture made from each of wood, cloth and plastic, a lead pencil
Science and technology – Testing materials	 Cotton wool  paper  a plastic bag  a  a piece of foil,  5 glasses of water  coloured pencils

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Tricky scissors



"scissor fingers" by Click free vector images is licensed under CC BY 4.0

Have another go at 'big scissors' (see Monday).

Try tricky scissors. Keep your middle and ring fingers together and move your pointer and pinky in and out.

Brain Break



"wood cross section" by PublicDomainPictures is licensed under CC BY 4.0

How many different textures can you find?

Can you find something rough, smooth, spiky, furry, hard and soft?

Physical Activity

Practice throwing and catching a pair of socks or soft ball in the air and catching them.

Set up a target like a washing basket. Throw your socks or soft ball into the basket. How far back can you go and still get them in?



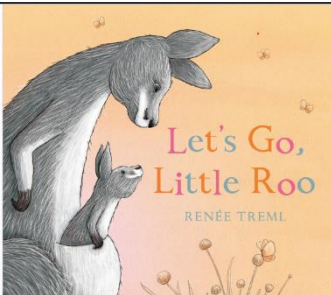
English – Activity 1- Listening

Guess my object

- Choose an object that you have in your home.
- Without using hand signals, describe that object in detail without naming the object.
- Take turns with someone else in your home guessing what the object is.
- How many describing words can you use?

English- Activity 2-Reading and viewing: Let's go, Little Roo.

Scan the QR code to listen to the story, 'Let's Go, Little Roo'.



Little Roo said that he already has friends, who are they?

Draw your favourite toy and draw all the things you can do with your toy.



English - Activity 3- phonics: E U R





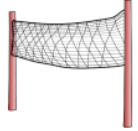
In this lesson you are going to learn the phonemes (sounds) e u r.

You are also going to learn how to blend the graphemes (letters) to write and read words.

Hint: Phonemes are the smallest sounds we can hear in words, for example c/a/t or b/oa/t. You use only your ears to hear phonemes.

Graphemes are the letters on the page and they represent the phonemes. We use our eyes to recognise graphemes.



Segmenting activity: Segmenting phonemes-graphemes to spell words			
s	a	t	p i n m d
g	o	c	k <u>ck</u> e u r
			
			
			
			
			

Maths – Activity 1 – 10 or bust.

You are learning to count to 10.

You will need: 10 counters each and die or number cards 1-6.

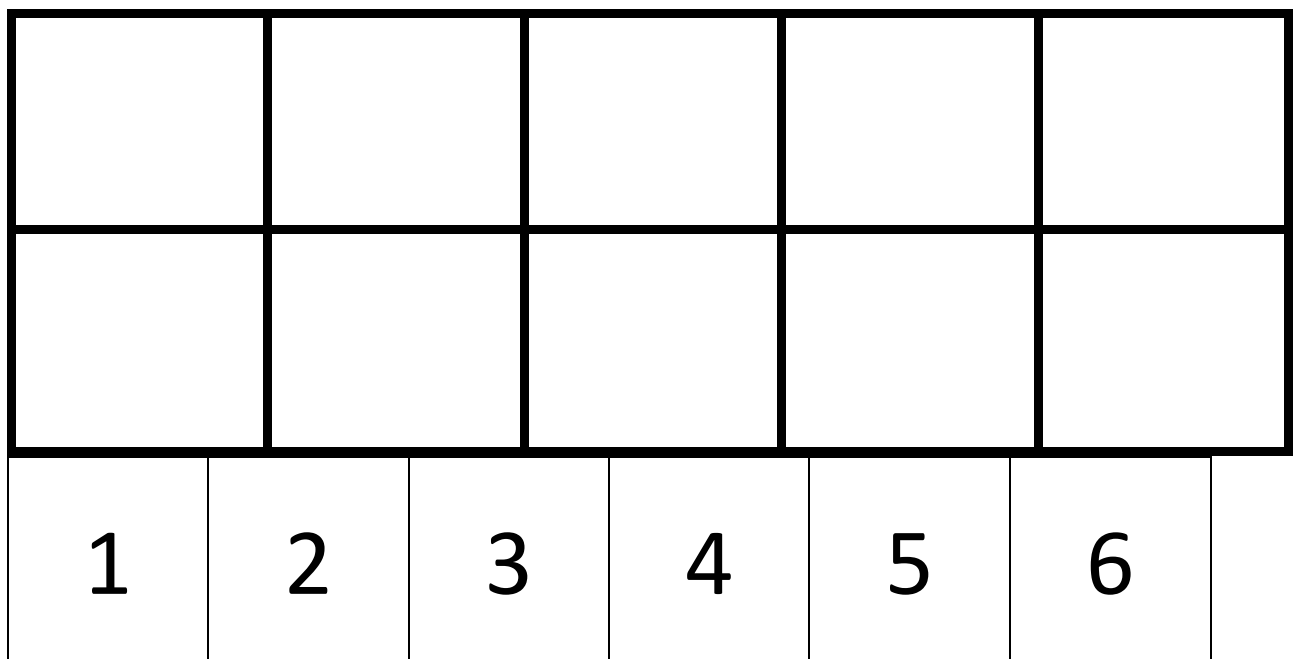
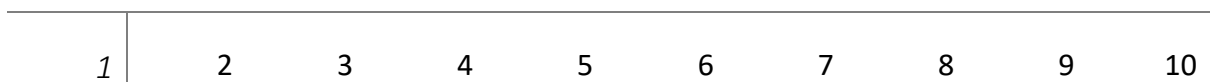
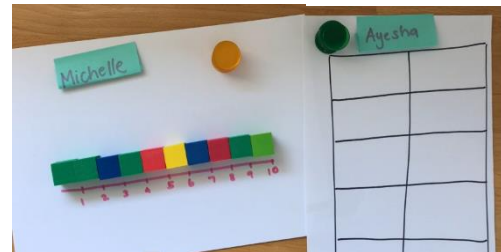
You can play with another player or by yourself.

Roll the die or pick a card.

Add the same amount as the die or card to the number line or ten frame.

Keep adding until you have filled the number line or ten frame.

If your last number is more than the spaces you have left, it is 'bust'.



Science and technology – Activity 1 – Furniture materials

The furniture we have in our home, like sofas, beds, chairs and tables are made from materials. Some of these materials can feel hard, soft, smooth or rough when we touch them with our fingertips. Watch the video if you can.

Find a piece of furniture in your home for each of these materials

- Wood
- Cloth
- Plastic

Tick the boxes that match how the material feels when you touch it. Hard, soft, smooth or rough. You can tick 1 or 2 boxes in each row.

Material	Hard	Soft	Smooth	Rough
1. Cloth				
2. Wood				
3. Plastic				

Science and technology – Activity 2 – Materials of a raincoat

If you can, watch the video.

Create a raincoat for a dog who gets wet when he goes for a walk in the rain.

Test a selection of materials to see if they would be suitable for a raincoat. You will need:



- cottonwool
- paper
- a plastic bag
- a tissue
- a piece of foil
- 5 glasses of water.

Place each material in the water and test if it soaks in the water or stays dry.

















Record your results in the table to discover which materials would be waterproof and suitable to be used in a raincoat.

Design a dog's raincoat and complete a picture.

Material	Does it soak up the water and change shape?	Does it stay dry and stay the same shape?	Would it make good raincoat material?
1. Cotton wool	YES	NO	NO
2. Paper			
3. Plastic Bag			
4. Tissue			
5. Tin Foil			



Things you need

Activity	You will need
Most activities	 Workbook  lead pencil, coloured pencils,
English activities	 Workbook  lead pencil and coloured pencils,
Maths- 10 or bust	 2 groups of 10 items  die or  scissors to cut our number cards.
Maths – basket ball toss	 pair of socks  basket, bucket or container  10 pegs a clear space a ten-frame or 1 piece of paper  pencils or markers  mathematics workbook.
STEM	 paper and 1 piece of cardboard about the size of an exercise book or side of a cereal box  tape  ruler  scissors

Activity

You will need

During the day make sure you take time to

- do a care and connect
- take a brain break
- do some physical activity

Care and Connect



Think of a superhero.

Make a pose like that superhero and hold it for 5 seconds.

Try to do poses for 5 different superheroes.

"superhero" by cundrastudio is licensed under CC BY 4.0

Brain Break

Repeat your favourite brain break activity from this week.

English – Activity 1- Speaking: Topic talk.

Think of a topic you know a lot about. Examples could be dogs, swimming, planets, a TV show or a game.

At your next catch up with your teacher, or with someone in your home, share what you know about this topic.

Remember to use a clear voice and speak in full sentences.

Practice your talk to a person in your home.

English- Activity 2-Reading and viewing: Let's go, Little Roo.



Scan the QR code to listen to the story, 'Let's Go, Little Roo'. At the end of the story, Little Roo didn't want to go home, he wanted to stay at the park.



What do you think Little Roo and Wallaby wanted to do in the park?

In your book or in the box, draw what you think Little Roo and Wallaby would do in the park together.

Too hard? Draw a picture of Roo and Wallaby at the park. You can pause the video and look at the pictures of the park in the story to help you.

Too Easy? Write a sentence about your drawing of Little Roo and Wallaby in the park if you would like an extra challenge.

English - Activity 3- Reading and Viewing: Syllables



Scan the QR Code to watch the video.

You are going to learn to break up words into syllables.

A syllable are the beats in word. Watch the video about syllables.

Now find 5 things in your house. This could be a basket, jumper or a spoon.

Jump/hop/drum/clap out the syllables of these 5 objects just like they did in the video.

Let's practice



Say 'star'. How many syllables can you hear? Clap the syllables. One clap, one syllable.



Say 'planet'. How many syllables can you hear? Clap the syllables. One clap, one syllable. Can you hear 2 syllables?

'plan-et'

English – Activity 4- Sight words: up, my, off.

This is a sight word lesson to learn how to recognise and read the words 'up', 'my' and 'off'.

Watch the video lesson and you can practise using a piece of paper or a workbook.



NSW Department of Education

Early Stage 1 – High Frequency Sight Words



High Frequency Sight Words Activity 2: Roll and Write

Instructions:

1. Roll the dice
2. Work out the number
3. Write the word in a box
4. Keep going until all the boxes are full
5. Which word did you write most?

my  

off  

up  



Maths – Activity 1 – 10 or bust.

You are learning to count to 10.

You will need: 10 counters each and die or number cards 1-6.

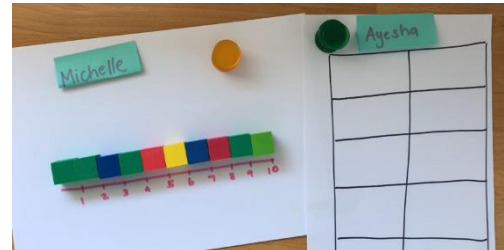
You can play with another player or by yourself.

Roll the die or pick a card.

Add the same amount as the die or card to the number line or ten frame.

Keep adding until you have filled the number line or ten frame.

If your last number is more than the spaces you have left, it is 'bust'.



1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

1	2	3	4	5	6

Maths – Activity 2 –Basket Ball Toss

Challenge: See how many times you can successfully shoot your rolled-up socks into the basket. Scan the QR code for instructions.

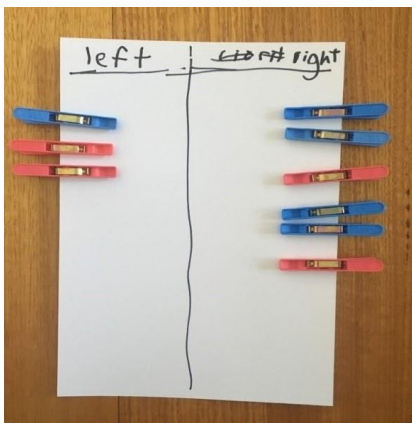


You will need:

- pair of socks
- basket, bucket or container
- a clear space
- 1 piece of paper
- pencils or markers
- 10 pegs
- a ten-frame
- pencils or markers
- your mathematics workbook.

How to play:

- Mark a clear 'starting line' for your basketball toss.
- Take 3 big steps from your starting line and place a basket, bucket or container at the end.
- Stand at your starting line and throw your socks with your right hand.
- Each time you get a sock in the basket, clip a peg onto your chart.
- Go back to your starting line and have your second throw.
- Repeat this until you have thrown your socks 10 times with your right hand and then 10 times with your left hand.
- Draw a picture of your chart in your mathematics workbook.



Reflection

How many baskets did you get when you used your left hand?

How many baskets did you get when you used your right hand?

How many did you get altogether?

STEM Activity – Paper table

Watch the video if you can.

Challenge

Design and build a paper table to support the weight of a tin can.

Rules

1. You can only use the materials on the list, but you don't have to use all the materials
2. The table needs to be at least 20 cm tall

The table needs to be strong enough to hold a tin can, such as tinned tomatoes or baked beans.



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