

WEEK 10

For You Friday Activities

Fridays are a day for you to look after your health and wellbeing.
Try to complete at least five activities today

Start your day with a yummy, nutritious breakfast, then attend
ROLL CALL - wear your **HOUSE COLOURS** to get points!

Period 1 - Think about your cognitive wellbeing

Come along to Mrs Hungerford's [Study Skills](#) session. This is a great opportunity to learn how to get organised with your schoolwork - this will reduce the anxiety and stress you may be feeling about online learning.

OR

Get quizzing with Miss Donn. Join the [Trivia competition](#).

OR

Use this time to catch up on schoolwork.

Period 2 - Emotional and spiritual activities

Join Phoebe and Jarrod for hands-on [Art Making](#), learn how to do Origami in today's session.

OR

Listen to these beautiful [First Nation Dreamy stories](#). Sit back and relax while you listen.

OR

Practice meditation using [Daily Calm](#). This is something you could do everyday for 10 minutes.

OR

Complete our Self-Portrait Challenge. You have until the end of Period 3 to complete a Self-Portrait artwork and email it to Miss Winter (madeline.winter2@det.nsw.edu.au)
The teachers will be judging the self-portraits at the end of the day!! Prizes to be won!

Period 3 - Look after your social wellbeing

Join Mr Leggett for [Beat-boxing](#)! Come along if you are new to Beat-boxing or have some beat-boxing skills already that you would like to share!

OR

Have fun learning a new dances with [Just Dance](#)! Try this [Just Dance](#) routine too.

OR

Find a Youtube clip teaching you how to play a musical instrument.

Period 4 - Physical wellbeing is important - get up and try something new

Do you own a dog? Learn how to [GROOM YOUR DOG](#) safely while we are in lockdown.

OR

Like cooking? Try some of these great [RECIPES](#).

OR

Try a physical workout with the [AVENGERS!](#)

AFTERNOON ACTIVITIES - NO SCREEN TIME!

Go for a 30min walk, take your pet if you have one! - Ride your bike - Clean your room - Enjoy a good book or magazine - Take a series of nature photos - Build some LEGO - Do a colourful chalk drawing on your footpath - Start a jigsaw - Play a board game/cards with a family member.