





Enrichment Learning Grids: Early Stage 1

Weeks 10 – 1

The Enrichment Learning Grids have been organised into topic areas and provide a range of activities for students to choose from. Students complete a variety of activities daily, with guided support from parents/carers. If you have access to a device, you can choose some of the online learning options. Parents/carers please supervise your child when working online. Additional support material can be found in the appendices, which are attached to this document.

ORAL LANGUAGE Choose your activity below:			
Be the Storyteller Watch the fairy tale closely: <i>'Three Billy Goats Gruff'</i> https://www.youtube.com/watch?v=3QzT1sg6kCY Watch it again with a family member. In your own words, tell them what you think is happening. How else could the goats have got across the bridge?	CVC Rhyme Can you find two rhyming words in your CVC list? Can you think of other words that rhyme with these two words. Appendix 1: CVC Words 	Sing Along Listen and sing along to the song: <i>'Mr Clickety Cane'</i> https://www.youtube.com/watch?v=h2ievrUJAz8 Can you remember all of the actions that go with the words? 	Fiction versus Non-Fiction Watch the video closely: <i>'Scarlett'</i> https://www.youtube.com/watch?v=JOWiPx5VRUU Retell the story in your own words. Why do you think Scarlett and the boy become friends? Watch it again with a family member. Why do you think there are no words in this film clip just a song?
Mystery Smell You smell a new smell outside your house. Use your imagination to create an interesting story about what is making the smell. Tell your story to your parent/carer. 	Word Tag! Choose a sound you have practised this week. With a partner, take turns saying words that begin with this sound. Whoever can think of the most words is the winner!	I Spy! Play I Spy with the family, starting with one of the sounds we have used this week. <i>"I spy with my little eye, something beginning with the 'd' sound." (door)</i>	Syllable Hunt A syllable is a beat in a word. What items can you find that have 1, 2, 3 or more syllables? E.g. jump = 1 syllable baby (ba/by) = 2 syllables
Alphabet/ Phonics! Sing along with the song saying the letter's name and the sound it makes. How many sounds do you know? https://www.youtube.com/watch?v=5PmB3SijNdQ	Rhyme Time How many words can you think of that rhyme with 'mit' e.g. bit, hit. 	Pretend Conversation Pretend that you are a teacher. One of the students in your class is a mouse. Act out the conversation you would have with the mouse with a family member. Switch roles and repeat.	Nursery Rhymes! https://www.youtube.com/watch?v=dhYWxbrUU0w Listen and sing along to nursery rhymes.

READING

Choose your activity below:

Raid Your Pantry!

Pick a packaged food item (e.g. a pasta or cereal packet) and see how many words you are able to read to your parent/carer.

You could write some of these words on a piece of paper.



Memory Card Game

Ask a parent/carer to help you write your heart words onto small squares of paper, twice. Place the cards face down; turn two cards over at a time; say the words and see if they are a match.

Appendix 1: Heart Words

Character Chat

Read one of your favourite books.

After the story, imagine that one of the characters has arrived at your house.

What questions would you like to ask them?
Record your conversation.



Book Review

Record a book review for a book you have enjoyed reading.

- *What book did you read?*
- *Who is the author/illustrator?*
- *What was your favourite part?*

Ending Change

Read one of your favourite books.

Change the ending of the story and draw a new illustration to match. Ask a parent/carer to notate your illustration to briefly explain your ending.



Sentence Scramble

Make up a sentence about your pet or a favourite animal. Ask a parent/carer to help write the sentence on a strip of paper. Cut the words of the sentence up into individual pieces.

Scramble the pieces then see if you can rearrange it to make the sentence again. Read the sentence to your parent/carer.

Target Practice!

Write your heart words onto a target and try to hit them with an object (ball, soft toy).

Say the words as you throw the object.

Appendix 1: Heart Words



Be a Word Detective!

How many of this week's heart words can you find in a book?

Appendix 1: Heart Words

Bug Club

<https://www.activelearnprimary.com.au/login?c=0>

Log into Bug Club.

Choose a book to read or press the button to have it read to you.



Feelings and Emotions

Look through your book collection. Think about the feelings and emotions of the characters.

Find an example of different characters who are: kind, sad, scared or angry.

Share these with your teacher.



Puppet Show

Read one of your favourite books.

Create some puppets, then create a puppet show to retell the story.

Make a Connection

Choose a book to read.










What does this book remind you of in your own life?

What connection did you make to the book?

Draw your connection and have your parent/carer write your words.

DRAWING and WRITING

Choose your activity below:

<p>Full Stop. Question Mark? Exclamation Mark!</p> <p>Watch the video about the importance of full stops and capital letters.</p> <p>Complete the Seesaw 'Punctuation' activity to decide which sentences need a full stop, question mark or exclamation mark.</p> 	<p>Postcard to a Friend</p> <p>Draw a postcard to a friend from school.</p> <p>In your drawing, show your friend who is at home with you, and what you have been doing.</p> 	<p>Comic Story</p> <p>Create a comic strip about an adventure your toys have been on. Draw the characters' faces to show how they were feeling throughout the journey.</p> 	<p>Hidden Treasure</p> <p>Hide 5 objects around your house.</p> <p>Draw a treasure map with pictures to help your family find the objects you have hidden.</p> 
<p>Design a New Front Cover</p> <p>Choose a book you have read.</p> <p>Use coloured pencils or watercolour paints to design a new front cover picture for the book.</p>	<p>Sensory Writing</p> <p>Practise writing some of your heart words in a tray of rice, sand, salt, dirt or shaving cream.</p> <p>Appendix 1: Heart Words</p> 	<p>Tall, Short, Tail Letters</p> <p>When we begin writing our sentences on lines, we need to know which letters are tall, which are short and which letters have a tail that hangs below the line.</p> <p>Complete the Seesaw 'Letter Sort' activity to sort the tall, short and tail letters.</p> 	<p>Make a list</p> <p>Imagine that you are going on a trip to the moon. Write a list of everything you would need to take with you.</p> <p>Have a go at writing the words.</p> 
<p>Letter formation</p> <p>Complete the Seesaw 'Letter Formation' activities that are posted through the week.</p> <p>These activities have been provided by our Occupational Therapists to reinforce our correct letter formation.</p> 	<p>CVC Words</p> <p>Use magazines/newspapers and cut out letters to make your CVC words.</p> <p>Appendix 1: CVC Words</p> 	<p>Drawing Descriptions</p> <p>Draw your favourite character from a book you have read.</p> <p>Ask a parent/carer to help you label your drawing with key words to describe your character.</p>	<p>Word Wall</p> <p>Listen to the story 'The Bear and the Piano' https://www.youtube.com/watch?v=TsgNuAaBlol</p> <p>Listen for the words '<i>melodies, passion and platinum</i>'. Talk to somebody at home about the meaning of these words.</p> <p>Are there any other words in this story that are interesting? Write the words on a piece of paper and stick to a wall in your house. Add to your word wall with interesting words from your stories at home.</p>

MATHEMATICS

Choose your activity below:

Birthday Month

What is the month of your birthday? Find the month of your birthday on a calendar. Say the months of the year, starting at January. Draw a picture of the season your birthday month is in.

Use the song below to help you.

<https://www.youtube.com/watch?v=Fe9bnYRzFvk>



Repeating Pattern

Collect some blocks, pencils, pens, beans, etc. Make a repeating pattern. Draw your pattern. Describe your pattern to a family member. Can you make another pattern using the same materials? Draw your second pattern.

<https://www.youtube.com/watch?v=MBjixSx45-Q&t=1s>



3D Shapes

Watch the video to learn about 3D objects.

Complete the '3D Shapes' Seesaw activity.

<https://www.youtube.com/watch?v=ZnZYK83utu0>



Area

Find 3 flat surfaces in your house (book cover, bottom of a shoe, cereal box). Cover the flat area with playing cards making sure you have no spaces or overlapping cards. How many playing cards did you need to cover each area? Was it hard to measure the area of the smaller items? Count how many were needed and write your answer.

Repeat with counters & compare your answer.

Appendix 2: Area



2D Shape - Robot Construction

Using a page in your workbook, draw a robot using 2D shapes. You can use circles, squares, rectangles, triangles and hexagons to make your robot.

Appendix 2: 2D Shapes, 2D Shape Robot



3D Object Sort

Find objects in your home that look the same as a cone, cube, cylinder and sphere.

Which objects can roll? Which objects can stack on top of one another? Which objects can slide?

Appendix 2: 3D Objects



Number Formation

Watch the clip and practise writing your numbers.

<https://www.youtube.com/watch?v=VlfQhHQAUCY>



Measuring Length in Squares

Watch the video to see how to measure using informal objects.

Complete the 'Measuring Length in Squares' Seesaw activity.

<https://www.youtube.com/watch?v=q8o7n-A0SC0>



Drawing 2D Shapes

Watch the clip and practise drawing 2D shapes. You might like to find objects in your house you can trace around to help you.

<https://www.youtube.com/watch?v=kYlXM44-efs>

Measuring Steps

Measure in steps the distance from your bedroom door to your front door.

How many steps?

Now measure the distance from the front door to a different room in your house. Is it nearer or further than your room.

Which room in your house do you think is the furthest away? Use steps to measure.

Liquid Volume - Comparing

Watch the video to learn about volume and capacity.

Complete the 'Liquid Volume-Comparing' Seesaw activity.









<https://www.youtube.com/watch?v=XvLL27VqFbo>



Counting to Thirty

Watch the clip and practise counting to ten, twenty, or thirty. Once you have counted forwards you might like to try backwards.

<https://www.youtube.com/watch?v=SHIY9fzQd8>

SCIENCE & TECHNOLOGY Choose your activity below:	HISTORY/GEOGRAPHY Choose your activity below:	CREATIVE ARTS Choose your activity below:	PDHPE Choose your activity below:
<p>Properties of Materials</p> <p>Watch the video which explores different materials and their properties.</p> <p>https://www.youtube.com/watch?v=V-hQy_4MqGM</p> <p>What is a material?</p> <p>Complete the scientific investigation to find out the properties of different materials.</p> <p>Appendix 3: Testing Materials</p> 	<p>Photo Questions</p> <p>Look at the photo in the appendix.</p> <p>What questions could you ask somebody about this photo?</p> <p>You could think about when the photo was taken, who the people are in the photo and how they have changed between then and now.</p> <p>Record your questions for your teacher to hear.</p> <p>Appendix 4: Family Photo</p> 	<p>Art: How to Draw a Space Alien</p> <p>https://www.youtube.com/watch?v=bCstmsm9OWs</p> <p>Watch the video to draw an alien. Remember you can pause whenever you need to.</p> <p><i>Use your paints to decorate your alien.</i></p> 	<p>Fruits and Vegetables</p> <p>Watch the video about why our body needs lots of different fruits and vegetables.</p> <p>https://www.youtube.com/watch?v=kteZneJm1EI</p> <p>Complete the Seesaw activity about having a healthy, balanced diet</p> 
<p>Bush Shelter</p> <p>Pretend you are going camping but have forgotten your tent!</p> <p>What natural materials could you use to build a shelter? Your shelter needs to keep out the rain and stop you from getting sunburnt. Think about how you could use rocks, bark, sticks, mud, leaves and lots of other materials found in the bush. Watch the video for some ideas.</p> <p>https://www.youtube.com/watch?v=O5OLy5hIZxl</p> <p>Create a mini bush shelter of your own.</p> 	<p>People come from different places</p> <p>Families come from lots of places around the world.</p> <p>Watch the video to learn about where these children's families come from.</p> <p>https://www.youtube.com/watch?v=r172Mb8h5Zw</p> <p>At our school we have families from Thailand, Nepal, Taiwan, Indonesia, and many other places. Find these countries on the world map.</p> <p>What would you like to find out about the culture in these different countries?</p> <p>Appendix 5: World Map</p> 	<p>Art Experiment!</p> <p>Watch the video of the liquid art experiment</p> <p>https://www.youtube.com/watch?v=q7GsFBC5mvc</p> <p>Create your very own liquid art! You could follow the experiment in the video, or you could experiment with other materials to see if the colour will float on the liquid.</p> <p>Take a photo of the finished product and tell your teacher which materials you used.</p> 	<p>Physical Education (PE) Focus</p> <p>Mrs Morison wants you to continue to develop your PE skills.</p> <p>Have fun!</p> <p>Appendix 6: PE Activity</p> 






MINDFULNESS & POSITIVITY

Choose your activity below:

<p>Safari!</p> <p>Explore the garden and use your senses to find living creatures.</p> <p>Draw your findings, making sure to include lots of detail.</p> 	<p>Triangle Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 7: Breathing</p>	<p>Gratitude</p> <p><i>Have you started your Gratitude Jar?</i></p> <p>Each day write or draw something you are grateful for and place it in your Gratitude Jar.</p>	<p>Square Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 7: Breathing</p>
<p>Heart Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 7: Breathing</p>	<p>Awe Journal</p> <p>Create an Awe Journal.</p> <p>Draw or write about things that you find beautiful or extraordinary.</p> <p>E.g. a rainbow, a kind act, the smell of freshly baked cookies.</p>	<p>Wave Breath</p> <p>Practise your special breathing.</p> <p>Appendix 7: Breathing</p>	<p>Choose Kind!</p> <p>Write/draw a song; poem; comic; or make a short video with the key message 'being kind'.</p> 
<p>Peaceful Kids</p> <p>Try a meditation.</p> <p>Draw or write how you are feeling <i>before</i> the meditation, then how you feel <i>after</i> the meditation.</p> <p>https://www.peacefulkids.com.au/meditations1.html</p>	<p>Kindness Poster</p> <p><i>How can you be kind at home?</i></p> <p>Create a kindness poster to display in your home.</p> <p>Draw images or write words and/or sentences.</p> 	<p>Values</p> <p><i>Respect, Responsibility & Excellence</i> are our school values.</p> <p><i>How can you be respectful at home?</i></p> <p><i>How can you be responsible at home?</i></p> <p><i>How can you display excellence at home?</i></p> 	<p>Yoga</p> <p>Find a quiet space and choose a yoga session that's right for you.</p> <p>https://www.youtube.com/user/cosmickidsyoga</p>

HANDS ON LEARNING

Choose your activity below:

<p>Fairy Bread</p> <p>With parent/carer supervision, make some yummy fairy bread.</p> <p><i>Can you explain the steps you took to make the fairy bread?</i></p> 	<p>Backyard Scavenger Hunt</p> <p><i>Can you find...</i></p> <ul style="list-style-type: none"> • 3 different leaves? • Something red? • an insect? • two different coloured rocks? • something that is round? 	<p>Outdoor Picnic</p> <p>Have an outdoor picnic with your toys and/or family.</p> <p><i>What will you eat?</i></p> <p><i>What will you drink?</i></p> <p><i>What games will you play?</i></p>	<p>Home Helper</p> <p><i>Can you learn a new job to do around the house?</i></p> <p>You could:</p> <ul style="list-style-type: none"> • make your bed • do the dishes • tidy your room • sweep or vacuum • weed the garden
<p>Games</p> <p>Play a board game or card game, such as UNO, with a family member.</p>	<p>Free Time</p> <p>Do an activity of your choice!</p>	<p>Build a Boat</p> <p><i>Can you design and build a boat that floats?</i></p> <p>You could use foil, straws or plastic containers.</p> <p>Try to float your boat in the bathtub or sink.</p>	<p>Drawing Time!</p> <p>Sit in your backyard and sketch something you see. Make sure to include lots of detail.</p> 
<p>Watercolour Painting: Sea Turtle</p> <p>Follow the directed art lesson.</p> <p>https://www.youtube.com/watch?v=AGu7rbRi6Ok</p> <p>You will need: watercolours, paint brush, black marker, pencils, scrapbook, water and paper towel.</p> 	<p>Make a Chatterbox</p> <p>Appendix 8: Chatterbox</p> 	<p>Music & Dance</p> <p>Play your favourite song and come up with a dance routine.</p>	<p>Calm Down Jar</p> <p>Follow the instructions.</p> <p>https://www.youtube.com/watch?v=JodxJltiCvY</p> <p>You will need: jar, baby oil, water, measuring cup, water-based food colouring, oil-based food colouring, toothpick.</p> 

BRAIN BREAKS

Choose your activity below:

<p>Paper Plane Go!</p> <p>Make three paper planes.</p> <p>Find a laundry basket/bucket/large box to be your target.</p> <p>Stand away from the target and throw your paper planes.</p> <p>1 point for hitting the target.</p> <p>2 points for landing on the target.</p>	<p>Over, Under, Around & Through</p> <p>Make your way around your house or garden, going over items, under items, around items or through items e.g. over the dog bed, under the table, around the dining table and through your bedroom doorway.</p> <p>Be careful not to damage anything on the way (including yourself!)</p>	<p>Jog in Place</p> <p>Jog in place and perform the following actions.</p> <p>Wiggle your fingers; fingers & wrists; fingers, wrists & forearms; fingers, wrists, forearms & elbows; fingers, wrists, elbow & shoulders; fingers, wrists, elbows, shoulders & ribcage; fingers, wrists, elbows, shoulders, ribcage & hips; fingers, wrists, elbows, shoulders, ribcage, hips & knees; fingers, wrists, elbows, shoulders, ribcage, hips, knees & head.</p>	<p>Mime these!</p> <p>Act out some of these ideas without using equipment. Remember to make it look like you are using the equipment.</p> <ul style="list-style-type: none"> • Perform a basketball shot • Hit a baseball • Throw a rugby league pass • Kick a soccer goal • Bowl a bowling ball - get a strike! • Surf on a surfboard - wipeout! • Swim underwater - look for fish.
<p>Your Name</p> <p>Go for a walk and find ten things that begin with the first initial of your name.</p> <p><i>Can you find one thing for every letter in your name?</i></p>	<p>Noughts & Crosses</p> <p>Play 5 games of noughts and crosses.</p> <p><i>How many games were a draw?</i></p>	<p>Squiggles</p> <p>Draw a random squiggly line (or have someone draw one for you).</p> <p>Try to turn the squiggle into a picture.</p>	<p>Stretch it out</p> <p>Perform a whole body rocket stretch while lying on the floor.</p> <p>Start at your toes and slowly stretch up to your fingertips and then above your head. Then, slowly relax starting with your fingertips.</p>
<p>Go Noodle!</p> <p>https://www.gonoodle.com</p>	<p>Just Dance</p> <p>Search 'Just Dance' on Youtube and select a suitable song/dance to move to.</p>	<p>Darebee</p> <p>Do a workout that's suitable for you and a family member.</p> <p>https://darebee.com/</p>	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p>

Appendix 1 CVC Words / Heart Words

Week 10	
CVC List	Heart Words
pig	my was
cat	the he
dig	I she
wig	
hat	

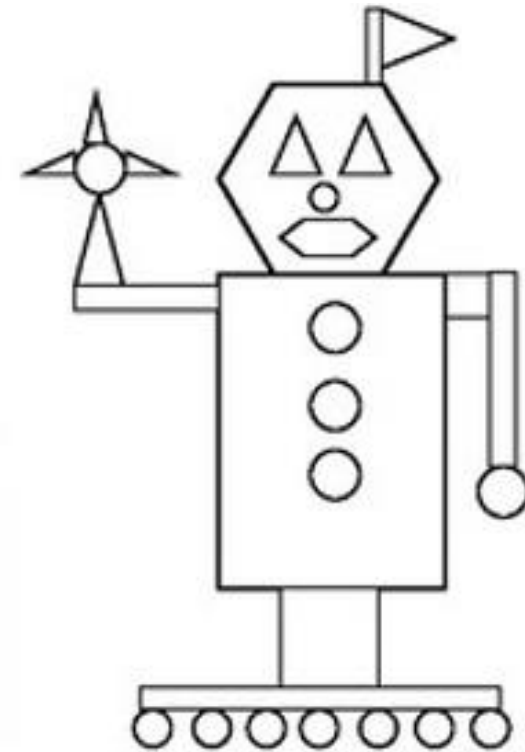
Week 1	
CVC List	Heart Words
dot	we are
beg	do her
lot	to see
hot	
leg	

Appendix 2

Area



2D Shape Robot



2D Shapes



Circle



Square



Triangle



Quadrilateral



Trapezium



Rectangle



Rhombus



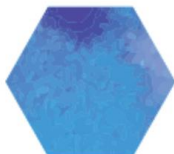
Oval



Parallelogram



Pentagon

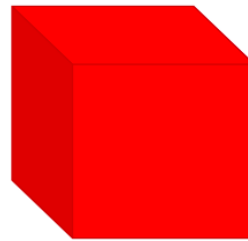


Hexagon

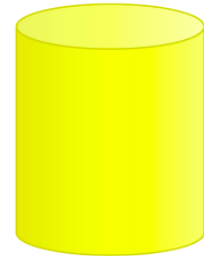


Octagon

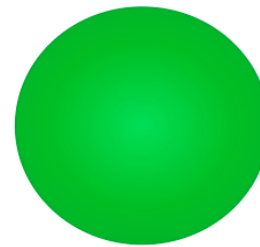
3D Objects



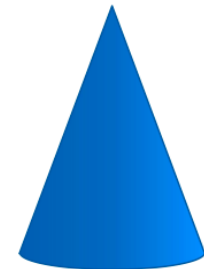
Cube



Cylinder



Sphere



Cone

When sorting the 3D objects be sure to describe the different surfaces as curved and flat to explain why they can roll.

Appendix 3 Testing Materials

You are going to conduct a scientific investigation on objects from around your house that are made of different materials.

1. Find an item that is made of each material listed in the table below. Draw or take a photo of your items for your teacher to see.

2. Pour a container of water over the object. *Did the water go through or over the top of the object?* **Is the material waterproof?**

3. Hold the object up to a light. *Does the light come through the object or is there a shadow?* **Is the material see through?**

4. Try to bend the object gently. *Is it easy to bend? Do you think that if you tried to bend the object harder it would bend or break?* **Is the material bendy?**

Record your results in the table using a tick or a cross in each section.

Material	Waterproof	See through	Bendy
Plastic			
Fabric			
Glass			
Wood			
Metal			

Appendix 4 **Family Photo**





Appendix 6 PE Activity

P.E ACTIVITY – WEEKS 10 & 1 (T4) ALL STAGES

GET MOVING

Use the “What’s your name?” sheet and follow the instructions.

CHOOSE YOUR GAME



























You will need: socks (4 one colour, 4 another colour, 1 white sock), tennis ball, large bouncy ball (or improvised), tape (or something to mark spots with), balloons (2), 6 targets (toilet rolls, bottles etc.), zones (can use towels, mats, pillows), chairs (with a back)

There are 6 games in the table below. Each game has different builds, that change the game slightly. Select the game you want to play and enjoy. Remember to be working on your skills as you play each game. Also remember to play fairly and have fun – IT’S ONLY A GAME!

GAME 1		GAME 2		GAME 3	
3 PIN BOWLING (Underarm rolling) Build 1: Normal Bowling (5 rounds) Build 2: Golden pin (2 attempts to knock over just 1 pin - points given for each hit - if the golden pin is hit that players wins (each player assigns golden pin) Build 3: Fastest to 10 – 3 pins each, players must attempt to knock over 10 pins faster than the other player. Must set up pins themselves each time Build 4: Battleship (can defend their pins, first player to knock the others pins down wins - cannot be within 1m of the pin to defend.		BOCHERY (Underarm throwing) Build 1: Set up playing area with areas on the floor worth different points (like archery) - players attempt to score the most points in a three-throw series Build 2: This time give each player 4 socks each (roughly same colour) - one white sock as the jack in the playing area. Attempt to get closest - first player to get to 10 points wins.		TARGET TANDEM (Overarm throwing) Build 1: Set up two target areas for the throwers - First player to hit the target 10 times is the winner - make it tougher on the winner by making their target smaller in the next game. Build 2: Battleship As per the underarm version, this time with overarm only and with socks for safety reasons.	
GAME 4		GAME 5		GAME 6	
BALLOON BATTLE (Striking) Build 1: Have players practise striking the balloon to each other to keep the balloon in the air without moving off their assigned areas - attempting to get to 20 hits - then bring in a second balloon for added difficulty Build 2: Balloon tennis - Making sure to go over the chairs placed in the middle, players now attempt to keep the balloon in the playing area. If the balloon goes out of the playing area, the other player gets the point.		CATCH (Underarm rolling, throwing/catching, and fielding) Build 1: In an assigned area, players attempt to roll the ball across to the other players area. If the ball goes into the other players area and then out without them stopping it, the other player gets the point. Ball/socks must be rolled! Build 2: Players underarm the ball over the chairs in the middle and into the other players area. The ball must be caught before the second bounce. (If using socks, the sock must be caught before it hits the ground). If not, the other player gets the point First to 10 points wins.		TWO SQUARES (Underarm throwing, catching, striking) Build 1: In an area like balloon battle, players attempt to under arm throw and catch the ball in their assigned areas. If the ball is dropped or goes out of bounds from a throw, the other player gets the point. Build 2: This time the ball must be hit with two hands in an under-hand strike. Same rules apply otherwise.	

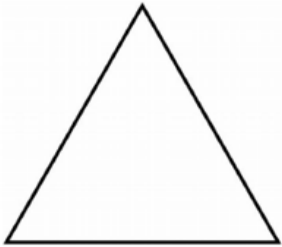
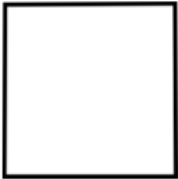






WHAT'S YOUR NAME?

Spell out your full name and complete the exercise listed for each letter. For a greater challenge include your middle name and do each one twice! For variety, use a famous person's name or a family member's name.

A	10 jumping jacks		N	5 tuck jumps	
B	5 pushups		O	10 Russian twists	
C	3 burpees		P	5 plie squats	
D	20 high knees		Q	10 arm circles	
E	5 crunches		R	10 frog jumps	
F	10 mountain climbers		S	10 second jog on the spot	
G	5 squats		T	10 butt kicks	
H	10 forward lunges		U	5 inchworms	
I	10 side lunges		V	5 tricep dips	
J	10 second wall sit		W	3 star jumps	
K	5 toe touches		X	5 bird dogs	
L	5 second plank		Y	10 leg raises	
M	3 squat jumps		Z	5 seated toe touch	

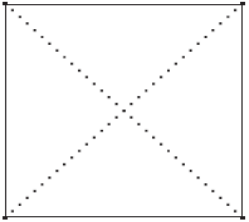
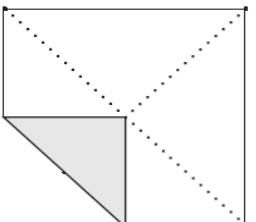
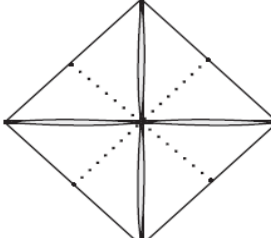
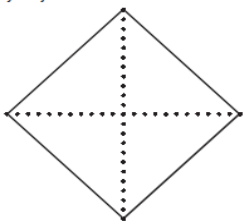
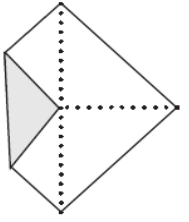
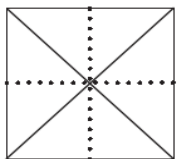
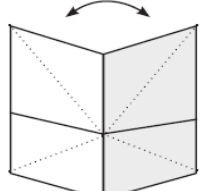
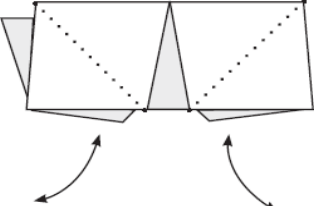
Appendix 7

Breathing

Triangle Breathing	Square Breathing	Heart Breathing	Wave Breath
<p>As you breath in, trace up one side of an imaginary triangle and as you breath out you can trace down and across the other two sides of the triangle.</p>	<p>As you breathe in, trace up one side of an imaginary square and across the top of the square. As you breathe out, trace down the other side of the square and across the bottom. You can try this in the air or on the back of your hand.</p>	<p>Trace around an imaginary love heart as you breathe in and out.</p>	<p>As you breathe in, lift your hands up in front of you and then as you breathe out, roll your hands over like a wave and down and make a 'shhh' sound.</p>
			
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Appendix 8

Chatterbox

How to fold your chatterbox	<p>Fold each corner to the opposite corner</p> 	<p>Fold all corners to the centre of the paper</p> 	<p>Now your paper should look like this</p> 
	<p>Now turn your paper over so the folds you just made are face down</p> 	<p>Now turn your paper over so the folds you just made are face down</p> 	<p>Your paper should now look something like this.</p> 
	<p>Now fold your paper in half vertically and horizontally</p> 	<p>Now fold your paper in half vertically and horizontally</p> 	<p>Finished!</p> 