




Enrichment Learning Grids: 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.

PHONICS/SPELLING Choose your activity below:			
How quick are you? Read the spelling/phonics list for the week and time yourself. <i>Can you beat your time?</i>	Phonics Focus! What is the phonics (sound) focus of the week? With your parent/carer, list as many words as you can that have the same sound/spelling rule.	Word Meanings Select four words from your spelling list and use a dictionary to find their meanings. Write the words and their meaning into your workbook.	Use the correct word! Complete these sentences/ questions using either saw or seen . Who has _____ my ball? Have you _____ my new bike? I _____ a clown at the circus. We _____ a boat on the river.
Silly Sentences Use your phonics/spelling words to write a silly sentence. 	Pyramid Writing Write three of your words shaped like a pyramid. f fl fla flap	Rhyme List Make a list of all of the rhyming words for 'ag' e.g. bag, flag 	Hide the Words Draw a picture and hide your spelling words in the picture. Ask a family member to find them.
Daily Learning Tasks: Yellow Activity Watch the clip that matches your fortnightly phonics/spelling focus. fl, cl, pl, sl https://www.youtube.com/watch?v=tJCy5Bd-ITc or https://www.youtube.com/watch?v=GW3kBl88if4	Be a Word Detective! Can you find words that match your weekly phonics/spelling focus in a book, magazine, newspaper? Write them down in your workbook.	Daily Learning Tasks: Green – Word Work Add your focus sound ('oa') to these word beginnings and endings to make new words. Write them in your workbook. Appendix 1: Word Work 	Daily Learning Tasks: Green Activity Watch the clip that matches your weekly phonics/spelling focus. 'oa' https://www.youtube.com/watch?v=M8nGaspuWAQ and 'igh' https://www.youtube.com/watch?v=3UVtOaeBIDg








READING

Choose your activity below:

<p>Using Expression</p> <p>Read your book out loud to someone remembering to use expression!</p> <p>E.g. Use a loud, soft, high or low voice that reflects the storyline and characters. Pause for punctuation.</p>	<p>Reading Buddy</p> <p>Choose a book you have read.</p> <p>Read the words or explain the pictures to a toy or pet.</p> <p>If you get stuck on tricky words, use decoding strategies.</p> <p>Appendix 1: Decoding Strategies</p>	<p>Retell</p> <p>Choose a book you have read.</p> <p>Think about what happened at the beginning, middle and end.</p> <p>Draw a picture to show what happens at each stage.</p> <p>Appendix 1: Retelling Sequence</p>	<p>Acting up!</p> <p>Act out a character from your favourite fairytale e.g. Little Red Riding Hood.</p> <p>See if a family member can guess who you are.</p>
<p>Shared Reading</p> <p>Have a family member read one of your favourite books to you.</p>	<p>Draw a character</p> <p>Draw your favourite character from a book you have read.</p> <p>Label your drawing with key words to describe your character.</p>	<p>What is the Problem?</p> <p>Identify the problem in the book you are reading.</p> <p><i>How was the problem solved?</i></p> <p>Record your answer.</p> 	<p>Fact Fun!</p> <p>After reading the factual information about trees, record yourself talking about three fun facts.</p> <p>Appendix 2: Fact Fun - Trees</p> 
<p>Bug Club</p> <p>https://www.activelearnprimary.com.au/login?c=0</p> <p>Log into Bug Club.</p> <p>Choose a book to read or press the button to have it read to you.</p>	<p>Non-Fiction (facts)</p> <p>List three interesting facts you read in your book.</p> <p>E.g. Flowers have stems.</p>	<p>Verb Detective!</p> <p>Pick a book that you love to read.</p> <p>Select two-three pages and write down all the verbs that you find.</p> <p>Appendix 2: What is a verb?</p> 	<p>The Good and the Bad</p> <p>Outline three good and three bad points about the book you have read.</p> <p>Appendix 2: The Good V's Bad Reading Task</p> 





WRITING









Choose your activity below:

<p>Word Bomb!</p> <p>Write as many words as you can in one minute. Get someone to time you and record your results.</p> <p>E.g. 'In 1 minute, I wrote 14 words.'</p> 	<p>Safety First</p> <p><i>Why is it important to wear a seatbelt while traveling in a car?</i></p> <p>Explain the reasons in five sentences.</p> 	<p>Computer Facts</p> <p>Write three facts about computers and what they can do.</p> <p>E.g. Computers are used to send emails. Scientists use computers for research.</p> 	<p>Handwriting</p> <p>Practise neatly writing words that you know how to spell and write correctly.</p> <p><i>How long will your list be?</i></p> 
<p>Three Wishes!</p> <p><i>If you had three wishes, what would they be and why?</i></p> <p>Write these in three complete sentences in your workbook.</p> 	<p>Step-by-step</p> <p>Make something using construction materials (Lego, blocks, leaves, boxes).</p> <p>List the steps someone would have to take to make a creation like it.</p> <p>Appendix 3: WILF Procedure</p>	<p>Labelling</p> <p>Draw a plant in your workbook and label these parts: stem, leaf, root, flower.</p> 	<p>List Writing</p> <p>Write a list of all the things that you miss about being at school.</p> <p>E.g. Seeing your teacher, playing with friends.</p>
<p>The Literacy Shed - 'The Bridge'</p> <p>This bridge is too narrow for the animals to pass but if they worked together they could. The bear and the elk are too stubborn to help each other and they fall off. The rabbit and raccoon work together to solve it.</p> <p>https://www.literacyshed.com/the-bridge.html</p> <p><i>What are some ways the bear and elk could cooperate to cross safely?</i></p> <p><i>Write a list of ideas or 'solutions' to this problem.</i></p>	<p>What's your story?</p> <p>Find a picture of your favourite food in a book, magazine or on your device.</p> <p>Write a story using your favourite food photo as an inspiration.</p> <p>Appendix 3: WILF Story</p>	<p>Questions</p> <p>Write out five questions using the correct punctuation symbol.</p> <p>?</p> 	<p>ABC Slider Puzzle</p> <p>Slide the tiles to place the letters into alphabetical order.</p> <p>https://www.abcya.com/games/abc_slider_puzzle</p>

MATHEMATICS


Choose your activity below:

<p>Race to 100!</p> <p>With an adult or a friend, use your cards to play, Race to 100!</p> <p>Appendix 3: Race to 100</p>	<p>Fractions - How many in each half?</p> <p>Get a square piece of paper and fold into two equal parts. Count out ten counters from your pack and put an equal amount of counters in each half.</p> <p>Write your answer.</p> <p><i>How many counters were in each half?</i></p> <p>Try this with different amounts of counters.</p> <p>https://www.youtube.com/watch?v=49kzardP3Fo</p>	<p>Fractions - Labelling Equal Parts</p> <p>Fold a square piece of paper into two equal parts.</p> <p>Label using the fraction notation $\frac{1}{2}$.</p> <p>Fold another square into four equal parts.</p> <p>Label using the fraction notation $\frac{1}{4}$</p> <p>https://www.youtube.com/watch?v=31v7R87B9yw&t=2s</p> 	<p>Friends of Ten & Twenty</p> <p>Watch the videos and sing along as you learn your friends of 10 & 20.</p> <p><i>Friends of 10</i></p> <p>https://www.youtube.com/watch?v=QS5w8LRnnp0</p> <p><i>Friends of 20</i></p> <p>https://www.youtube.com/watch?v=4J_ea2JttAU</p>
<p>Beat It!</p> <p>Roll two dice and make the largest possible number e.g. 2 and 4, could make 24 or 42. The largest number would be 42.</p> <p>Write down your number and invite the next player to 'beat it!'</p> <p>Challenge: Use more than 2 dice to create three- or four-digit numbers.</p>	<p>Longer or Shorter Than Comparing Length</p> <p>Find 3 objects around your home that are longer or shorter than a ruler or rubber.</p> <p>Draw these objects in your scrapbook.</p> <p>Write: A ruler is longer than a _____.</p> <p>Write: A ruler is shorter than a _____.</p> <p>Repeat again for a rubber.</p>	<p>Addition and Subtraction</p> <p>Close your eyes and pick a number on the 100 number chart. Add 5 to the number. Take away five from the number. Write down both number facts. E.g. $35 + 5 = 40$ $35 - 5 = 30$</p> <p>Use the hundreds chart to count forwards or backwards to find the answer.</p> <p>Repeat at least five times for different numbers.</p>	<p>Sharing</p> <p>Collect an uneven number of objects e.g. 9, 11, 13 etc.</p> <p>Divide your objects into equal groups.</p> <p><i>How many groups can you make?</i></p> <p><i>What is left over?</i></p> <p>Record your answers in your workbook.</p> 
<p>ABCYA - Multiplication Mine Jr</p> <p>https://www.abcya.com/games/multiplication_mine_jr</p> <p>Highlight rows or columns of the same gems then answer the multiplication questions at the bottom of the screen.</p> <p>Use the gem tiles to help find your answer!</p>	<p>Recording Time</p> <p><i>What does your day look like?</i></p> <p>Keep a record of your day and note the time you do things. Record the time in digital and analog form:</p>  	<p>Counting Odd Numbers to 100</p> <p>Use the hundreds chart from your pack to count all the odd numbers from 1-100.</p> <p>Write them in your book.</p>	<p>ABCYA - Blast Off! Numerical order</p> <p>https://www.abcya.com/games/numerical_order</p> <p>Select to count by 1, 2, 3, 5 or 10. Place the space rocks in the correct ascending order.</p>

SCIENCE & TECHNOLOGY Choose your activity below:	HISTORY/GEOGRAPHY Choose your activity below:	CREATIVE ARTS Choose your activity below:	PDHPE Choose your activity below:
<p>The History of Toys</p> <p>Consider the different materials used to make your toys.</p> <p><i>Do you think toys have always been made from these materials?</i></p> <p><i>When do you think the first ever toy was made?</i></p> <p>Watch the following video on the history of toys from around the world. https://www.youtube.com/watch?v=TKMlyjNSedc</p> <p>Using recycled materials or any materials you can find around the house, design and create yourself a new toy.</p> <p>Watch the following video to see some really great examples of toys made from recycled materials. https://www.youtube.com/watch?v=Thu33Lx4Tc0</p> 	<p>Tiddlick the Frog</p> <p>Watch 'Tiddlick the Frog Who Caused a Flood' short story to learn the Dreamtime Story of the greedy frog.</p> <p>Have a look at a photograph of the Tiddlick site near Wollombi.</p> <p>Compile a list of jokes to make your family and friends laugh like Tiddlick.</p> <p>Video you reading them and share them on Seesaw.</p>  <p>https://www.youtube.com/watch?v=CAUNMOCIMRE</p> <p>Appendix 4: The Tiddlick Site</p>	<p>Spring Art – Nature Scavenger Butterfly</p> <p>Take a walk out into your backyard and collect different flowers, leaves or grass. On a piece of paper draw the outline of a butterfly, as big as your piece of paper. Arrange and glue the natural items onto your butterfly.</p>  	<p>Persistence</p> <p><i>What do you do when something is too hard? (Keep trying, try a different way, take a break and come back to it, ask for help, positive self-talk etc.)</i></p> <p>Design a poster which labels all the different things you can do to help you persist when something seems too tricky.</p> <p>Think about a time when something was too hard and you wanted to give up.</p> <p>Write a sentence describing something you thought was too hard but kept persisting and achieved.</p> 
	<p>Caring for Places</p> <p>Brainstorm some places you enjoy visiting (park, beach, school etc).</p> <p>Pick your favourite and talk to an adult about the different things we can do to look after this place (picking up or taking rubbish when we leave, not damaging equipment etc).</p> <p>Create a poster to display in your favourite place, advertising to others how to care for it.</p> 	<p>Art Experiment!</p> <p>Watch the video of the liquid art experiment 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 5: 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 6: 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 6: Breathing</p>
<p>Heart Breathing</p> <p>Practise your special breathing.</p> <p>Appendix 6: 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 6: 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 that you haven't tried before.</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 7: 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. 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

Word Work

t__d

gr__n

l__d

l__f

thr__t

fl__t

s__p

t__sting

rainc__t

Retelling Sequence



Decoding Strategies

Ways to Take Action & Solve Words

Eagle Eye
Look at the picture.
Think "What is in the picture that starts with the beginning letter?"

Lips the Fish
Get your mouth ready!
Say the beginning sound.

Stretchy Snake
Slowly stretch each letter sound to make the word.
ship = sh || p

Chunky Monkey
Break the word into chunks you already know.
m at
fl at
spl at ter

Tryin' Lion
Try to re-read the sentence.
Think "What makes sense?"

Skippy Frog
Skip the tricky word.
Read to the end.
Go back & try it again.

Flippy Dolphin
Flip the vowel sound.
Try the long & short sounds.

ALWAYS

- Make Sense
- Sound Right
- Look Right

Growing Firsties

Appendix 2

What is a verb?

Verbs are action or doing words.



The Good V's Bad Reading Task

Story: The Cat in the Hat

Good

1. I loved reading the Cat in the Hat because it is funny.
2. I can hear lots of rhyming words in the story.
3. The Cat in the Hat had lots of good ideas about things to do inside.

Bad

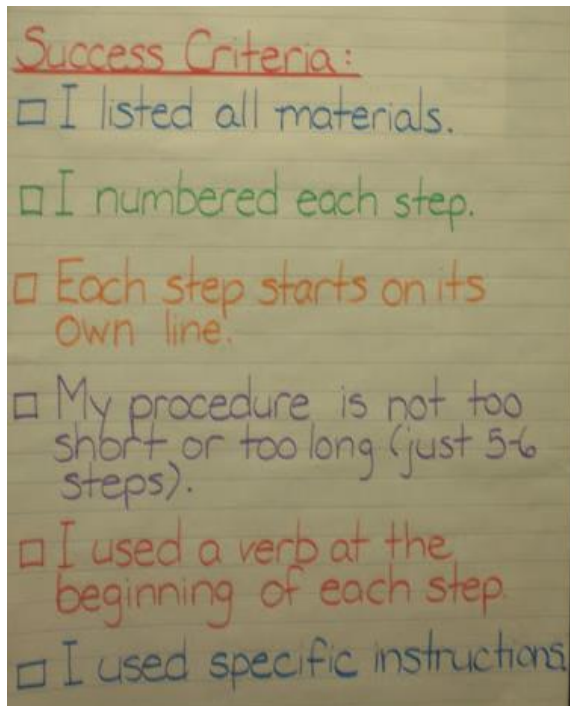
1. It is a very long story to read.
2. It can be tricky to read out loud.
3. It reminds me of being in lockdown.

Fact Fun - Trees

- Trees are the lungs of the Earth.
- Trees take in carbon dioxide and release oxygen into the atmosphere.
- Due to our growing population, many trees have been cut down for housing and development.
- Trees provide shelter, shade and food for many animals.
- Trees improve water quality.
- As rain falls to the Earth, it is slowed and filtered by trees, helping it to soak into the soil.
- Trees prevent soil from being washed away, they reduce stormwater runoff and lessen flood damage.
- Trees make our environment look beautiful!

Appendix 3

What I'm Looking For (WILF): Procedure



What I'm Looking For (WILF): Story



Race to 100

Flip a card and add its value to your running total.

First person to reach 100 or gets the closest to 100 without going over, is the winner.

Remove face cards (J, Q, K).



Appendix 4

The Tiddlick Site

Can you see the frog formation in the rock?



Appendix 5 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?

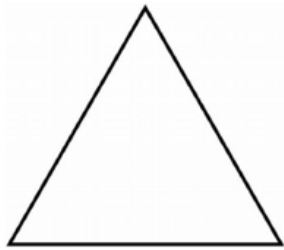
Spell out your full name and complete the exercise listed for each letter. For a greater challenge include your middle name and do each one twice! For variety, use a famous person's name or a family member's name.

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 6 Breathing

Triangle Breathing

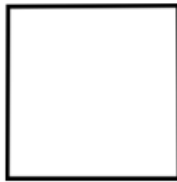
As you breathe in, trace up one side of an imaginary triangle and as you breathe out you can trace down and across the other two sides of the triangle.



www.headandheartmindfulness.com.au

Square Breathing

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.



www.headandheartmindfulness.com.au

Heart Breathing

Trace around an imaginary love heart as you breathe in and out.



www.headandheartmindfulness.com.au

Wave Breath

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.

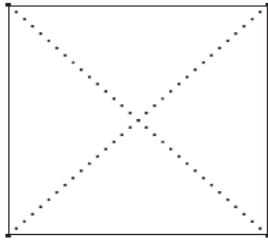


www.headandheartmindfulness.com.au

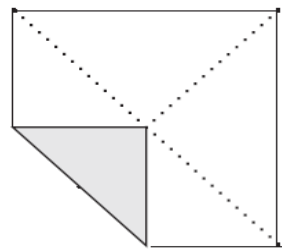
Appendix 7 Chatterbox

How to fold your chatterbox

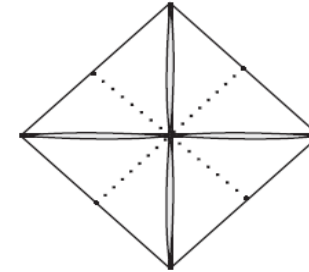
Fold each corner to the opposite corner



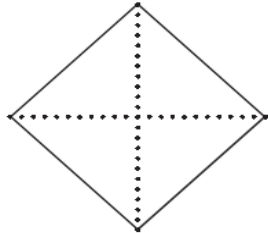
Fold all corners to the centre of the paper



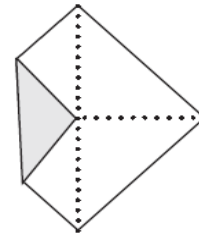
Now your paper should look like this



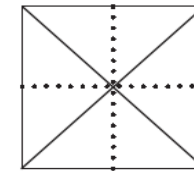
Now turn your paper over so the folds you just made are face down



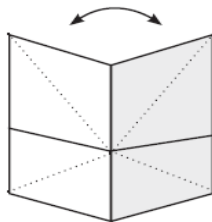
Now turn your paper over so the folds you just made are face down



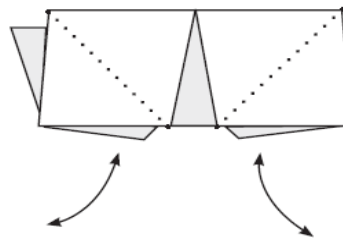
Your paper should now look something like this.



Now fold your paper in half vertically and horizontally



Now fold your paper in half vertically and horizontally



Finished!

