


# Enrichment Learning Grids: Stage 1

# Weeks 6 – 7

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.

<b>PHONICS/SPELLING</b> Choose your activity below:			
<b>How quick are you?</b> Read the spelling/phonics list for the week and time yourself. <i>Can you beat your time?</i>	<b>Phonics Focus!</b> 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.	<b>I Spy!</b> Play I Spy with the family, using the sound that the word starts with. <i>"I spy with my little eye something beginning with the 'p' sound." (pen)</i>	<b>Hopscotch</b> Draw a hopscotch frame and write words from the spelling/phonics list for the week in each square. As you jump on the square, say the word.
<b>Syllable Hunt</b> <i>A syllable is a beat in a word.</i> Say words that have 1, 2 and 3 syllables. <i>Do you know a word that has more than 3 syllables?</i>	<b>Rhyme List</b> Make a list of all of the '_um' rhyming words you can think of e.g. hum, lump. 	<b>Rhyme List</b> Make a list of all of the '_ip' rhyming words you can think of e.g. rip, ship, strip.	<b>Onomatopoeia</b> Make an onomatopoeia poster using words.
<b>Daily Learning Tasks: Yellow Activity</b> Watch the clip that matches your fortnightly phonics/spelling focus. /a/ /e/ /i/ /o/ /u/ <a href="https://www.youtube.com/watch?v=umwMV122tl/">https://www.youtube.com/watch?v=umwMV122tl/</a>	<b>Paint It!</b> Paint your phonics/spelling words using water and your paintbrush outside. Read them as you make them.	<b>Letter Hunt!</b> Use magazines/newspapers and cut out letters to make your phonics/spelling words.	<b>Daily Learning Tasks: Green Activity</b> Watch the clip that matches your weekly phonics/spelling focus. <ff> spelling for the /f/ sound <a href="https://www.youtube.com/watch?v=5XiB9JKFMc">https://www.youtube.com/watch?v=5XiB9JKFMc</a> <ll> spelling for the /l/ sound <a href="https://www.youtube.com/watch?v=oGnvwfZolFu">https://www.youtube.com/watch?v=oGnvwfZolFu</a>



## READING

Choose your activity below:

<p><b>Make a Connection</b></p> <p>Choose a book you have read. Think about a connection you made to this book...</p> <ul style="list-style-type: none"> <li>- to yourself</li> <li>- to another book you have read</li> <li>- to the world around you</li> </ul> <p>Choose one and draw and/or write your connection.</p>	<p><b>Reading Buddy</b></p> <p>Choose a book you have read.</p> <p>Read the words or explain the pictures to a teddy.</p> <p>If you get stuck on tricky words, use decoding strategies.</p> <p><a href="#">Appendix 1: Decoding Strategies</a></p>	<p><b>Retell</b></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><a href="#">Appendix 1: Retelling Sequence</a></p>	<p><b>Book Review</b></p> <p>Record a book review for a book you have enjoyed reading.</p> <ul style="list-style-type: none"> <li>• <i>What book did you read?</i></li> <li>• <i>Who is the author/illustrator?</i></li> <li>• <i>What was your favourite part?</i></li> </ul> 
<p><b>Be a Spelling Detective!</b></p> <p>How many of your phonics/spelling words can you find in a book, magazine, and/or newspaper?</p>	<p><b>Draw a character</b></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><b>New book cover</b></p> <p>Create a new book cover for one of your favourite books.</p>	<p><b>Phonics/Spelling Words</b></p> <p>Practise reading your phonics/spelling words for the week.</p> 
<p><b>Bug Club</b></p> <p><a href="https://www.activelearnprimary.com.au/login?c=0">https://www.activelearnprimary.com.au/login?c=0</a></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><b>Ending Change</b></p> <p>Read one of your favourite books.</p> <p>Change the ending of the story and draw a new illustration to match.</p>	<p><b>Noun Detective!</b></p> <p>Pick a book that you love to read. Select two-three pages and write down all the nouns that you find.</p> <p><a href="#">Appendix 1: What is a noun?</a></p> 	<p><b>New Character</b></p> <p>Read one of your favourite books.</p> <p>Create a new character that will fit into the context of your story.</p>





## WRITING






Choose your activity below:

<p><b>Timetable</b></p> <p>Make a timetable of your day/week and fill it in with what you have been doing.</p>	<p><b>Letter to a Character</b></p> <p>Write a letter to a character from your favourite book. Tell them about what you have been doing.</p> <p>Appendix 2: WILF</p> 	<p><b>Comic</b></p> <p>Create a comic strip to show something fun you did recently.</p> <p><i>Can you include speech and thought bubbles?</i></p>	<p><b>Hidden Treasure</b></p> <p>Hide 5 things around the garden.</p> <p>Draw a treasure map with pictures to help a family member find them.</p>
<p><b>Dog vs Cat?</b></p> <p><i>Which would you prefer to have as a pet?</i></p> <p>Write a response with at least 3 different reasons to support your opinion.</p> 	<p><b>Step-by-step</b></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 2: WILF Procedure</p>	<p><b>Mystery Box</b></p> <p>A mysterious box arrived in the post... <i>What could it be?</i></p> <p>Write a story using this idea.</p> <p>Appendix 2: WILF</p>	<p><b>Write a Shopping List</b></p> <p>Write a shopping list for your family. Make sure you check the cupboards to see what you need.</p>
<p><b>The Literacy Shed - 'The Present'</b></p> <p>A young boy prefers his computer games to anything else. Until his mother leaves him a gift - an adorable puppy.</p> <p><a href="https://www.literacyshed.com/the-present.html">https://www.literacyshed.com/the-present.html</a></p> <p><i>Write a diary/recount as the boy. Detail how he felt about the dog at first and how he feels now.</i></p>	<p><b>What's your story?</b></p> <p>Find your favourite photo or toy.</p> <p>Write a story using your photo or toy as an inspiration.</p> <p>Appendix 2: WILF Story</p>	<p><b>Make your own book!</b></p> <p><i>Will you make a fiction (story) or non-fiction (factual) book?</i></p> <p>E.g. fairy tale or factual book about insects etc.</p>	<p><b>Keyboarding Zoo</b></p> <p>Improve your typing skills!</p> <p><a href="https://www.abcya.com/games/keyboarding_practice">https://www.abcya.com/games/keyboarding_practice</a></p>

## MATHEMATICS

Choose your activity below:

<p><b>Race to 100!</b></p> <p>With an adult or a friend, use your cards to play Race to 100!</p> <p><a href="#">Appendix 3: Race to 100</a></p>	<p><b>Calendar Exploration</b></p> <p>We are now in the month of August.</p> <p>Read the ordinal names, starting at 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> ... 30<sup>th</sup>, 31<sup>st</sup></p> <p><i>What day does the 15<sup>th</sup> August fall on?</i></p> <p><i>How many Monday's are in the month of August?</i></p>	<p><b>Measuring Steps</b></p> <p>Measure in steps the distance from the back door to your front door.</p> <p><i>How many steps?</i></p> <p><i>Can you measure the distance a different way?</i></p> <p>Use pictures and/or numbers to show your findings.</p>	<p><b>Friends of ten &amp; twenty</b></p> <p>Watch the videos and sing along as you learn your friends of 10 &amp; 20.</p> <p><i>Friends of 10</i></p> <p><a href="https://www.youtube.com/watch?v=QS5w8LRnnp0">https://www.youtube.com/watch?v=QS5w8LRnnp0</a></p> <p><i>Friends of 20</i></p> <p><a href="https://www.youtube.com/watch?v=4J_ea2JttAU">https://www.youtube.com/watch?v=4J_ea2JttAU</a></p>
<p><b>Beat It!</b></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><b>3D Object Robot</b></p> <p>Find objects in your home that look the same as a cube, cylinder, sphere etc.</p> <p>Make a robot from the 3D objects.</p> <p>Video yourself explaining the 3D objects you used and describe them.</p> <p><a href="#">Appendix 3: 3D Object Robot</a></p> 	<p><b>Sandwich Layers</b></p> <p>On my sandwich, the cheese is above the meat, the meat is above the bread, the tomato is below the meat, the pickle is above the cheese, and another piece of bread is on top.</p> <p><i>What does my sandwich look like?</i></p> <p>Draw it!</p> 	<p><b>Spoon Multiplication</b></p> <p>Collect an even number of spoons e.g. 6, 8, 10 etc. Divide your spoons into equal groups.</p> <p><i>How many groups can you make?</i></p> <p>Record your findings using a diagram, words and/or number equation.</p> <p><a href="#">Appendix 3: Spoon Multiplication</a></p>
<p><b>ABCYA-Base Ten Bingo</b></p> <p><a href="https://www.abcya.com/games/base-ten-bingo">https://www.abcya.com/games/base-ten-bingo</a></p> <p>Select the number range by clicking on the ones, tens, hundreds or thousands.</p>	<p><b>Recording Time</b></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><b>2D Shape Robot</b></p> <p>Find materials from around the house and make a robot using only triangles, squares, rectangles and circles.</p> <p><a href="#">Appendix 3: 2D Shape Robot</a></p> 	<p><b>Connect the dots</b></p> <p><a href="https://www.abcya.com/games/connect_the_dots">https://www.abcya.com/games/connect_the_dots</a></p> <p>Select your number range and create your picture by connecting the dots.</p>

<b>SCIENCE &amp; TECHNOLOGY</b> Choose your activity below:	<b>HISTORY/GEOGRAPHY</b> Choose your activity below:	<b>CREATIVE ARTS</b> Choose your activity below:	<b>PDHPE</b> Choose your activity below:
<p><b>Material Search</b></p> <p>Objects are made from many different materials (peg - plastic, spoon - metal).</p> <p>Watch this clip that talks about materials and their properties:  <a href="https://www.youtube.com/watch?v=340MmuY_osY">https://www.youtube.com/watch?v=340MmuY_osY</a></p>	<p><b>Communication from the Past</b></p> <p>Interview someone who does not live with you and ask them about how they communicated with others when they were your age. Compare their communication to how we communicate today.</p> <p><i>How are they the same/different?</i></p> 	<p><b>Drawing – Favourite Animal</b></p> <p>Choose your favourite animal and draw it in your workbook.</p> <p>Use a texta or black pencil to trace the outline. Then colour in your character using pencils and water colours.</p> <p><a href="#">Appendix 4: Drawing - Favourite Animal</a></p>	<p><b>Relationships</b></p> <p><i>Who is your support network?</i>          (Police Officer, Shop Assistant etc)</p> <p>Trace around your hand. In each finger write/draw a person who could help and support you. These people could be from your family and/or the community.</p> <p>Write a sentence explaining who the people are and how they can help you.</p> 
<p>Find objects from around your home and group them into the different materials they are made from e.g. glass, wood, plastic, metal, paper, fabrics or rubber.</p> 	<p><b>Communication - Past and Present</b></p> <p>Watch the clip to discover how communication has changed.</p> <p>Draw a picture of a phone from the past and a phone from today.</p> <p>Write a sentence explaining some of the differences.</p> <p><a href="https://www.youtube.com/watch?v=qWUP9EigdjY">https://www.youtube.com/watch?v=qWUP9EigdjY</a></p>	<p><b>Directed Drawing - Monkey</b></p> <p>Watch the clip and follow the instructions to draw your own monkey.</p> <p><a href="https://www.youtube.com/watch?v=kLtvUEo2UE">https://www.youtube.com/watch?v=kLtvUEo2UE</a></p> 	<p><b>Physical Education (PE) Focus</b></p> <p>Mrs Morison wants you to continue to develop your PE skills.</p> <p>Have fun!</p> <p><a href="#">Appendix 5: PE Activity</a></p> 







## MINDFULNESS & POSITIVITY

Choose your activity below:

<p><b>Kindness</b></p> <p>Do an act of kindness and record it. <i>Will you write it, draw a picture or take a photo?</i></p> 	<p><b>Triangle Breathing</b></p> <p>Practise your special breathing. <a href="#">Appendix 6: Breathing</a></p>	<p><b>Gratitude</b></p> <p><i>Create a Gratitude Jar</i></p> <p>Each day write or draw something you are grateful for and place it in your Gratitude Jar.</p> 	<p><b>Square Breathing</b></p> <p>Practise your special breathing. <a href="#">Appendix 6: Breathing</a></p>
<p><b>Heart Breathing</b></p> <p>Practise your special breathing. <a href="#">Appendix 6: Breathing</a></p>	<p><b>Goal Setting</b></p> <p><i>What would you like to get better at?</i> Write/draw at least 2 things. <i>What will help you achieve this goal?</i> Write/draw the steps you can take to achieve this goal.</p>	<p><b>Wave Breath</b></p> <p>Practise your special breathing. <a href="#">Appendix 6: Breathing</a></p>	<p><b>Challenges</b></p> <p>Think of something which has been challenging for you. <i>How did you get through it?</i> <i>What is something nice you could say to someone who is going through a challenge?</i></p>
<p><b>Peaceful Kids</b></p> <p>Try a meditation that you haven't tried before. Draw or write how you are feeling <i>before</i> the meditation, then how you feel <i>after</i> the meditation. <a href="https://www.peacefulkids.com.au/meditations1.html">https://www.peacefulkids.com.au/meditations1.html</a></p>	<p><b>Be a Good Sport</b></p> <p>Play a game with a member of your household. Think about how you can be a good sport and encourage each other. <i>What can you say to the other person if they win? Or you win?</i></p>	<p><b>Values</b></p> <p><i>Respect, Responsibility &amp; Excellence</i> are our school values. <i>Are you practising our values at home?</i></p> 	<p><b>Special Person</b></p> <p>Think of someone in your life that is special to you. <i>Create a card or make a piece of artwork for them, showing them that you appreciate having them in your life.</i></p>

## HANDS ON LEARNING



Choose your activity below:

<p><b>Make Some Yummy Pikelets</b> Cook some pikelets with your family. <i>How many pikelets did you make?</i> <i>How will you share them equally with your family members?</i></p> <p style="text-align: center;"><a href="#">Appendix 7: Recipe</a></p>	<p><b>Nature Treasure Box Hunt</b> Use an egg carton to sort and collect some natural treasures. <i>What can you find?</i> Describe your treasures.</p>  	<p><b>Indoor Scavenger Hunt</b></p> <ul style="list-style-type: none"> <li>• Find something that is red</li> <li>• Find something rough</li> <li>• Find 3 things that have wheels</li> <li>• Find something orange</li> <li>• Find something that is very soft</li> <li>• Find a key</li> <li>• Find something round</li> </ul>	<p><b>Construction Time</b> Construct something using Lego, blocks or something similar. Sketch your design. Describe your creation to someone at home.</p>
<p><b>Design a Game</b> <i>Can you make your own board game to play with your family?</i> <i>Does your game need dice or counters?</i> <i>What are the rules of the game?</i></p>	<p><b>What's For Tea?</b> Work together to choose what to cook for tea.  Look over the recipe, gather what you need, talk through the steps.</p>	<p><b>Shadows</b> Go outside on a sunny morning. Place some toys on the ground near a piece of paper. <i>Can you trace their shadows?</i></p> 	<p><b>Family Portrait</b> Draw or paint a portrait of someone from your family.</p> 
<p><b>Make a Paper Plane</b> <i>Can you design your own?</i> <i>How far does it fly?</i></p> <p>Find some extra ideas on the link: <a href="https://www.youtube.com/watch?v=54noZe-0B1c">https://www.youtube.com/watch?v=54noZe-0B1c</a></p> 	<p><b>Musical Instrument</b> Design and make a musical instrument.</p> 	<p><b>Treasure Map</b> Hide a toy in your backyard. Design a treasure map to where you hid the toy.  Have someone at home see if they can follow your treasure map.</p>	<p><b>Your Bedroom</b> Draw a detailed picture of your bedroom.</p>



## BRAIN BREAKS

Choose your activity below:

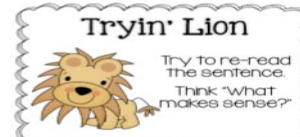
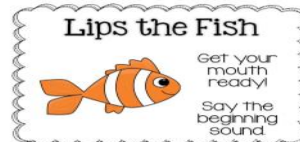
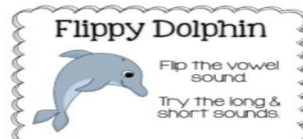
<p><b>Look for the Good</b></p> <p>Go for a walk - with someone else. Walk where it's safe. Walk for at least 10 minutes. As you are walking when you see something that is 'good' tell your walking buddy and tell them why you think it is good.</p> <p>Some examples might be <i>funny animals, busy insects, lovely flowers, beautiful buildings, smiling people.</i></p>	<p><b>A Note of Thanks</b></p> <p>Think about someone you are thankful for. Write them a little note to say why you are thankful. Decorate it and present to the person.</p>	<p><b>Soak up some sunshine</b></p> <p>Go outside and just have some time for you while you enjoy a little sunshine!</p>	<p><b>Colouring In</b></p> <p>Take some time to colour in a picture. If you can't find a picture to colour - draw your own picture and colour it.</p>
<p><b>Joking Around</b></p> <p>Here's a couple of jokes to make you smile. Read them, giggle and share them. If you know some other jokes, share them too!</p> <p><i>Why do fish live in saltwater? Because pepper makes them sneeze! What did zero say to eight? Nice belt!</i></p>	<p><b>Animal Walks</b></p> <p><i>Can you move like an animal? How many different animal walks can you do? e.g. a penguin, a snake, a frog...</i></p>	<p><b>Jigsaw</b></p> <p>Do a jigsaw with a family member.</p> <p><i>What is the best way to start?</i> (straight pieces first)</p> <p>Photograph your puzzle.</p> 	<p><b>Finger Spelling</b></p> <p>Use the link below to learn how to fingerspell. Can you spell your name? Video yourself spelling hello.</p>  <p><a href="https://www.youtube.com/watch?v=AFP4a3foXLA">https://www.youtube.com/watch?v=AFP4a3foXLA</a></p>
<p><b>Go Noodle!</b></p> <p><a href="https://www.gonoodle.com">https://www.gonoodle.com</a></p>	<p><b>Just Dance</b></p> <p>Search 'Just Dance' on YouTube and select a suitable song/dance to move to.</p>	<p><b>Darebee</b></p> <p>Do a workout that's suitable for you and a family member.</p> <p><a href="https://darebee.com/">https://darebee.com/</a></p>	<p><b>Cosmic Kids Yoga</b></p> <p><a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a></p>



## Appendix 1

### Decoding Strategies

#### Ways to Take Action & Solve Words



Growing Firsties

### Retelling Sequence



### What is a noun?

cat London pen owl  
ball Sarah  
**Nouns**  
April shoe jam doll

A noun is the name of a person, a place, an animal or a thing.

twinkl www.twinkl.co.uk

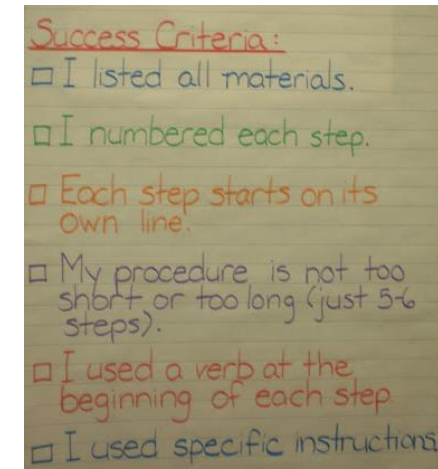
## Appendix 2

### What I'm Looking For (WILF)

1. A plan: Draw a picture of your plan and label it.
2. Capital letters, full stops, spaces between words.
3. Adjectives (describing words: blue, long, short).
4. Verbs (action words: swimming, running).
5. A sentence or story that makes sense. Hint: Read your writing aloud and try to fix up any mistakes.
6. Remember to talk about what you are going to write about before you start to write.

Have a go at writing your sight words. Your parent/carer can help you with topic words e.g. octopus, magpie, chicken, ocean.

### What I'm Looking For (WILF): Procedure

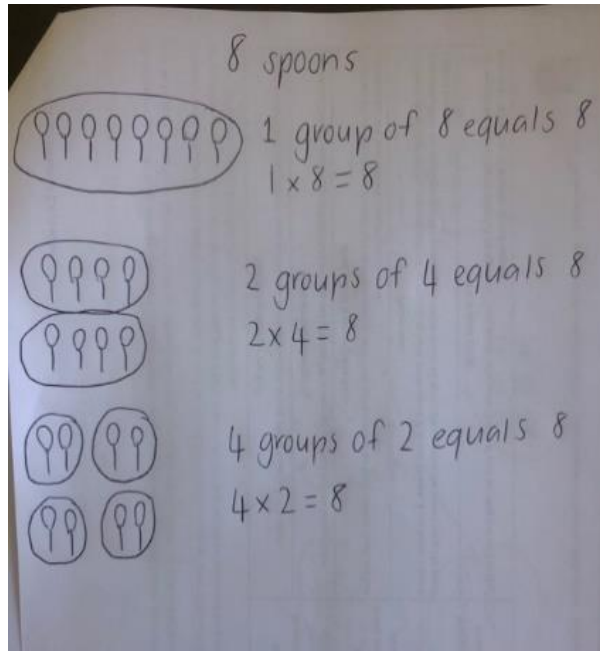


### What I'm Looking For (WILF): Story



## Appendix 3

### Spoon Multiplication



### 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.

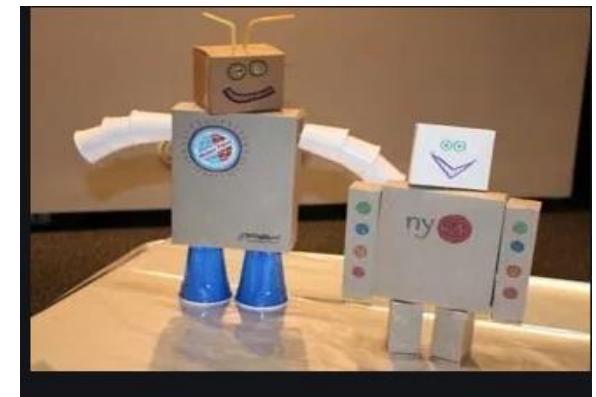
Remove face cards (J, Q, K).



### 2D Shapes Robot



### 3D Object Robot



## Appendix 4

### Drawing - Favourite Animal



## Appendix 5 PE Activity

### **P.E ACTIVITY – WEEKS 6 & 7 ES1 & S1**

#### **GET MOVING**

Using the PE MOVEMENT chart (next page) select **one** activity from each column (warm up, move, cool down) and perform each for approximately 1½ minutes each.

#### **IMPROVE YOUR SKILL 1.– STRIKING A BALLOON/LIGHT BALL– using your hand**

You will need a balloon, light ball, or improvised ball – such as rolled up socks, paper or even aluminium foil.

1. Keep the balloon/ball up for 1 minute (continuously tap the balloon/ball to keep it in the air)  
If the ball hits the ground, perform 5 jumping jacks and try again.
2. Tap the balloon/ball into the air as you walk from one end of an area to another.
3. Repeat but change the way you move – jog, skip, side step etc.
4. Find an object to use as a mini barrier/net. Tap the balloon/ball upwards over the barrier and then attempt to move to the other side and tap it back – like a solo game of tennis. How many times can you tap the balloon/ball to yourself across the barrier?

#### **IMPROVE YOU SKILL 2. – STRIKING A BALL – using your hand**

You will need a tennis ball, or similar item.

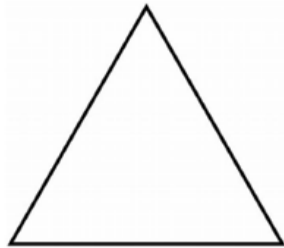
1. Hit the ball in the air 10 times
2. Hit the ball against a wall (make sure you get permission – or use an outside wall if possible) 10 times. Can you catch it in between hits?
3. Hit the ball against a wall, trying to hit a target. (stick a piece of paper or a chalk dot – get permission first.)
4. Hit the ball into the air 3 times in a row – without it hitting the ground.
5. Hit the ball against the wall 3 times in a row – without catching it, or having it hit the ground.
6. CHALLENGE – Can you hit the ball against the wall, followed by into the air, then back at the wall etc – without it hitting the ground? How many can you do in a row?

WARM - UP	MOVE	COOL DOWN
 <b>ARM CIRCLES</b>	 <b>FROG JUMPS</b>	 <b>BUTTERFLY STRETCH</b>
 <b>JUMPING JACKS</b>	 <b>BUTT KICKS</b>	 <b>ARM ACROSS BODY</b>
 <b>STRETCH TALL</b>	 <b>SIT UPS</b>	 <b>CHILD'S POSE</b>
 <b>BASKETBALL SHOOTING ACTION</b>	 <b>SQUATS</b>	 <b>QUAD STRETCH</b>
 <b>MARCH ON THE SPOT</b>	 <b>MOUNTAIN CLIMBERS</b>	 <b>SIDE STRETCHES</b>
 <b>DANCE ON THE SPOT</b>	 <b>JOG ON THE SPOT</b>	 <b>TOE TOUCHES</b>

## Appendix 6 Breathing

### Triangle Breathing

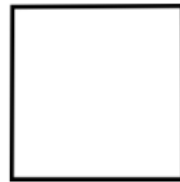
As you breathe in, trace up one side of an imaginary triangle and as you breathe out you can trace down and across the other two sides of the triangle.



[www.headandheartmindfulness.com.au](http://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](http://www.headandheartmindfulness.com.au)

### Heart Breathing

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



[www.headandheartmindfulness.com.au](http://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](http://www.headandheartmindfulness.com.au)

Breathing Cards from: [Headandheartmindfulness.com.au](http://Headandheartmindfulness.com.au)



## COOKING DEMONSTRATION NOTES

## Pikelets

**Preparation time:** 5 minutes    **Freezing:** suitable    **Makes:** 16

### Shopping list

- self raising wholemeal flour
- self raising flour
- milk
- sugar
- egg
- margarine
- plain or vanilla yoghurt
- banana

### Ingredients

- ½ cup wholemeal self raising flour
- ½ cup self raising flour
- ¼ cup milk
- 1 egg
- 1 tablespoon sugar
- margarine

### Steps

- 1 Sift flour into a bowl.
- 2 Stir in egg, sugar and milk.
- 3 Heat fry pan and lightly grease with margarine.
- 4 Drop spoonfuls of mixture into fry pan.
- 5 When bubbles appear, turn over and lightly brown the other side.
- 6 Serve with a dollop of natural yoghurt and slices of banana.

### Equipment

- measuring cups and spoons
- sifter
- mixing bowl
- fry pan
- wooden spoon
- spatula

### How to modify recipe

- For sweet pikelets add some pureed, grated or mashed fruit, such as apple, pear or banana to the mixture prior to cooking.
- For savoury pikelets add some grated zucchini and carrot, or cheese and ham to the mixture prior to cooking.

## Healthy eating messages

- Making your own pikelets, muffins and pancakes can be a great way of including more fruit, vegetable and wholegrains into your child's diet.
- Making your own pikelets, muffins and pancakes can be a healthier and cheaper alternative to buying packaged snack foods.
- Use up to half wholemeal flour in pikelet, muffin and pancake recipes to increase fibre content.



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