



Bonnyrigg Public School

A community school providing quality education in a caring environment

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Kindy
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Public Schools NSW

School Closure – Learning at home

Dear Parents and Carers,

Please find in this pack instructions and activities for supporting student learning at home while the school is temporarily closed.

Each child has been sent home with booklets of activities so they can continue their learning while at home. If you are able to keep to a school schedule it will be greatly beneficial for your children.

If you have access to the internet there are some websites appropriate for learning included in this pack (see handout). Please limit the amount of time children spend on devices playing games between 9am – 3pm, unless they are recommended on the handout or if you feel they are educational.

Yours sincerely,

Voula Hatzidimitriou
Principal

Home Learning – Schedule

(keep this displayed)

Before 9am	Wake up and eat breakfast	<i>Remember to eat a healthy breakfast</i>
<u>9 – 10:30am</u>	Work booklet	<i>Look at your checklist and tick off when you finish each activity.</i>
10:30 - 11am	<i>Fruit break, fitness activity and free play</i>	<i>If it is ok this is a nice time to play outside (check you are allowed outside).</i>
<u>11:30am – 12:30pm</u>	Work booklet	<i>Look at your checklist and tick off when you finish each activity.</i>
12:30 – 1pm	<i>Lunch time, fitness activity and free play</i>	<i>If it is ok this is a nice time to play outside (check you are allowed outside).</i>
<u>1pm – 1:30pm</u>	Art bingo activity and ‘Be Active Kids’ activity	<i>Art bingo sheet included Various ‘Be Active Kids’ sheets</i>
1:30 – 2pm	<i>Recess</i>	<i>If it is ok this is a nice time to play outside (check you are allowed outside).</i>
<u>2 - 3pm</u>	Contract time	<i>Remember to read your contract details carefully. Take your time and try your best to do this independently – but if you need to ask for help you can ask a sibling or family member.</i>

During free play this is a great time to do puzzles, play with Lego or even create a new game!

Kid - Friendly YOGA

for a Healthier Generation



Mountain Pose Chair Pose Crescent Moon Pose Tree Pose

Child's Pose Downward Facing Dog Pose Happy Baby Pose

Butterfly Pose Rag Doll Pose Corpse Pose



www.Top10HomeRemedies.com

EXERCISES FOR KIDS



1. Planks 2. Push-ups 3. Crunches
4. Cycling 5. Lunges 6. Running
7. Stretching 8. Bridge lift 8. Backstretch
10. Squats 11. Skipping 12. Overhead shoulder stretch
13. Jogging 14. Spits 15. Side leg raise

5 Minute Fitness

Do 30 Seconds of each exercise

Pushups



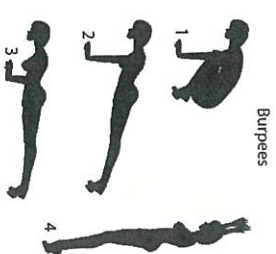
Hip Flexor Stretch



High Knees



Burpees



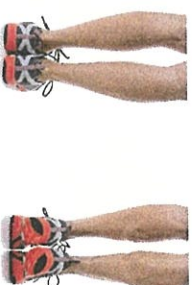
Sit-ups



Mountain Climbers



Calf Raises



Hurdler Stretch



Butterfly Stretch



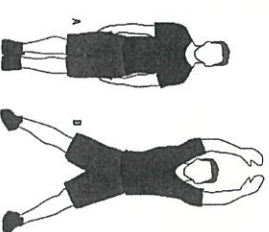
Downward Dog



Plank Hold



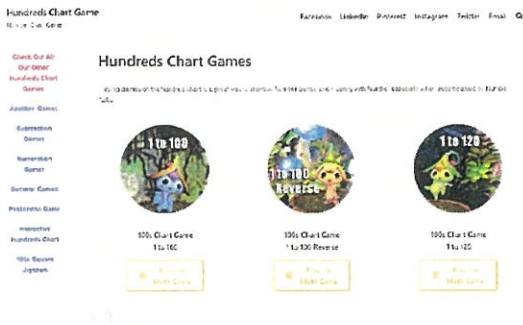
Jumping Jacks



Downward-Facing Dog

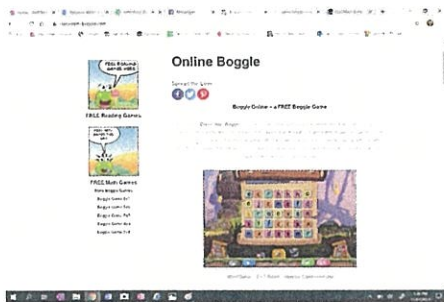
Hundreds chart games

<https://hundreds-chart-game.com/>



Boggle

<https://classroom-boggle.com/>



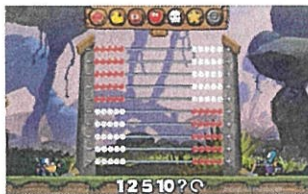
Rekenrek

<https://online-rekenrek.com/>

online-rekenrek.com

Online Rekenrek

Make it to the Home of Animated Rekenrek's on the Web!



Our online rekenreks provide all the basic number facts as well as multiple variations in 100 numbers from 1 to 100. All these animated rekenreks have a number line to help you find the answer. The number line is placed below the board. This is a visual aid to help you think about the problem and find the answer. The number line is placed below the board.

Read Write Think

<http://www.readwritethink.org/parent-afterschool-resources/>



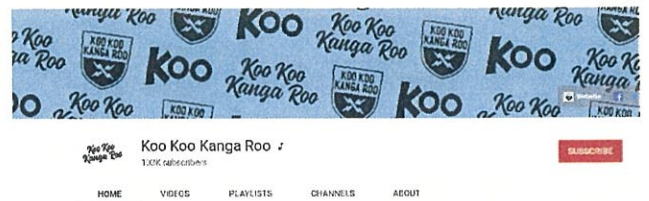
YouTube Channel

Clever Pickles – Mrs West has some maths games and handwriting activities on this YouTube channel. It would be beneficial if you had a pack of cards, pack of dominos and some dice to play these games.



Koo Koo Kangaroo

Lots of fun songs, dances and games for fitness.



Art Activity Bingo Card

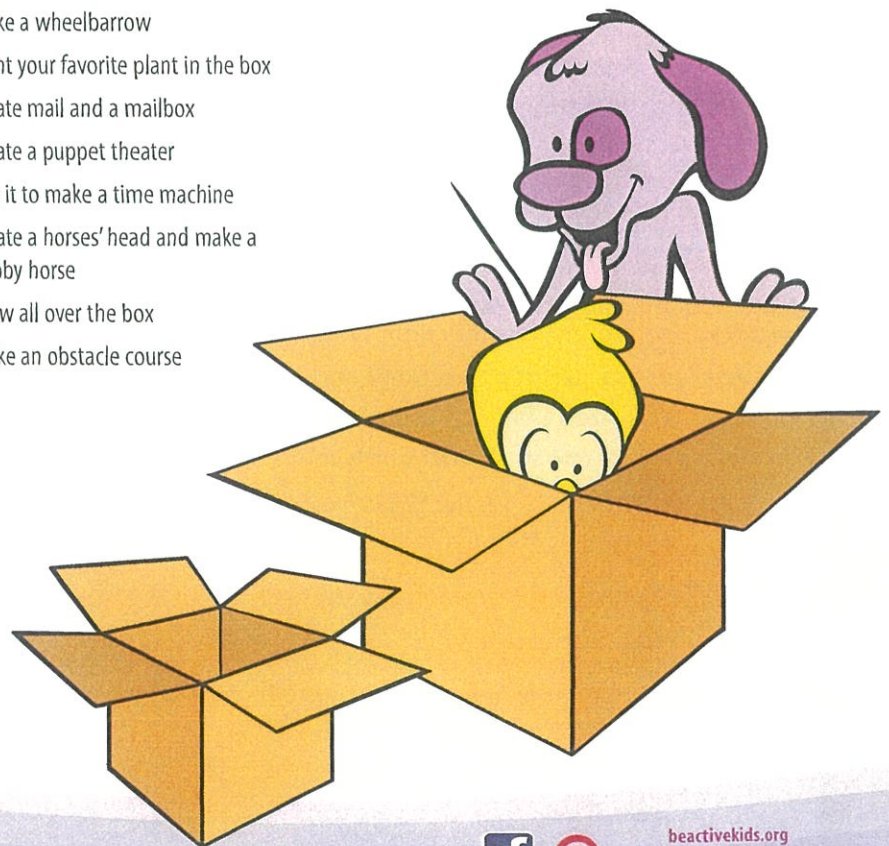
How many spaces can you mark off?

<p>Draw a self-portrait while looking in a mirror but do not look down at the paper!</p>	<p>Draw your favorite room in your home with as much detail as possible.</p>	<p>Create a comic strip about a kid with a secret super power.</p>	<p>Fill your paper with as many drawings of a duck as you possible can.</p>	<p>Grab your favorite shoes and draw them with your non-dominate hand.</p>
<p>Create a composition with your favorite dinner.</p>	<p>Have someone describe an animal to you without telling you the name, then draw their description.</p>	<p>Create a floorplan for your dream treehouse.</p>	<p>Design an outfit for a celebrity walking the red carpet.</p>	<p>Draw a prehistoric dinosaur in a modern setting.</p>
<p>Go outside and create an image from found objects like grass, leaves, and sticks.</p>	<p>Come up with an idea for a new game and design the board.</p>	<p>Draw a bowl of alphabet soup. Have the letters spell out a word that is meaningful to you.</p>	<p>Design the most fantastic and fun waterpark you can imagine!</p>	<p>Have another person draw a simple shape on your paper. Turn that shape into a complicated drawing!</p>
<p>Make a list of all the art in your home. Don't forget art doesn't have to be a painting or drawing!</p>	<p>Draw a super sundae with at least 3 flavors of ice cream. Write a description of each flavor.</p>	<p>Research a famous artist and list 5 facts you learned.</p>	<p><i>Miss Hatzi</i> Draw Ms. Yazzac wearing a sneaky disguise.</p>	<p>Draw a sandwich with as many wacky ingredients as you can!</p>

50 Cool Things To Do With a Cardboard Box

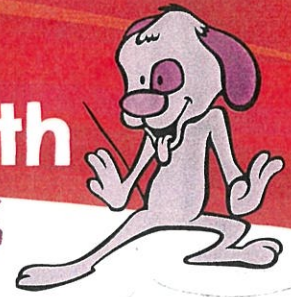
1. Use it as a sled to slide down a hill
2. Build a fort or playhouse
3. See how many you can stack before they fall over
4. Create a boat
5. Use it as a tunnel to crawl through
6. Cut circular holes in it and use it as a target
7. Make wings out of it and pretend to fly
8. Leave the top open and throw things into it
9. Make a "Mud Café" out of a few big boxes
10. Use a couple of small boxes to make a robot costume, then act like a robot
11. Build a box tower and then knock it down
12. Use a couple of small boxes to create a pair of activity dice
13. Create a mini cardboard village or city
14. Use it as a mudslinging background
15. Construct a maze out of a bunch of boxes
16. Create a rocket
17. Jump over, in, or out of a box
18. Play inside it
19. Make a cardboard ramp
20. Use it as a drum, guitar or other musical instrument
21. Create a sword and shield and have a sword fight
22. Get inside a box and have a friend push or pull you, as if it was a car
23. Use it to haul things
24. Stomp on a bunch of small ones
25. Kick a few small boxes
26. Make a train and pretend to be the conductor or the passenger
27. Draw characters on boxes, cut the characters out, and perform a skit
28. Create an elevator out of a box
29. Fill your box with loose parts
30. Draw and cut out pictures of healthy foods from the boxes and pretend like you're shopping for food at a grocery store
31. Make box shoes and move around while wearing them
32. Use it for tummy time (infants)
33. Create giant playing cards by cutting up boxes
34. Make street signs
35. Make a wheelbarrow
36. Plant your favorite plant in the box
37. Create mail and a mailbox
38. Create a puppet theater
39. Use it to make a time machine
40. Create a horse's head and make a hobby horse
41. Draw all over the box
42. Make an obstacle course
43. Stand inside a tall box and pretend you are in a princess's tower
44. Balance your box on one finger
45. Create a balance beam
46. Use natural loose parts to create an animal with your box (dog, cat, bird)
47. Play catch with a small box
48. Box bowling (stand boxes up)
49. Use a box to make your favorite flag
50. Create a new game with boxes

Remember, children are the ones who have all the ideas, so let them workout some of the ways of using a box on their own.



BE ACTIVE KIDS®

25 Active Things To Do With Paper Plates



1. Use 2 as **ice skates** and skate around the room.
2. Use one as a **target**—tape it to a wall or hang from a tree.
3. Throw a paper plate like a **frisbee**.
4. Make **stoplights** with 3 colored stoplight colors. Hold up a plate and have kids stop for red, walk slowly for yellow, and run for green.
5. Cut the middle out and use as a **ring toss**.
6. Use them to make **mud pies**.
7. Cut the middle out and try to **throw a ball through it**.
8. Make **healthy plates**. Spread pictures of healthy food around the room and have children pick up a few and run back to tape them on their plate.
9. Pretend taped plates on the floor are **lily pads**—jump or leap between them.
10. Try to **balance** one on your head while walking at different speeds—slow, fast, medium.
11. Hold one in each hand with arms extended and pretend they are **wings**—fly around the room.
12. Draw **numbers** on them and see who can put the numbers in order the fastest.
13. Draw **letters** on them and spread them out in a large area. Have children race to the letter you call out.
14. Make a **tambourine**. Punch holes around the edges of 2, put rice or beans between, and weave string through the holes to connect them. Pretend you're in a marching band—march as you play your tambourine.
15. Play **Musical Plates**. Tape them to the floor in a circle. Dance, hop, walk or jump from plate to plate.
Plates may slip, so use caution when moving.
16. Play **Hopscotch**. Write a number from 1–10 on each and make a hopscotch pattern with them.
17. Make **active cardboard creations** with box/plates/craft materials for children to create a car, boat, train, etc.
18. Make a **wheel charade game**. Glue pictures of planes, trains, cars, motorcycles to plates and act each out.
19. **Decorate** with eye catching colors and things that make noise. Have infants and toddlers try to hit or kick it.
20. Play **Tic-Tac-Toe**. Write a big "X" on 5 and a big "O" on 5. Draw a tic-tac-toe grid with chalk on the ground.
21. Play a **life-size board game**. Line plates up in a curvy path with "start" written on a plate at one end and "finish" on the other. Roll a large die (made out of foam or a small box) and jump or hop from spot to spot.
22. Make racquets and play **racquetball**. Tape a paint stick or paper towel roll to a plate to make a racquet. Use socks, pom poms or other light-weight objects and practice striking them with the paper plate racquet.
23. Use the plate as a **steering wheel** and actively pretend to drive around town running various errands.
24. Line up various sized plates to use as an imaginary **balance beam**.
25. Make an **animal mask**. Draw your favorite animal face on your plate and move like your animal.

Note: You can modify some of these activities by varying the distance, height, and amount of plates to make this a successful and positive movement experience for children of all ability levels.

Looking for additional ideas to get kids moving with loose parts?

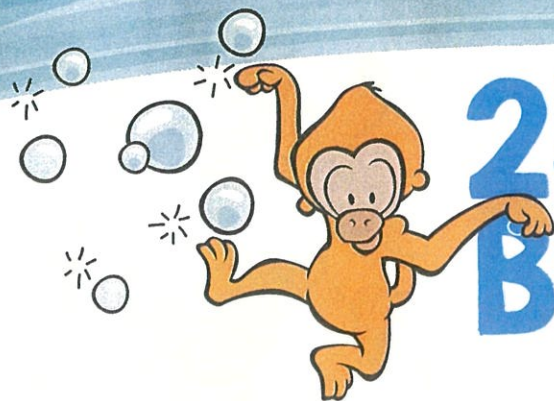
Find other Be Active Kids handouts on things to do with sticks, beach balls and more at www.beactivekids.org/resources/handouts.



Is Be Active Kids® at your child's daycare center or school? If not, contact us at info@beactivekids.org or 919-287-7012 about how you can bring Be Active Kids to your child's center or school.

www.beactivekids.org
facebook.com/beactivekids
pinterest.com/beactivekidsnc





25 Fun Physical Activities with Bubbles

1. **Swing** your bubble wand around in a figure eight across your body to make bubbles
2. **Run** with your bubble wand out to the side
3. **Stomp** on bubbles
4. Try to **throw** a ball at bubbles
5. **Jump** up and try to pop bubbles with different parts of your body
6. Try to **pop** as many bubbles as you can before they hit the ground
7. Do **arm circles** with your bubble wand
8. Follow a bubble and **blow** on it trying to keep it off any surface
9. Try to **kick** bubbles at your feet
10. **Clap** and pop the bubbles
11. **Jump** over bubbles close to the ground
12. Try to **catch** a bubble in a net
13. See how many bubbles you can **catch** on a bubble wand
14. **Make** giant bubbles using a baby pool and a hula hoop
15. Use a straw to **blow** bubbles around your space
16. Try to **pop** as many bubbles as you can in a minute
17. Have a friend **blow** bubbles at you as you try to **dodge** them, if you are **hit** by a bubble you change places with your friend
18. **Play** bubble songs to get kids moving to the music with bubbles
19. Try to **catch** a bubble on your back
20. Count the bubbles and **catch** them
21. Try to **catch** a bubble on your nose
22. Try to **make** the longest/shortest bubble that you can make
23. **Swat** bubbles with a pool noodle
24. **Pretend** to be a bubble with your body - from crouching/squatting low and then becoming as big as you can be with arms and legs outstretched.
25. **Play Bubble Tag**- The bubbles are "it". If a bubble pops on you, do 5 Bubble Jacks (crouch down low and jump up as high and big as you can). Rejoin the game and play some more.



BE ACTIVE KIDS®

25 Activities with Ribbons



1. Have a **dance party**
2. **Draw numbers** in the air
3. **Balance it** on different body parts
4. Play **catch** with it
5. Have a **movement parade**
6. **Run around** and see how the ribbons move in the wind
7. Use the ribbon ring as the tail of a **galloping horse**
8. **Hold** one in each hand and pretend you are a majestic phoenix flying high in the sky
9. **Draw letters** in the air
10. **Spin** around in circles to see what happens to the ribbons
11. **Jump** up and down and watch the ribbons move
12. Play "**Follow the Leader**"
13. Use the wand and rings as **magic tools**
14. **Throw** the wands at a target
15. Have a ribbon wand **relay race**
16. Use the wand as an elephant trunk and **pretend** to be an elephant
17. Use the wand as a **conductor's baton**
18. Use them for active **story time**
19. **Tickle** an infant's feet and hands with the ribbons
20. Incorporate the wand/rings into classroom **yoga**
21. **Make** a swirling tornado with the wands/rings
22. **Pretend** you are a kite/windsock moving in the wind
23. **Sing** and do the motions for "Head, Shoulders, Knees, and Toes" while holding a ribbon wand/ribbon ring
24. **Toss** it up and catch with the same hand, with both hands, or with alternating hands
25. **Shake** the ribbon wand/ring at different levels (high, medium, and low) and speeds (fast, medium, or slow)



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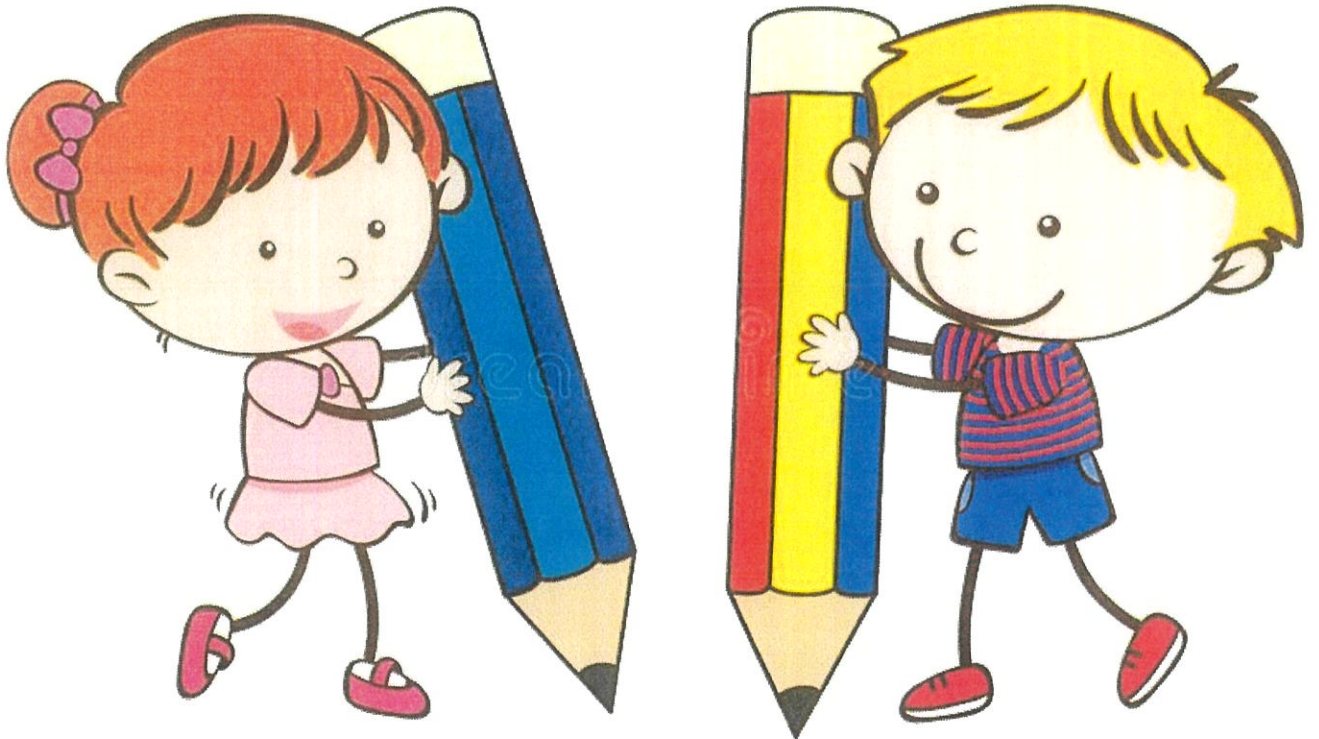
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www.beactivekids.org



Extra Activity

Ideas





Framework for teaching (non-digital) – Early Stage 1

You will not need access to a digital device to complete the following activities. You will need help from a parent/carer and the resource pack from your teacher.

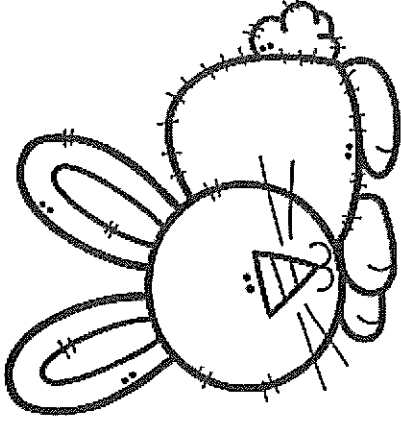
		Monday		Tuesday		Wednesday		Thursday		Friday	
Task	Have you made your bed?	Could you organise your toys today?	Can you help make lunch today?	How can you help a family member today?	Can you tidy your room?						
Morning	<p>English</p> <p>Make your sight words or letters out of playdough.</p> <p>Read a book with a parent/carer. Retell what happened in the beginning, middle and end of the story.</p> <p>Where is the story taking place? How do you know? Discuss this with your parent/carer.</p>	<p>English</p> <p>Create your name out of pegs or pasta.</p> <p>Write your sight words or sounds on paper or with chalk.</p> <p>Read a book with a parent/carer. What interesting words can you find in the story? Identify all the characters in the story and talk about them with your parent/carer.</p> <p>Verbally describe one of the characters to your parent/carer. What do</p>	<p>English</p> <p>Practise writing your name in your scrapbook.</p> <p>Read a book with a parent/carer. Can you find some punctuation in the story, for example full stops and capital letters? Talk to your parent/carer about them.</p> <p>Draw a picture of your bedroom. Label your picture.</p> <p>Create labels for your toys</p>	<p>English</p> <p>Read a book with a family member. How were the characters feeling at the beginning and then at the end of the story? What made them feel this way?</p> <p>Pretend you are hosting a big party! What food would you like? What food would your guests like? Draw/write a shopping list.</p>	<p>English</p> <p>Draw and/or write a postcard or a letter to a friend or family/carer.</p> <p>Tell them what you have been doing for the past few days.</p> <p>Read a book with a family member. Can you find any of your sight words in the story? Tell your parent/carer what the story is about – who are the characters, what happens? Why would you recommend/not recommend this story to</p>						

Monday		Tuesday		Wednesday		Thursday		Friday	
		they look like? What do they do? What do they like/dislike? Draw this character in your workbook and label or write about them. Add lots of detail.							your school friends?
Break	Break	Break	Break	Break	Break	Break	Break	Break	Break
Middle	Mathematics Ask someone to help you collect 20 objects. Practise counting your collection, forwards and backwards. You could even try starting from different numbers (for example, start with 5 objects and keep counting). Count how many steps it takes to get from your bedroom to the kitchen and back. Play a board game with a family member, for example snakes and ladders.	Mathematics Number hunt: what numbers can you find in your house? Can you find all the numbers from zero to twenty? Try writing these numbers in your scrapbook, for example the numbers on a remote control or a clock. Can you find numbers on shoes, on food in the cupboard or in the fridge? Collect your favourite toys, books or LEGO. Sort them into different categories. How did you choose to sort them? Is there another way you can sort them?	Mathematics Practise cutting a piece of paper in half. How do you know the parts are equal? Is there another way you can make half? When you are making your lunch today, practise counting and sharing items. For example, can you cut your sandwich in half? Can you count out scoops of rice for each person? Can you share an apple with a family member, so each person gets the same amount to eat?	Mathematics Shape hunt: What shapes can you find in your house? Draw a picture out of these shapes. Describe your picture to a family member and ask them to help you write down the names of the shapes. Choose some objects in your house. Order them from shortest to longest.	Mathematics Collect some blocks, pencils, pens, dried pasta, dried beans, etc. Make a repeating pattern. Draw your pattern in your workbook. Describe your pattern to a family member. Can you make another pattern using the same materials? Draw your second pattern. Choose one of your objects for example, a block and use it to measure things in your house. For example, how long (how many blocks) is your table? How wide is the door?				

		Monday	Tuesday	Wednesday	Thursday	Friday
						Draw a picture of you measuring something that you discovered which was very long and something you discovered which was very short.
Break	Break	Break	Break	Break	Break	Break
Afternoon	Science and technology Place a few seeds in wet cotton wool and then into a cup. Place a few seeds in dry cotton wool and then into a cup. Place the cups on a windowsill. Spray just the wet wool with water each day. Draw a picture of the seeds on Friday. What happened? What changed and why?	History Who is in your family? Ask each of your family members what country they were born in. Draw a picture of your family.	Creative arts Sing a song with a family member, for example 'Heads shoulders, knees and toes' or 'Row, row, row your boat'. Can you make some actions to go with the song? Make up a dance sequence and perform it for your family.	Geography Use collage materials to make an artwork of a place that is special to you. Why is this place special to you? Who else is this place important to?	PDHPE Identify three ways you can keep your body healthy. Practise throwing and catching a ball with a family member. Draw a hopscotch and practise hopping and jumping through the squares.	

Name: _____

Math Challenges



Here are some fun activity ideas you can do to practice concepts we are learning at school!

Put a sticker on the ones you completed!

Have fun!

Create a pattern (Ex: with pasta and beans)	Sing a <u>Number Song</u>	Count all the toys you see in your room	Make a tower as tall as you
Measure the length of 2 different things in your house	Go on a shape hunt. How many circles can you find around you?	Count the number of chairs in your home and write the number	Practice writing the numbers 1 to 20 using your favourite colors
Draw a circle, square, rectangle and triangle.	Help put away the dishes. How can you sort the cutlery?	Play a memory game with someone. (Ex: Gather 6 toys. Which one did they hide under a towel?)	Roll the dice and write the number.
Sort some of your toys. What attribute did you sort by?	Make a puzzle (or create your own jigsaw!)	Build with blocks	Play a card game. (Ex: Uno)

37

Spelling

Spelling a word using blue counters for vowels and red counters for consonants.

38

Word block

Using wooden alphabet blocks, find each letter to make each of your spelling words. You might like to take a photo of each word with a digital camera if you have one available.



39

Show me a word

Dance out the meaning of each of the words.



40

Stand up, sit down

Spell your words out loud while standing up whenever a consonant appears, and sitting down whenever a vowel appears.



41

Bounce

Spell your words out loud while bouncing a ball.



42

Big cheer for words

Spell your words using a series of individual actions to represent the letters like cheerleaders.



43

Spelling

Write your spelling words in bubble letters and colour them in.



44

Pick a word

Make each of your spelling words using toothpicks. Glue them down on your page.



45

Puzzling Times

Create word puzzles, cut each puzzle up and see how quickly you can put all the pieces back together.



46

String it along

Write each of your spelling words with a long piece of string. Glue the string to your page.



47

Paint me a word

Grab a paintbrush, some paint and some paper to paint on, and paint each of your spelling words in your favourite colours.



48

sidewalk sketch

Write each of your spelling words outside on the path using chalk. You might like to draw them in bubble writing and colour each one in or you may like to draw a picture depicting each spelling word.



49

Bend a word

Write your spelling words using pipe cleaners. Have a friend feel and guess the words while blindfolded.



Visual/Spatial

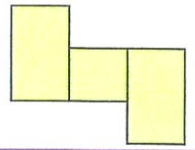
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50

Silly Shapes

Draw the shape of each word and have a friend guess each one.

dog =



Visual/Spatial

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51

ARTISTIC FLAIR

Draw pictures of each of your spelling words. Make sure you colour them in nicely.



Visual/Spatial

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52

Construct a word

Cut each of your spelling words out of construction paper and paste them down.



Visual/Spatial

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53

Water wall

Grab a small bucket of water, a nice big paintbrush and paint all of your spelling words on the wall outside. Can you finish each word before the water dries?



Visual/Spatial

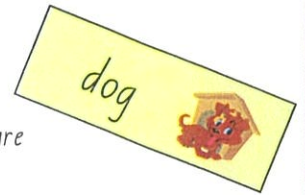
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54

Wordwall

Write each of your spelling words out on cards for the classroom word wall.

Can you draw a small picture of each one?



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55

Sounding Sketches

Draw each of the spelling words as they sound.



Visual/Spatial

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56

Rolling Along

Use a small paint roller to paint each of your spelling words on a wall outside the classroom with water.



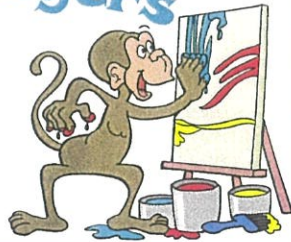
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57

Messy fingers

Finger paint your spelling words.



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58

Wacky Windows

Using window chalk, write each of your spelling words on the window.



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59

Blackboard Bandit

Write your spelling words on the blackboard.



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60

Magnet Mayhem

Write your spelling words on the whiteboard using letter magnets.



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61

SPY WORDS

Write each of your spelling words like graffiti.



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62

WOOLLY WORDS

Use cotton wool to make each of your spelling words. You can glue it down on paper.

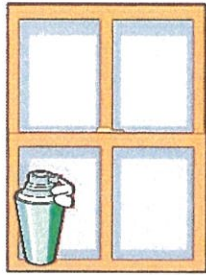


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BLESS THIS MESS

Spread shaving cream over a window or a mirror and write each of your spelling words in it.



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SNAPSHOT

Using a digital camera, take photographs of some of the spelling words classmates are making. Put all the photos together to make a collage of this week's spelling words.



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FEEL YOUR WAY

Use play dough to create each of your spelling words. Blindfold a friend and ask them to feel the words and guess each one.



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DRAW ME A PICTURE

Find a friend and play a game of "Pictionary" with each of the spelling words.



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A little dramatic

Write and perform a short play including your spelling words.



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MAKE A GAME OF IT

Make up a spelling word game. Ask your classmates to try it out and rate it.



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Can you guess?

Describe one of your spelling words to a friend and have them guess the word.

Eg. February = 2nd month, shortest month of the year, Valentine's Day is in this month



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Yes, I'm miming!

Mime your spelling words for a friend. Can they guess which one you are miming?



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Celebrity Head

On small cards, write each of this week's spelling words so you can play "Celebrity Head."



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SCRABBLE

Play "Scrabble" or "Upwords" with a partner only using the words on your spelling list.



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Plan of Attack

Set some goals for improving one aspect of your spelling work.



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ALWAYS IMPROVING

Think about the way you learn your spelling words at home. Can you think of more effective ways to learn them?



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Think about it

Think about the ways you learn best. What helps or hinders you?



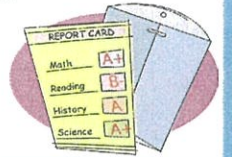
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A long list

List all the subjects you do at school. Where do you rank spelling?



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Memory Challenge

Look over your past spelling lists. How many words do you remember how to spell? Do a self evaluation.



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P.M.I.

Look at your spelling work. Do a P.M.I. (Plus, Minus, Interesting) What are the positive ideas about this? What are the negative ideas about this? What is interesting about this?



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BEEP BEEP

Learn Morse Code and tap out the spelling words.



Musical / Rhythmic

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Listen to me

Create jingles or a song to help others learn their spelling words.



Musical / Rhythmic

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click clack

Tap out the syllables of the spelling words on some castanets.



Musical / Rhythmic

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TO THE BEAT

Write a rap song to help others learn their spelling words.



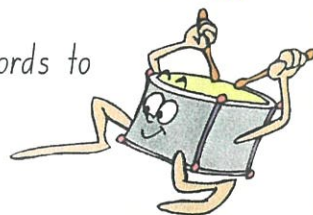
Musical / Rhythmic

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RUM A TUM TUM

Chant your spelling words to the beat of a drum.



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Singing my song

Make up a song using all your spelling words and record it on a tape recorder.



Musical / Rhythmic

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All shook up

Shake some maracas as you say your spelling words.



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RHYTHM MACHINE

Tap the following rhythm on your lap while you sing your spelling words.



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PLAY THAT MUSIC

Play the sound of the words on a musical instrument.



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ANTS GO MARCHING

Stomp the following rhythm while you say your spelling words.



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SING YOUR HEART OUT

Sing your spelling words to the tune of your favourite song.



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RAIN RAIN

Perform an Indian rain dance while you say your spelling words.



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