

Free Friday - Stage 1



Before you complete any of these activities:

- Finish all HBL set tasks on SeeSaw from the week
- Respond to feedback from your teacher from previous days

<p><u>Virtual Storytime</u></p> 	<p><u>Online Games</u></p> 	<p><u>Watch Bluey</u></p> 	<p><u>Mindful Activity</u></p> <p>Gratitude writing prompts Make a positivity jar Looking after Yourself Worksheet Create an Exercise Diary</p>
<p>Exercise</p> <p><u>Dance Lesson</u> <u>Aerobic Lesson</u> <u>Yoga Lesson</u></p>	<p>Make a puzzle or jigsaw</p> 	<p>Make some <u>Origami Fish</u></p> 	<p><u>Draw</u> or paint a picture</p>  <p><u>Mindful Colouring In</u></p>
<p>Build a blanket fort</p> 	<p><u>Yoga</u></p> 	<p>Create an Obstacle Course</p> 	<p>Free Choice</p> 