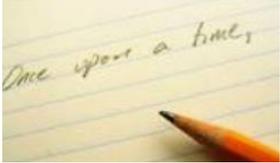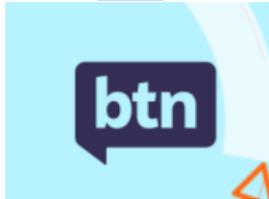# Free Friday - Stage 2

Before you complete any of these activities:

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

Studyladder	**Games** or play a Board Game	**Exercise** **Yoga** **Aerobics** **Dance**	**Mindfulness** **Smiling Mind** **Clear Minded for Life** **Create a Gratitude Journal** **(You will be prompted to make a copy)**
ABC YA	**Yoga**	**Storytime**	**PBS Kids**
Visit Taronga **Zoo**	**Fun Brain**	**Write a story**	**Free Choice**

BTN	Highlights Kids- Activities	Create an Obstacle Course	Mindful Colouring In
Verbal/Linguistic ❏ Write instructions for a game you know ❏ Create a poem ❏ Create TV ads ❏ Retell a story in your own words ❏ Create a crossword and/or find-a-word puzzle ❏ Write a book and/or movie reviews	**Logical/ Mathematical** ❏ Create a timeline of your life or that of a public figure ❏ Design a map ❏ Create patterns ❏ Design a board game (and then play it)	**Visual/Spatial** ❏ Create a poster ❏ Draw a map ❏ Create visual diagrams ❏ Draw something from different perspectives (views) ❏ Create a comic strip ❏ Graph results of a survey (e.g. favourite family snack)	**Interpersonal** ❏ Tell stories ❏ Teach a cooperative game ❏ Role-play a situation ❏ Discuss and come to a conclusion ❏ Create a survey or interview a family member
Body Kinaesthetic ❏ Make up a cooperative game ❏ Practise physical exercise ❏ Conduct hands-on experiments (e.g.: the pepper test) ❏ Construct a model representation of something	**Musical Rhythmic** ❏ Create raps or songs ❏ Play an instrument ❏ Write music ❏ Teach dance steps to another person ❏ Make up sounds and sound effects	**Naturalist** ❏ Collect and categorise data, material, or ideas ❏ Discover or experiment ❏ Study a means of survival ❏ Adapt materials for a new use	**Intrapersonal** ❏ Keep a personal journal/ diary ❏ Write about personal experiences ❏ Think about and plan… ❏ How would it feel to… ❏ Imagine and write about the future

	❏ Write a jingle ❏ Create rhymes	❏ Label and classify objects around your home	