

Matrix for students with no access to devices

If you do not have access to a device, please select one activity from the list to complete each day

Maths	Reading	Writing	Well-being
<p>~ Option One ~</p> <p>Find a receipt from the supermarket. Work out and record the following in your home learning book:</p> <ol style="list-style-type: none"> 1. How much was spent on fruit? 2. How much was spent on snacks (such as crackers, chips, chocolates etc.)? 3. How much was spent on vegetables? 4. If you had \$20 to spend, what items could you purchase from the receipt, spending as close as possible to the 	<p>~ Option One ~</p> <p>Read to self for 15 minutes, then write a quick summary of what is happening in your book. Include the title of the book you are reading and talk about the characters and the plot of the story. Complete this work in your home learning book.</p> <p>~ Option Two ~</p> <p>Read to self for 15 minutes, and record any words that you were unsure of the meaning in the back of your home learning book. Ask someone in your household to help you work out the meanings of the words</p>	<p>~ Option One ~</p> <p>Write a funny paragraph in your home learning book that includes the following words: HUNGRY, POTATO, SMELLY, SOCK</p> <p>~ Option Two ~</p> <p>Write a reflection piece on your experience during COVID19. Think of addressing the following questions in full sentences and use paragraphs:</p> <ol style="list-style-type: none"> 1. How have you felt during this period? 2. What have you learnt about yourself during this period? 3. What changes will you make during lockdown 2.0 to make it a better experience for you? 	<p>~ Option One ~</p> <p>Sit in a quiet space in your home, make sure you're comfortable. Think about how you're feeling in your mind, and how your body is feeling. Pick a word that makes you smile, for example: "kindness", close your eyes and take 3 deep breaths, in through the nose and out of the mouth. Start to repeat your special word inside of your mind, really softly and gently. If thoughts come, that is okay, simply return back to your special word and keep going. Do this for 5 minutes. You can set a timer for yourself, so you know when time is up.</p> <p>After your Meditation, write in your home learning book how your experience was with Meditation. Think about answering the following questions in full sentences, in a paragraph:</p> <ol style="list-style-type: none"> 1. How did you feel before? 2. How did you feel during? 3. How do you feel after?

<p>\$20, but not over?</p> <p>5. If you spent less than \$20, how much change would you get?</p> <p>~ Option Two ~ Use a tape measure to measure the following rooms in your house in length by width:</p> <ol style="list-style-type: none"> 1. Lounge room 2. Your bedroom 3. Bathroom <p>Record your findings in your home learning book, and complete the following:</p> <ol style="list-style-type: none"> 1. What is the area and perimeter of each room? 2. Which room has the largest area? <p>~ Option Three ~</p>	<p>you were unsure of during your reading. Use your new words in sentences in your home learning book.</p> <p>~ Option Three ~ Read to self for at least 20 minutes today. After reading, choose one character from your book to complete a character profile on. Complete the character profile in your home learning book, and include the following:</p> <ol style="list-style-type: none"> 1. A drawing of the character 2. A paragraph describing what the character looks like 3. A paragraph describing the characters personality 4. What you would change about 	<p>~ Option Three ~ Look at this picture of a summer setting, and write in your home learning book adjectives to describe the picture. Then create 5 sentences using your adjectives.</p>  <p>~Option Four ~ Write a persuasive letter to Dan Andrews (the Victorian Premier), about why students should OR shouldn't be at school during COVID19.</p> <p>~ Option Five ~ Use your name to write an acrostic poem, take a look at the example below. Try to use as many WOW words as you can.</p>	<p>~ Option Two ~ Take off your shoes and socks, and go outside in your garden. Walk barefoot in the grass, as you walk, walk very slowly, as slow as you can! Taking one foot after the other, mindfully. With each movement forward focus on your breath, and keep it really soft and gently but full. Do this for a 3 minutes. In your home learning book, draw yourself walking in your garden. Regardless of what the weather was, draw the scenery to match how you were feeling (e.g. angry – storms, happy – sunshine, raining – sad).</p> <p>~ Option Three ~ Reflect on when you have used a growth mindset and when you haven't. Look at the below picture, write about times you have said these things to yourself and why. If they were non growth mindset phrases, what could you say to yourself next time in that same / similar situation?</p>
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Work out the following problems in your home learning book, remember to show your working out:

1. Craig spends 20 minutes each night of a school week on his homework, how many hours and minutes does this add up to in total?
2. Sienna usually goes to bed at 9pm, and wakes up at 7am, how many hours does she sleep for?
3. Mr and Mrs Jackson went away on a tour of Asia, they were on the tour for 35 days, how many weeks were they away for?

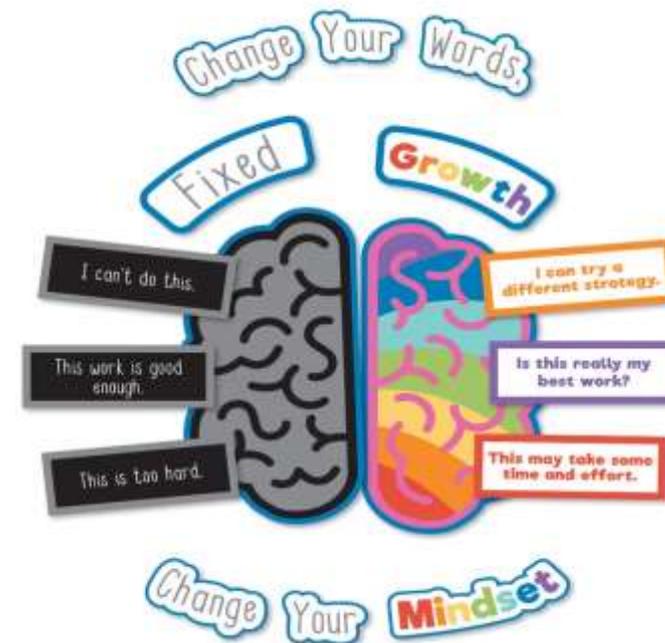
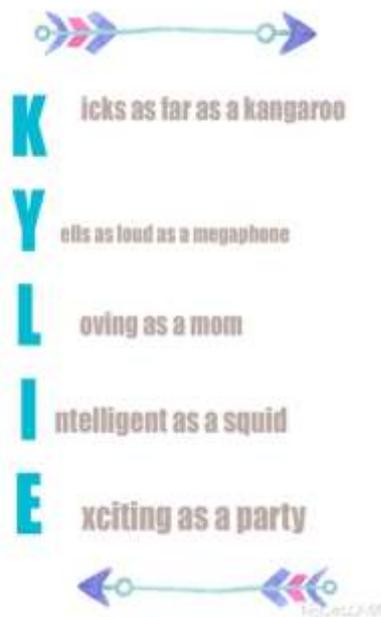
the character and why

~ Option Four ~

Read to self for at least 20 minutes today. After your reading, think about questions that you could ask the Author about the book and write them down in your home learning book. An example of a question could be, 'What inspired you to write this book?'

~ Option Five ~

Instead of reading your usual book today for 15 minutes, see if you can find something else in the house to read. This could be a newspaper article, it could be a non-fiction book you have in the house or even a recipe from a cookbook! Write down any new or different



~ Option Four ~

When we are feeling overwhelmed or anxious, focusing our attention on one thing can really help to bring us back down to a relaxed state. A great idea is using a Calm Down Jar, so we are going to make one!!! Follow the instructions below:

1. Find a spare jar or plastic bottle, make sure it is clear
2. Fill the jar or bottle up $\frac{3}{4}$ of the way with water

<p>~ Option Four ~ Measure the height of 3 people or more (including yourself) in your household. Record the heights in your home learning book, and complete the following:</p> <ol style="list-style-type: none"> 1. Order the height from tallest to shortest 2. Create a graph representing this data 3. Work out how tall a person would be, if they were the combined height of you and your family members 	<p>words you come across in your reading and write them down in your home learning book.</p>		<ol style="list-style-type: none"> 3. Fill the rest of the bottle or jar with dishwashing liquid soap 4. Add some food colouring, usually 1 drop is enough 5. Add about 1 - 2 teaspoons of glitter 6. Seal the lid tightly <p>When you're feeling anxious or unsettled, find a space to sit down with your jar and give it a good shake. Focus your eyesight on the twirling glitter, and notice your mind settle.</p> <p>~ Option Five ~ Body Relaxation Exercise</p> <p>You can lie down on the floor for this one, make sure you're on your back:</p> <ol style="list-style-type: none"> 1. Starting at your feet, gently squeeze the muscles in your feet by tightening them for 5 seconds, then slowly release 2. Next, squeeze the large muscles in the calves, for 5 seconds, then gently release 3. Keep working your way up the body, thought each muscle squeezing for 5 seconds each and releasing gently and slowly. Make sure to include your face too!
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~ Option Five ~

Check your kitchen cutlery drawer, find out the following:

1. How many knives do you have?
2. How many forks do you have?
3. How many soup spoons do you have?

Complete the following in your home learning book:

1. If you needed to cater to a family of 15 for dinner, would you have enough cutlery?
2. If not, work out how much more you would need, so each person gets a

<p>knife, soup spoon and fork.</p> <p>3. If you have enough, work out how much more you'd need to cater to 30 people</p>			
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