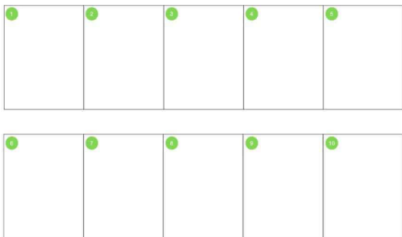




Level 1 Extended Absence Choice Board

Instructions

- Choose one activity from each category (Wellbeing, Numeracy, Literacy) each day.
- Complete the activities in your journal or on separate sheets of paper.
- Share your completed activities with your teacher or classmates when you return to school.

Wellbeing	Numeracy	Literacy
<p>BELLY BREATHING</p> <p>Practise your deep belly breathing by laying on the floor. Put your hands on your tummy so that you can feel it moving up and down as you breathe.</p> <p>Go outside and lay on the grass. Look at the clouds and see if you can see pictures in them. Draw the pictures in your book.</p>	<p>SKIP COUNTING</p> <p>Practise skip counting by 5s and 10s on the hundreds chart you have. You either colour in your numbers or place some small items on the chart to show your pattern. Write your pattern in your work book.</p> <p>Go on a number treasure hunt around your house and look for items that are ordered in groups of 1-10.</p> <p>For example:</p> <p>1 - carpet in my bedroom.</p> <p>2- taps on the sink</p> <p>3 -numbers on my letterbox</p> <p>Ask an adult to draw a grid for you and then you can fill it in.</p>  <p>You can either draw the things you find or write them.</p> <p>If you feel like a challenge you may like to add more numbers to your number treasure hunt.</p>	<p>WRITING</p> <p>Write a letter to someone in your family to tell them how much you love them and to thank them for all that they do for you.</p> <p>Remember to make you have the correct punctuation, use some great words and add some detail.</p>
<p>CHALLENGE</p> <p>Think about something you can't do yet and write it down. See how many times you could practise it.</p> <p>Eg Skip 100 times.</p> <p>Skip count by 2s to 50.</p>	<p>FRIENDS OF TEN</p> <p>make a rainbow picture for our 'friends of 10' numbers.</p> <p>on a piece of paper draw a rainbow using coloured pencils/textas or even coloured paper to make red, orange,yellow,green, blue,dark blue</p>	<p>READING</p> <p>SPELD Decodable readers</p> <p>Go on the SPELD readers website read a book a day. Discuss the story, characters, key words.</p> <p>Read one of your take home books or listen to a story on Story Box</p>

	<p>and purple sections. Write the numbers 0 and 10 on either side of the red, 1 and 9 on either side of orange etc.</p> <p>Use your rainbow to write the number sentences in your maths books e.g $0+10=10$.</p> 	<p>Library.</p> <p>Draw a detailed picture of your favourite character. Explain why this was your favourite character.</p> <p>Story Box Library</p> <p>User name: Mitcham Primary School Password: MPS</p>
<p>YOUR SENSES</p> <p>Head outside into your garden or to the park.</p> <p>When you are outside quietly look around and remember all the things that you see.</p> <p>Now close your eyes...</p> <p>See if you can hear all the things you saw.</p> <p>Perhaps you hear the trees swaying in the wind. Or a bird chirping. Maybe even people laughing or making noise.</p> <p>Keep your eyes closed...</p> <p>What are the different smells you can smell?</p> <p>Maybe there is the smell of fresh growing grass. Or some flowers blooming.</p> <p>Make sure you use this time to relax and just take in what is around you.</p>	<p>PATTERNS</p> <p>Patterns</p> <p>Find some objects at home and use them to make a pattern. They could be things from outside, small toys, books, buttons etc</p> <p>Remember a pattern must repeat.</p> <p>Look at the pictures to see some examples.</p> <p>Once you have made your pattern, draw it and describe why it is a pattern.</p>  <p>'My pattern goes like this - block, person, block, person. It is a 1:1 pattern.'</p>	<p>READING STAMINA</p> <p>Practice your Reading Stamina! See if you can read for 10-15 minutes without distraction! Remember to sit still, try to read every word and stay focused.</p> <p>Listen to No David!</p> <p>After listening, select your favourite page from the book. Write down why you like this page. Perhaps it was something David did that was funny. Or maybe it was something that you thought was nice.</p> <p>Make sure to write your response in full sentences!</p> <p>Don't forget that you need to include your title of the book and the date!</p>
<p>NATURE WALK</p> <p>Take a walk outside and observe your surroundings. Write down or draw five things you noticed that you hadn't seen before.</p>	<p>ODD AND EVEN</p> <p>We're going to make even numbers.</p> <p>Clench your fist and on the count of three we will open our hand and extend one or more fingers.</p> <p>Add your number of fingers to mine.</p>	<p>WRITING SEED</p> <p>Go for a hunt around your house and see if you can find a writing 'seed'.</p> <p>This is one of the ways to create ideas in your Writer's Notebook. You may find things like a postcard, photograph, an object you have bought from somewhere.</p>

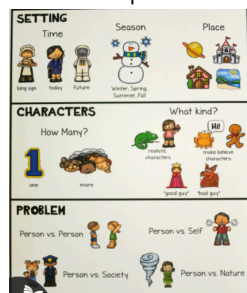
Eg. I have 4 fingers, you have two. So the answer is 6.

The player who declares **even** wins.

We're going to make odd numbers.

Repeat

Once you have found your object brainstorm a narrative by answering the below questions.



What might the setting of your story be?

What characters will be in your story?

What might the problem be?

RANDOM ACTS OF KINDNESS



SHAPE HUNT

Complete a 'Shape Hunt' task. Look around your surroundings and see what 2D and 3D shapes you can find. Draw them and write the name of the shape.

FREE WRITE

Write independently for 20 minutes in your choice of genre (narrative, poem, letter, persuasive, recount, information report)

Remember what ‘good writers’ do
and follow the writing process.

*These activities are designed to keep students engaged and aligned with the Victorian Curriculum during an extended absence.