

Weekly Challenges

Part One



<p>RELAX Take time to sit quietly each day for 5 minutes and write 3 things you are grateful for.</p>	<p>ART Study an artist and recreate your favourite piece of their work.</p>	<p>PHYSICAL Set a physical challenge and complete this for 20 minutes each day. e.g. skipping, run, walk,</p>	<p>AROUND THE HOME Wash the car - check with caregivers before starting!</p>
<p>SERVICE Provide an act of service in your home or for someone you know.</p>	<p>CREATE Create and make a new moon rover for NASA.</p>	<p>IN THE KITCHEN Design and cook a 3-course dinner for your family.</p>	<p>INTERVIEW Interview an adult about something major in the world that has happened during their lifetime.</p>

Inspire Challenge Empower

I.C.E. Time

Supporting learning at home

<p>ART Find a window at your house that has the best view! Sketch what you see in your book.</p>	<p>CREATE Design a new board game and play it with your family.</p>	<p>IN THE KITCHEN Check with caregivers first! Make/Bake something delicious to share with your whanau.</p>	<p>PASSION PROJECT What do you love learning about? What do you want to learn more about? This is your chance to produce a Passion Project.</p>
<p>SCRAP BOOK Take a photo each day and put it in your scrapbook.</p>	<p>AROUND THE HOME Ask caregivers first! Clean out your wardrobe and see if there is anything you can donate to charity. e.g. old clothes, toys etc</p>	<p>DEAR DIARY What have you done this week? What was the best part of the day? What has challenged you? What are you grateful for?</p>	<p>MEMORY Memorise a poem of your choice.</p>