

Weekly Challenges

Part Five Kererū Tahi



<p>MINDFULNESS Lie down and watch the clouds or sit inside and watch the rain if it is wet. Spend time noticing.</p>	<p>READING Set up some soft toys or figurines like an audience and choose some books to read to them</p>	<p>SCIENCE Make magic potions or a 'nature soup' in the garden. You could even write a recipe for it e.g 4 flowers, 6 leaves etc.</p>	<p>WRITING Using chalk on the footpath outside our house can you write a community-minded message to bring a smile to people walking past. If you don't have chalk, make a poster and put it in your window.</p>
<p>KAPA HAKA Session 2 of Kapa Haka 4 Kids with Matua Whaitiri Poutawa- LINK</p>			







Inspire Challenge Empower



I.C.E. Time

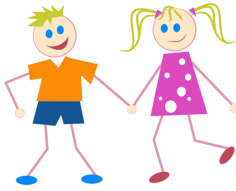

Supporting learning at home







<p style="text-align: center;">ART</p> <p>Pop sellotape around your wrist, sticky side out and make a nature bracelet.</p> 	<p style="text-align: center;">COMMUNITY- MINDED</p> <p>Video call someone but arrange for you both to have a picnic as you call each other. Perhaps a tea party outside in your backyard. If it's wet, you could set it up in your lounge.</p> 
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<p style="text-align: center;">GET PHYSICAL</p> <p>Do some family exercise! TVNZ has workouts at 3pm, there are some Jump Jam dances free on their website or play outside!</p> 	<p style="text-align: center;">MATHS</p> <p>Learn a new card game. Can you play Snap, Go Fish, Memory or even Last Card?</p> 
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