## Digital Balance Challenge (A)

	WEEK ONE	WEEK TWO
Saturday	<b>RESET</b> Reset by downloading the <i>Calm App</i> . Make it a mindfulness day.	<b>DISCOVER</b> Research a skate park or BMX track you and your family haven't been to before and visit it.
Sunday	MAKE Search for a play dough recipe to make from scratch and enjoy playing with your creation.	<b>TRAIN</b> Using only a basketball and a skipping rope, design a 10 minute fitness circuit.
Monday	CREATE  Make a stop motion animation  using the play dough you  made yesterday.	<b>RETELL</b> Turn your favourite picture story book into a cartoon animation using the <i>Scratch App</i> .
Tuesday	<b>TECH FREE</b> Create a <i>Things To Do Offline</i> chatter box.	<b>TECH FREE</b> Create an origami display for your dinner table using napkins.
Wednesday	MAKE  Design a digital mindfulness colouring sheet using different shapes and patterns that your family can complete.	EXPLORE  Visit the San Diego Zoo  website and view one of the live cameras to see what the animals are doing.
Thursday	TECH FREE Write a Random Act of Kindness letter to someone you love and post it to them.	<b>TECH FREE</b> Get outside and make an obstacle course in your backyard or playground.
Friday	BUILD  Use Minecraft to build a world that teaches members of your family how to recycle different materials.	<b>DESIGN</b> Research and view some different videos by searching <i>Rube Goldberg Machine</i> . Use items around the house to design and create your own.

## Digital Balance Challenge (B)

	WEEK THREE	WEEK FOUR
Saturday		
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		