



# COHR

## Family Grid

Friday 10th September 2021

Dear Families,

Welcome to our COHR Family Grid! All levels from Prep - Year 6 are working from the same grid today, the COHR Family Grid. It is full of activities that you can do alone or together. You don't need to start from the beginning, rather pick the activities that most appeal to you!

Every term our teachers take some time to plan for the next term of learning. This term, our teachers are all meeting today for the planning of Term 4. So they won't be on-line today for you, and we request that you don't be on-line either. So there will be no Google Meets, you don't have to hand in any tasks, but you can definitely share some photos of your activities with them.

Today is a 'tech free' day. All activities on the grid are technology free. Your laptop should be closed all day, quietly charging itself for next week's learning.

So now ...

- take some time read through the grid
- mark the activities that you would like to do
- find activities that your family could do together
- find some activities you could do alone


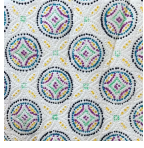
Now enjoy a 'tech-free' day and we wonder how many activities you can do?

# COHR

## Family Grid



<p><b>C</b>reate colourful pictures or inspiring words or a family portrait in chalk on your footpath. Leave them for the people in your neighbourhood going for a walk to admire.</p>	<p><b>O</b>pen a shop - select different household items and put a price on them. Take it in turns to be the customer and shopkeeper. Learn about money and change.</p>	<p><b>H</b>ow many words can you make using the letters in your first and last name? Write them all down and count how many you can come up with.</p>	<p><b>R</b>ide your bike around the block with your family. Add the tally to How Far Can COHR Walk?</p>
<p><b>C</b>horeograph a dance. Put on your favourite song and dancing shoes! Perform it for your family.</p>	<p><b>O</b>pen up your mum's favourite cook book and create a meal with your family.</p>	<p><b>H</b>op on the couch and read a book.</p>	<p><b>R</b>edesign and draw the front cover of your favourite book or book you are reading.</p>
<p><b>C</b>reate a family kindness jar. Decorate it and make it beautiful. Every time someone does something kind, write it down and pop it in the jar. When the jar is full read out all the wonderful things people have done and maybe you can organise a special treat!</p>	<p><b>O</b>pen your eyes and play alphabet eye spy! For alphabet eye spy you need to find things around the house and garden that all start with a different letter of the alphabet. Can you find something for every letter?.</p>	<p><b>H</b>abitat - using a shoe box or small box, recycled materials and things you have at home, create a diorama of a habitat e.g. ocean, jungle, desert. Think about the features of this environment and what materials you could use to make it come to life.</p>	<p><b>R</b>ap your favourite picture book. Choose a picture book you are familiar with (it helps if it rhymes). Practice it over and over. Record yourself!</p>
<p><b>C</b>onstruct the tallest self standing tower you can in 5 minutes with only three A4 sheets of paper and 1m of sticky tape. Measure how tall your tower is and record the measurement. <u>Rules:</u> The tower must stand on its own. You cannot rip the paper into more pieces.</p>	<p><b>O</b>bserve the wonder of nature by sitting in the garden and completing some mindfulness breathing activities. Draw a picture of the things you see and hear.</p>	<p><b>H</b>ow tall can you build a lego tower? Measure the height. Who in your family is taller than your tower?</p>	<p><b>R</b>ainbow Time: Think of as many ways as you can to make some colourful rainbows. Chalk, crunched up coloured paper, paint, things around the house, even when you blow bubbles.</p>
<p><b>C</b>reate a fort or cubby inside or outside.</p>	<p><b>O</b>ccupy yourself and write in a secret diary.</p>	<p><b>H</b>ave fun and play a card game.</p>	<p><b>R</b>ead a book, draw the character or setting on a potato</p>

<p><b>C</b>ook your favourite family recipe and enjoy the meal together. Take a photo and send it to COHR with the recipe to share.</p>	<p><b>O</b>fficiate a running race with a family member.</p>	<p><b>H</b>ow many digital devices can you find in your home? Can you present your findings in a graph?</p>	<p><b>R</b>ip open a banana and make a smoothie. Write down your recipe.</p>
<p><b>C</b>reate a picture with your handprints. Either print with paint or trace around them with textas</p> 	<p><b>O</b>ffer some help to your parents and make a meal together.</p>	<p><b>H</b>elp your mum or dad cook breakfast, lunch or dinner, recording your food diary for the day.</p>	<p><b>R</b>ip off some paper towel and decorate with felt tip pens.</p> 
<p><b>C</b>ount how many steps it takes you to get from your front letter box to your backyard fence. Which family member can do this with the least amount of steps?</p>	<p><b>O</b>h the things we eat! Can you make the food from a book? Matilda - chocolate cake</p>	<p><b>H</b>ave a pilot of a good time and make and decorate paper planes and have a race</p>	<p><b>R</b>ide your bike around your yard. Time yourself. Can you beat that time?</p>
<p><b>C</b>ount each of the following in your home, chairs, doors, handles, locks, windows, pillows, clocks, shoes, spoons or your choice. Make some mathematical sentences up <math>x + \text{---spoons} + \text{---forks} = \text{windows} \times \text{doors}</math> What is the fraction of doors with locks?</p>	<p><b>O</b>pen up an envelope and put a letter into it from you to a family member or family friend and post it. Have a go at writing letters for your next door neighbours and go on walk to deliver them.</p>	<p><b>H</b>ave some gardening time outdoors. Make your teacher happy by getting dirty by making mud pies!</p>	<p><b>R</b>elax and unwind by taking some time to do some mindfulness colouring in or some drawing with some relaxing and calming music in the background.</p>
<p><b>C</b>reate a drawing of a family portrait</p>	<p><b>O</b>rganise yourself and make your own bed</p>	<p><b>H</b>ave a picnic lunch together outside. Write out the menu like you are in a restaurant.</p>	<p><b>R</b>un around the block with your family. Add the tally to How Far Can COHR Walk?</p>
<p><b>C</b>onstruct a fort using anything you find in your house.</p>	<p><b>O</b>ff you go and take your dog for a walk. Add the tally to How Far Can COHR Walk?</p>	<p><b>H</b>oop time! Complete some basketball/ netball drills or throw a frisbee</p>	<p><b>R</b>emember an interesting dream that you had this week. Try to visualise it in your mind and draw a picture of it.</p>
<p><b>C</b>an you learn to sew/knit/crochet?</p>	<p><b>O</b>pen the box and do a jigsaw or make a jigsaw.</p>	<p><b>H</b>appily play outside. Challenge: Can you play outside all day and only come inside to eat.</p>	<p><b>R</b>ole play teachers/ school/ shops</p>