

**Self-Isolation Activities: Week 1**

**The Staff of Pukekohe North School are offering ideas each week to build Key Competencies in our students whilst whanau are locked down in self-isolation.**

**We thought involving students in real life skills was a great way of build Self-Management and Thinking Skills.**

**What Life Skills do you need to develop THIS WEEK?**

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| **Ideas for 5-6 Year olds** | * **Learn to tie your shoe laces** * **Say my full name, address and telephone number** * **How to make an emergency call** * **Identify the coins and notes of Aotearoa** * **Help with basic cleaning duties around the home** |
| **Ideas for 7-8 Year Olds** | * **Mix, stir and cut with a dull knife** * **Straighten up the bathroom after use** * **Put the groceries away** * **Grow plants from seedlings** * **Do a random act of kindness for a neighbour** |
| **Ideas for 9-10 Year Olds** | * **Learn simple sewing** * **Make a garden in a large pot** * **Do basic maintenance on a scooter / bicycle / skateboard** * **Prepare a simple meal –Design the menu for the whanau** * **Take care of personal hygiene** |
| **Ideas for 11-12 Year Olds** | * **Wash and change your bed linen** * **Use the washing machine and dryer (or peg out on the line)** * **Plan and cook a meal with several ingredients** * **Iron your clothes** * **Use basic hand tools and make something – e.g a bird box, bird feeder** |

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