

**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**
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| **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**
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| **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**
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| **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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