

COVID-19 Isolation Life Lessons Activity Grid* – each week, try to complete at least six squares on this grid. Note that you have plenty of choice, both within and between squares.

<p>Random Act of Kindness – do something nice for someone else (anonymously, if possible). For example, bake some cookies for an elderly neighbour or for a health-care worker)</p>	<p>Sports Skills / Trick shot challenge Video yourself completing a skill or trick you have mastered while in isolation. It could be golf, basketball, tiddly-winks...</p>	<p>Vaccine research Why do we remember Edward Jenner? Who was he and what did he do?</p>
<p>Karaoke Challenge Video yourself singing along to a karaoke backing track. In Week 2 the song should come from the 1970s</p>	<p>Gratitude Journal Find a notebook and, each day, write down three different things you are thankful for. At the end of the week, share with your parents.</p>	<p>Design Challenge Can you make a bridge to span a distance of 30cm, that will support the weight of 8 Matchbox cars, just using regular spaghetti and PVA glue?</p>
<p>Virtual excursion Visit the San Diego online and check out their webcams https://zoo.sandiegozoo.org/live-cams</p>	<p>Mindfulness Complete the GEM activities and the colouring exercise in your School Diary (pp 42-43)</p>	<p>Recreated Art Recreate a famous painting, just using materials you have at home. See – https://www.sadanduseless.com/recreated-art/</p>
<p>MasterChef Challenge Make a photo-journal (including recipes) to document a formal, sit-down dinner for your family, prepared solely by you. Submit entries to your House Leader</p>	<p>Photography Challenge Submit a photo you have taken on your phone that effectively capture the theme. The theme for Week 2 is Nature</p>	<p>Heywire Listen to this short podcast https://www.abc.net.au/heywire/heywire-winner-lilli-fulwood-moorak/11686328 Then, write your own story about some special aspect of your life.</p>

*Concept 'borrowed' from the Homework Grid, developed by Ian Lillico