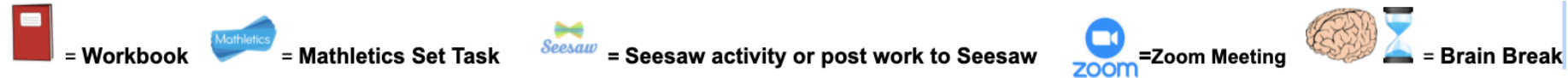


WELLBEING FOCUS- EMOTIONS

Term 3 Week 10 - Home Learning Program Year 3



[Access to printable resources](#)

| | Monday 13 September | Tuesday 14 September | OFFLINE DAY Wednesday 15 September | Thursday 16 September | Friday 17 September |
|---------------------------|--|---|---|---|---|
| Check in Task | Go to Seesaw . Find the task: 'Monday Week 10 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity | Go to Seesaw . Find the task: 'Tuesday Week 10 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity | Go to Seesaw . Find the task: 'Wednesday Week 10 Daily Check in' You will need to: - Open the PDF of suggested activities for Screen-Free Fun | Go to Seesaw . Find the task: 'Thursday Week 10 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity | Go to Seesaw . Find the task: 'Friday Week 10 Daily Check in' You will need to: - Complete the Check-in page - Complete Wellbeing Activity |
| Wellbeing Activity | Zones of Regulation- Family Check-In. What Zone are you in? Use your Check-In you created last Thursday! Mindful Monday Smiling Mind Mindfulness 204 Body Scan meditation My programs-7-9yrs-Mindfulness 204-Body Scan meditation | Zones of Regulation- Family Check-In. What Zone are you in? Watch and join in Breathe With Me - 5 tools/ strategies to help you return to the Green Zone (calm, focused, ready to learn). | Zones of Regulation- Family Check-In. What Zone are you in? Balloons Aloft- Use self control and keep a balloon in the air. Challenge is to keep it off the ground for as long as possible. Add a balloon if you dare! Make someone laugh today by telling them a funny joke. | Zones of Regulation- Family Check-In. What Zone are you in? Watch and learn a new breathing strategy Square Breathing to start your day in the Green Zone. | Zones of Regulation- Family Check-In. What Zone are you in? Watch Zentangles . Start your day mindfully and have fun creating your own zentangles. |
| Morning | Year 3 Class ZOOM Call- 9:30 AM  Recognition Assembly 10:00am Watch recognition assembly via this link. The link will not be available until 10:00am. https://youtu.be/aqrsz1NWU_0 ENGLISH 1. Go to Seesaw . Find & complete the task 'My Comic'. FRUIT BREAK | Year 3 Class ZOOM Call- 9:30 AM  ENGLISH 1. Go to Seesaw . Find & complete the task 'My Research Mindmap'. FRUIT BREAK 1. Go to Seesaw . Find & complete the task 'Week 10- Can you fix it?'.   | No Zoom this morning but you will need to complete the daily check in on Seesaw. Today's work will be completed offscreen. It is up to you which tasks and how many tasks you complete in each session. | Year 3 Class ZOOM Call- 9:30 AM  ENGLISH 1. Go to Seesaw . Find & complete the task 'Creating my Book'. FRUIT BREAK 2. Soundwaves online (Code: farm157) | Year 3 Class ZOOM Call- 9:30 AM  ENGLISH 1. Go to Seesaw . Find & complete the task 'Behind the news Week 10'.   |

Wednesday

MORNING SESSION SCREEN FREE FUN

ALPHABET HUNT:
Go for an alphabet walk. Head out for a walk with a notebook and a pencil. With a family member or on your own, try to find something that starts with each letter of the alphabet.

FITNESS FIX:
How many burpees can you do before you're out of breath? Challenge a friend or family member to beat your best score.

INTERESTING INVENTIONS:
Build a tower out of pencils, textas or pens. How high can you make it?

ECOSYSTEM EXPERIMENT:
Create a mini ecosystem. You could use toys, leaves, grass, mud etc. to create the environment. What lives there? What non-living things are there? e.g. Waterfalls, rocks, mountains.

Recess Break

Middle

MATHEMATICS

- Go to [Seesaw](#). Find & complete the task 'Exploring Number Patterns'.
- Optional: Log into [Mathletics](#)

MATHEMATICS

- Log into [Mathletics](#) and complete the set tasks

Wednesday

MIDDLE SESSION SCREEN FREE FUN

TEST YOUR AIM:
Design and create a paper aeroplane. How far can you get it to fly? Can you practise and get it to hit a chosen target?

NATURAL BEAUTY:
Go outside and look at the different patterns you can find in nature. Record the patterns in a sketch pad.

PRACTICE MAKES PERFECT:
Practise a new skill such as origami, juggling, cooking, break dancing etc.

MAGICAL MINDFULNESS:
Get a book or some colouring. Go outside, find a comfortable spot and read or colour in the fresh air.

MATHEMATICS

- Go to [Seesaw](#). Find & complete the task 'Language of Chance'.
- Optional: Log into [Mathletics](#)

MATHEMATICS

- Go to [Seesaw](#). Find & complete the task 'Language of Everyday Events'.
- Optional: Log into [Mathletics](#)

Lunch Break

| | | | | | |
|-----------|--|--|--|---|--|
| Afternoon | <p>STAGE 2 ZOOM Call- 2:00 PM</p> <p>Wear a hat to Zoom day!</p>  <p>PDHPE</p>  <p>Watch Mr Smith's Video.</p> <p>This week's lesson is all about YOU. So far this term we have focussed on overarm throwing, throwing a shot put and discus, running, distance running, running relays, long jump and high jump.</p> <p>This week I want you to choose the activity you liked the most to go out and do again.</p> <p>I have also linked a PE with Joe Video to make sure we are looking after our body.</p> | <p>SCIENCE</p> <p>Go to Seesaw. Find & complete the task 'Science - Sketching (Week 10)'</p>  | <p>Wednesday</p> <p>AFTERNOON SESSION SCREEN FREE FUN</p>  <p>LOVELY LETTERS: Many of us have not been able to see our extended family for a while. Write a letter to someone special who you have not seen for a while. Share what you have been up to and ask them how they're going.</p> <p>MYSTERY MAZE: Create a maze for a friend or family member to solve. For an added challenge you could add maths questions they need to solve at different points.</p> <p>CREATIVE COOKING: What interesting recipe can you cook or create? If you can't make it, why not plan it and write out the recipe!</p> <p>ANDY GOLDSWORTHY: Andy Goldsworthy is an artist known for his installations involving natural materials. Create your own Andy Goldsworthy-inspired artwork, like the example pictured.</p>  | <p>GEOGRAPHY</p> <p>Go to Seesaw. Find & complete the task 'A New State of Australia'.</p>   | <p>CREATIVE ARTS</p> <p>MUSIC</p> <p>Go to the Google Slides link below and choose an activity or two from each page. Have Fun!</p> <p>Term 3 Week 10 Choice Board 3-6</p> |
| | <p>Make sure you have submitted to your teacher:</p> <ul style="list-style-type: none"> Monday Week 10 Daily Check in My Comic Exploring Number Patterns | <ul style="list-style-type: none"> Tuesday Week 10 Daily Check in My Research Mindmap Week 10- Can you fix it? Science sketching | | <ul style="list-style-type: none"> Thursday Week 10 Daily Check in Creating my Book Language of Chance A New State of Australia | <ul style="list-style-type: none"> Friday Week 10 Daily Check in Behind the news Week 10 Language of Everyday Events |

Incorporate at least **20 minutes** of independent reading into your daily routine..



Zoom Years 3 and 4 (Stage 2) Zoom Link Monday 2:00 PM

<https://nsweducation.zoom.us/j/68058219723?pwd=UHpkYkhNUzZCYXB0Z0Q0NFVtTE03Zz09>

Meeting ID: 68058219723 Passcode: 848837



Year 3 Class Zoom Links

| | | | |
|---|---|--|---|
| <p>3B Miss Butcher's Personal Meeting Room 9:30am</p> <p>Join Zoom Meeting : https://nsweducation.zoom.us/j/67548100240?pwd=eVRQY2tweFZCR29hTVJmV0Jla0REUT09 Meeting ID: 675 4810 0240 Passcode: 244729</p> | <p>3C Miss Campling's Personal Meeting Room 9:30am</p> <p>Join Zoom Meeting: https://nsweducation.zoom.us/j/69472073540?pwd=WEJCL3FBck52cFdRS01MRDZodEZuQT09 Meeting ID: 694 7207 3540 Passcode: 040503</p> | <p>3G Mr Gardner's Personal Meeting Room 9:30am</p> <p>Join Zoom Meeting https://nsweducation.zoom.us/j/5123091858?pwd=Qytrenp2ZDR Cd0R6b25vc0dSODNKZz09 Meeting ID: 512 309 1858 Passcode: 855163</p> | <p>3KC Ms. Coote's Personal Meeting Room 9:30am</p> <p>Join Zoom Meeting https://nsweducation.zoom.us/j/63984296605?pwd=UVp1aThVR2Y4OHZ1aCs4bm1UbWN5QT09 Meeting ID: 639 8429 6605 Passcode: 304460</p> |
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