

Years 7 to 9: Tuesday, May 5

TASK 1: PERSONAL AND SOCIAL CAPABILITY

Approx: 60 mins

Thrive Inside

Note to Parents/Guardians:

This activity will encourage students to access the resources that are available through the Smiling Mind website, app and YouTube channel. These resources focus on mindfulness and also on maintaining positive mental health during the current time.

Activity:

Have you checked out Smiling Mind yet? This is all about mindfulness and how it can help you right now. Thrive Inside is a special part of Smiling Mind to help everyone manage life in social isolation. Follow this link and spend time reading through the information.

<https://www.smilingmind.com.au/thrive-inside>

Do the activities that you find.

Have you downloaded the Smiling Mind app? Download it and try at least one mindfulness exercise. If you can't download the app, go to the Smiling Mind's YouTube channel at:

https://www.youtube.com/channel/UCSP_8_QEFYdi0gY2F3CXfA

Curriculum Links:

Personal and Social Capability

Years 7 and 8: Discuss the range of strategies that could be used to cope with difficult tasks or changing situations.
Year 9: Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection.

TASK 2: SCIENCE

Approx: 60 mins

Frog Fossils

Note to Parents/Guardians:

Kids News is a daily news service of child-friendly news stories with a range of activities. This is a good daily activity, as the stories cover all curriculum areas. Students can listen to the story, if that suits their learning style or you would like to share it. Today's story focuses the recent find of frog fossils in the Antarctic.

Activity:

Follow the link to the Kids News Story on Antarctic frog fossil finds.

<https://www.kidsnews.com.au/animals/found-antarctic-frog-fossils-from-warmer-times/news-story/50829e69b35228d89fbc9c3caba764ec>

Complete the activities including the Quick Quiz, Classroom Activities and Extension.

Curriculum Links:**Science**

Years 7 and 8: Scientific knowledge and understanding of the world changes as new evidence becomes available; science knowledge can develop through collaboration and connecting ideas across the disciplines and practice of science.

Year 9: Advances in scientific understanding often rely on developments in technology and technological advances are often linked to scientific discoveries.

BREAK: 30 minutes**TASK 3: ENGLISH**

Approx: 60 mins

Questions, Questions!**Note to Parents/Guardians:**

This activity focuses on recalling information from a novel or story and giving opinions using evidence. Encourage your child to spend plenty of time thinking and planning. The book that they choose is not important – encourage your child to choose any book that they have enjoyed. You could also choose a movie, if that is more suitable for your child.

Activity:

1. Think about a novel or story that you have read and enjoyed.
2. Write 10 questions that could be used to start an online discussion about the book with your class. Your questions should encourage people to give an opinion and use examples from the book.
4. For each question, write some points that you think people could include when they are answering your discussion questions.
3. Write 10 questions that test other students' understanding and knowledge of the story.
4. Make sure you provide a list of answers.

Curriculum Links:**English**

Year 7: Plan, draft and publish imaginative, informative and persuasive texts, selecting aspects of subject matter and particular language, visual, and audio features to convey information and ideas to a specific audience (VCELY387).

Year 8: Create imaginative, informative and persuasive texts that raise issues, report events and advance opinions, using deliberate language and textual choices, and including digital elements as appropriate (VCELY420).

Year 9: Create imaginative, informative and persuasive texts that present a point of view and advance or illustrate arguments, including texts that integrate visual, print and/or audio features (VCELY449).

TASK 4: MATHEMATICS

Approx: 60 mins

Can You Make a Maths Rap?**Note to Parents/Guardians:**

This activity is designed to help students reinforce their own understanding of a concept, rule or topic in maths by creating a rap or song with a fun video. They can watch the videos made at Westerville High, Ohio, in the US. These raps are based on raps, so encourage your child to do this, too.

Activity:

The students and teachers at Westerville High School in Ohio in the US have made some rap video clips about maths.

Watch this one that is about base numbers:

<https://www.youtube.com/watch?v=QIZTruxt2rQ>

Think about a rule or topic in maths. Write your own song or rap that will help other kids learn about and understand it. Like the students at Westerville, you can base your rap or song on a rap or song that you know.

Create a storyboard for a fun video clip for your song or rap.

**Curriculum Links:****Mathematics**

Years 7,8 &9: Mathematics provides students with access to important mathematical ideas, knowledge and skills that they will draw on in their personal and work lives.

LUNCH: 60 minutes**TASK 5: ENGLISH**

Approx: 20 mins

Drop Everything and Read**Note to Parents/Guardians:**

This is a daily activity where everyone stops what they are doing and reads for 20 minutes. It helps if you do this at the same time each day and join in yourself!

You will need:

A book or other material that the student wants to read and can spend at least 20 minutes reading it. It is important that it is something they are interested in and are motivated to read.

Activity:

Find a comfortable place and read for 20 minutes.

BREAK: 30 minutes**TASK 6: CIVICS AND CITIZENSHIP**

Approx: 60 mins

The Constitution**Note to Parents/Guardians:**

This activity encourages students to learn about the Australian Constitution and create their own. Students will explore the Australian Parliamentary Office's website.

Activity:

What do you know about Constitutions?

Find out about our Australian Constitution at:

<https://peo.gov.au/understand-our-parliament/how-parliament-works/the-australian-constitution/australian-constitution/>

Imagine you have been given the power to create a completely new constitution for a new country. Write a description of your constitution. You must include :

- the type of government you will have (democracy, monarchy etc.)
- Why you think this is the best system. Not sure? You can find out about different types of governments here: http://news.bbc.co.uk/cbbcnews/hi/find_out/guides/world/united_nations/types_of_government/newsid_2151000/2151570.stm
- a list of 10 rights that people should have and an explanation of why they should have them.
- a list of 5 basic laws and an explanation of why you have set them.
- a procedure for change of government (for eg, in Australia, we have elections).

Curriculum Links:

Civics and Citizenship

Years 7 and 8: Describe the key features of government under the Australian Constitution, including the separation of powers, the Executive, the role of the Houses of Parliament, and the division of powers.

Year 9: Discuss the role of political parties and independent representatives in Australia's system of government, including the formation of governments, and explain the process through which government policy is shaped and developed.

SUGGESTED LUNCHTIME ACTIVITIES

- Call a friend.
- Get outside! Have a walk or run.
- Clean your bedroom.
- Draw a picture or do some mindfulness colouring.

ADVICE FOR PARENTS/GUARDIANS REGARDING YOUTUBE LINKS

While YouTube offers some excellent learning resources and we offer suggested links in this material, Kids News cannot guarantee the type of advertisements that will pop up while you are watching these clips.

Please only allow your child to watch the suggested clips with supervision so that you can prevent them seeing the advertisements that are not age appropriate.

NOTE FOR PARENTS/GUARDIANS

These free activities are written by qualified, practising teachers in accordance with/with reference to the Australian National Curriculum 2020 and are intended to be used as a guide for parents.



TODAY'S STORIES

- 1. Sky to light up as Earth passes through dust trail of Halley's comet.**
- 2. World's strongest man sets new world record.**

