

Technology Free Friday

14/8/2020

Cotton Tip Blow Dart Game



You need plastic cups, straws and cotton tips.
Set up targets, then position yourself to blow a cotton tip out of a straw at your target.
You could put numbers on your targets and keep score.

Create a self portrait

You will need:
a mirror, pencil, paper, paint, textas, crayons

Use the mirror to look at yourself. Try drawing or painting yourself while just looking in the mirror, not down at the page.



LEGO CHALLENGE

You need to create a Lego house. It must have at least 3 rooms, with some furniture in them. It needs at least 4 windows and 2 doors. It must have 2 people living in it.



Starting a garden



Whether it's a couple of succulents on your windowsill, a potted plant on your porch, or a full-on backyard garden, nothing beats digging in the dirt and watching things grow.

The benefits are connecting to personal creation and making something beautiful. There is creativity involved with the design, there is on-going care which gives a person a sense of need, accomplishment and recognition.

Cooking or baking



Taking the time to cook a new meal not only gives you a sense of accomplishment but also taps into the creative side of the brain.

If cooking is viewed as a chore, baking is another great way to unplug and recharge. The sweet smell and yummy goodies makes baking a relaxing and enjoyable pastime.

Gratitude poem

Write a sensory poem that encapsulates something you are grateful for, prompted by I see, I hear, I smell, I feel

For example,

The Beach

- I see:** Sun glistening on water
- I hear:** Waves crash on the sand
- I smell:** Briny seaweed
- I feel:** Water running through my hands
- I taste:** My salty fingers
- I am thankful for:** The beach



Gratitude Gift Box

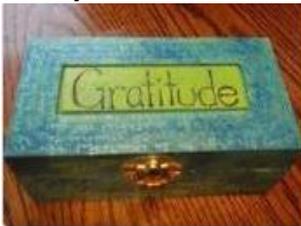
Make a gratitude box as a gift for your family.

The box contains thank you messages/cards that specify what each member of your family has done for you!

Think about:

- How this person's actions made things better for you?
- What effort did they make for you?
- Why might they have done that for you?

Each thank you message could be written on a self-made greeting card with a photo or drawing of a beautiful image or an actual photo of you with that family member.



Recycled City

Create a city or any sort of creation using only recyclable materials.

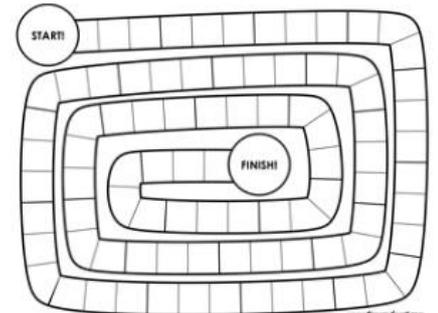
Examples of materials:

- milk bottles
- cardboard boxes
- aluminum cans
- toilet paper rolls
- paper
- newspapers



Make Your Own Board Game

Design your own board game! Be super creative. Write a list of rules and create the template.



Will your game have a focus e.g. math? survival? spelling?

What resources will you need to make your game?

Once finished, play your game with someone at home!