

# Booklet 1: Screen Free Activities

I will work on being a risk-taker.



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## Introduction:

Welcome to Malvern College Hong Kong's first booklet of screen free activities that revolve around the IB learner profile attribute of risk-taker. This booklet was created by dedicated PYP teachers at Malvern in an effort to provide developmentally appropriate activities that can be completed technology free. In this booklet we have compiled a variety of educational ways PYP pupils can approach creativity, reading, science, music, being active, maths, trying something new, writing, being outdoors, communication, art and cooking.

## Purpose:

Our aim is to provide educational activities that can be completed device free. It is our hope that these booklets of activities will support the well-being of pupils and their families, provide supportive educational materials that are screen free and develop internationally minded individuals.

## How to Use this Booklet:

What does being a risk-taker mean to you? Before starting on this booklet discuss with your family what being a risk-taker means to you and listen to what it means to them. Are your ideas the same or different? Why do you think this is?

1. Decide on how you would like to be a risk-taker this week.
2. Think about the areas you could be more of a risk-taker in.
3. Choose some activities from this book that you would like to try.
4. Set goals for what you would like to achieve.
5. Share your successes.

## Focus of Booklet 1 - Being a Risk-Taker:

For our first booklet we are focusing on the importance of being a risk-taker through different subjects and in varied settings. 'As risk-takers 'we approach uncertainty with forethought and determination; we work independently and cooperatively to explore new ideas and innovative strategies. We are resourceful and resilient in the face of challenges and change...' (IBO, 2013)

## In this booklet you will find risk-taking activities connected to:

- |                 |                         |
|-----------------|-------------------------|
| 1. Creativity   | 7. Trying Something New |
| 2. Reading      | 8. Writing              |
| 3. Science      | 9. Being Outdoors       |
| 4. Music        | 10. Communication       |
| 5. Being Active | 11. Art                 |
| 6. Maths        | 12. Cooking             |

I want to work on being a risk-taker with creativity...

### Old Toys Made New

**Materials:** toys

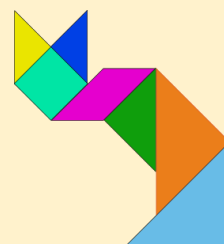
- ★ Find a few toys you haven't played with in a long time
- ★ Make up a new way to play with them
- ★ Give the toys new names and new uses
- ★ Invite a family member to play with you and tell them about your new creative way you are playing with these toys



### Abstract Sculpture

**Materials:** materials that are in your recycling bin, glue or tape, paint

- ★ With an adult's permission look through your recycling bin and collect a bunch of things that you want to use to create an abstract sculpture
- ★ Abstract art means to show what you (the artist) feels and thinks - you use colors and shapes to express your emotions and ideas - a person viewing your art might not know what you have made, but you can explain it to them
- ★ Decide on an idea of what you would like to create and how you want to put the recycled items together, you could even draw a picture of what you would like to create beforehand
- ★ With an adult's help, use glue or tape and stick all of the items together to make your very own unique abstract sculpture - paint it if you like



### Play Dress-Up

**Materials:** items & clothing from around your house

- ★ Create your own superhero outfit out of the items you have available in your house. What will your superpower be?
- ★ Use a towel to create a cape. Make a paper mask to disguise your face.



### Create Your Very Own Flag

**Materials:** colour pencils, tissue paper, art materials

- ★ Everyone deserves to fly their own flag - why don't you create and fly a full size flag that tells the world about you
- ★ Think about symbols you could add to your flag that represent you
- ★ Use art materials to add symbols and colours to your flag



### Become a Lego Model Creator

**Materials:** Lego or building blocks

- ★ Take a look at the Lego or building blocks you have
- ★ Don't use any instructions - What new things can you construct?
- ★ Think outside the box with your ideas



## Poems on the Sidewalk

**Materials:** chalk, an outdoor surface to write on

- ★ When you write poetry - there aren't a lot of rules - you can write about whatever you want in whichever way you want
- ★ For this activity you can use some chalk and write your poem on an outdoor surface (with an adult's permission) - be a writing risk-taker!
- ★ Example: You could write a poem about rain without using the words rain, drops or wet - see what happens

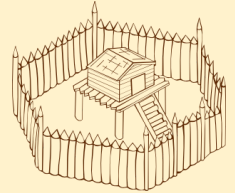


I want to work on being a risk-taker with reading...

## Create a New Place to Read

**Materials:** blankets, cushions, book, stuffed animals

- ★ Create your own reading environment somewhere in your house
- ★ Find somewhere new to read or create your own fort to read in with blankets, cushions or stuffed animals
- ★ Read your book in your new spot and invite a family member to join



## Read One of Your Favorite Books in a New Way

**Materials:** book

- ★ Read one of your favorite books out loud while holding your nose
- ★ All of your characters will have a funny sound when you do this
- ★ Try reading an entire book like this to a family member and not laugh
- ★ Then do this in reverse, have a family member read a book to you holding their nose and try not to laugh



## Wanted Poster

**Materials:** paper, pencil, colored pencils or markers, ruler

- ★ Think of a book you have read with a 'bad' or 'evil' character
- ★ Think about the descriptive details that you have read about this character and create a colorful 'Wanted' poster of them
- ★ A 'Wanted' poster is a poster that gets sent out when the police are trying to capture someone who has done something wrong



## Learn New Big Words

**Materials:** dictionary, washable markers or sticky notes

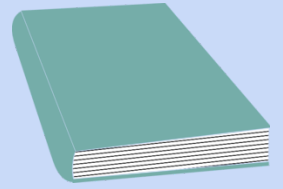
- ★ Use a dictionary to find 10 big words that are new to you
- ★ With adult permission, write these words with a washable marker on your bathroom mirror or on a sticky note you can put on your door
- ★ Review the words for a few days until you can use them in sentences



## Read and Learn about a New Genre or Topic

**Materials:** books

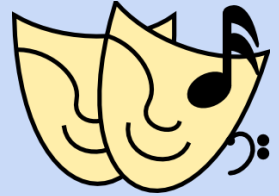
- ★ Think about your favourite type of book. What do you love to read?
- ★ Often as we develop as readers we all have a 'favourite' genre or 'type' of book - for this activity you will have to go outside your comfort zone!
- ★ Choose a book to read that you would never normally choose, it might be that you like reading mystery books but you choose a science-fiction book instead
- ★ Or change up the topics you are reading about - maybe you always read books about school children but decide to read one about animals instead



## Design a Short Play

**Materials:** your imagination, paper, pencil, props

- ★ Using some paper and a pencil, think of some ideas for a short play
- ★ Choose your best idea and design a short play about it
- ★ Ask your family members to be characters in your play
- ★ Have everyone memorize their lines and coach them to say the words with emotion - find some props and put on your play



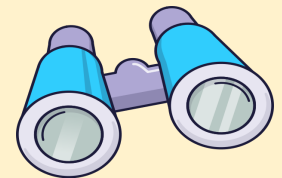
I want to work on being a risk-taker with science...

## Inspection Sight Challenge

**Materials:** the great outdoors, pencil, paper

**Optional Materials:** magnifying glass, binoculars, camera

- ★ Go on an observation walk with an adult's permission
- ★ Find an insect or animal that you can observe, try to choose an insect or animal that is new to you
- ★ Observation time: What do you notice? Study it for 10 - 15 minutes
- ★ Take a picture or draw what you see
- ★ Share with a family member or friend what you have noticed
- ★ Optional: Read up - can you find any books or further information to extend your learning?



## Taste Challenge

**Materials:** different types of food

- ★ Have a friend or family member gather small amounts of different types of food for you - but don't peek at what they are
- ★ Close your eyes, hold your nose and try to identify the different types of foods only by taste without seeing or smelling what they are
- ★ Which foods were you able to name? Which foods did you not figure out?
- ★ Do you think seeing and smelling our food helps us to know what it is?





### Sound Challenge

**Materials:** bottles

- ★ Set up a row of bottles with varying amounts of liquid and then blow across the openings to hear the different tones - try to make up a song
- ★ Which bottles made higher sounds? Which bottles made lower sounds?



### Become a Scientist-Find, Pick and Dissect a Flower

**Materials:** paper, pencil, colour pencils

- ★ Think and act like a scientist
- ★ Choose a flower and carefully take it apart, with an adult's permission
- ★ Document different parts of the flower and take notes about your findings
- ★ Present your dissection to a friend or family member and tell them what you learned



### Use a 'Found Items' Box to Create a New Invention

**Materials:** box, 'found items', pencil, paper

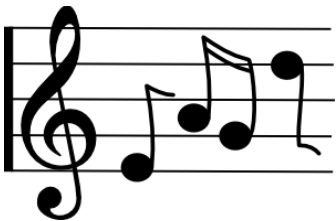
- ★ Create a box of 'found items' - it could be anything - things you find in nature; parts of a broken toy; old clothes. - anything that isn't being used
- ★ Use your box of 'found items' to create a new invention - draw out a plan and then follow your plan to create it
- ★ Photograph your new invention and write an explanation for how it should be used



### Design a Car of the Future

**Materials:** paper, pencil, colour pencils

- ★ Design a car for the year 3000 that you would like to drive
- ★ Name your car and your car company
- ★ Add 3 scientific features and write how they work
- ★ Draw your car from the side and the inside
- ★ Use color pencils or markers and color it in
- ★ Optional: Draw a future bicycle, boat, motorcycle, bus, train or airplane



I want to work on being a risk-taker with music...

### Make up Your Own Song

**Materials:** a piece of wordless music, something to record yourself

- ★ Find a piece of music that you love (without words)
- ★ Or make your own piece of music
- ★ Make up your own song to fit the music
- ★ Optional: Be a risk-taker and perform it for your class or a family member



### Be a Musical Teacher

**Materials:** a song, paper, pencil

- ★ Be a risk-taker and teach a family member a song, skill or piece of knowledge you learned in music classes this year so far
- ★ Ask them to perform the song for you or use the skill you taught them in some way
- ★ Give them some positive feedback
- ★ Optional: Have your family members have a competition against each other with the song, skill or piece of knowledge that you taught them - you are the judge



### Make Your Own Musical Code

**Materials:** paper, pencil, colour pencils or markers

- ★ Draw your own pattern using whatever shapes, pictures and colors you like e.g. square square, triangle, square
- ★ Give each shape a sound
- ★ Example: square = clap hands, triangle = stamp feet
- ★ Practice performing your sound pattern code
- ★ Teach it to a family member and perform it together
- ★ Optional: Make up a few more patterns with your family members



### Learn an Old Song from a Relative

**Materials:** paper, pencil, a relative

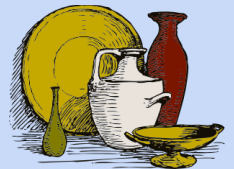
- ★ Call a grandparent or older relative
- ★ Ask them to teach you the words to a song from their childhood
- ★ If your mother tongue is something other than English, learn a song in that language
- ★ Perform your song for a friend or family member
- ★ Optional: Find out the history of that song and when your relative used to sing it



### Use Household Materials to Make an Instrument

**Materials:** kitchen utensils

- ★ Use household materials to make and play stringed, percussion, and wind instruments
- ★ Your kitchen has so many amazing items that could be used to make sound
- ★ Find a fun new way to make a sound and make a song.
- ★ Perform your song for a friend or family member
- ★ Optional: Challenge yourself to make up another song or to use different kitchen utensils

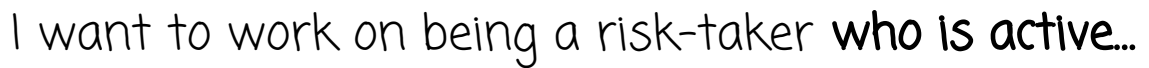


### Musical Spelling

**Materials:** paper, pen

- ★ Write down as many words as you can using the letters: ABCDEFG
- ★ Draw a music stave (5 lines)
- ★ Try writing your words musically using musical spelling
- ★ You could test your family and see how many words they can spell from reading your notes





**Materials:** music, space to dance

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**Materials:** pencils, paper, painters or masking tape

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**Materials:** 6 plastic bottles, a ball

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- A row of five colorful plastic bottles (orange, pink, blue, orange, pink) and a blue ball on a wooden floor.

**Materials:** crepe paper (streamers), tape

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**Materials:** cardboard box, a small ball, a golf club (be creative you can make one, or use something you already have in the house)

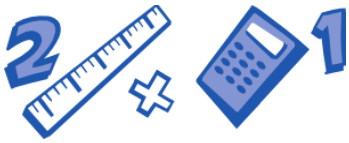
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## Tape Lines - Jumping Competition

**Materials:** ruler, tape for the floor, bare feet

- ★ Make 5 - 10 separate lines of tape, each a foot apart, on your floor or carpet
- ★ Label the first one "start" line
- ★ Try some of these jumping competitions in your bare feet:
  - **Long jump:** see how many lines you can jump over - do this again and again - trying to beat your best score (experiment swinging your arms to get momentum as you jump or trying it with arms behind your back)
  - **Run 'n' Jump:** Now, try to take a running start and see if you can go further
  - **Long Jump Backwards:** Increase the difficulty by performing the tasks jumping backwards
  - **Hop:** Try to see how far you can go by doing one hop on one leg and then try it with the other leg
  - **Reach 'n' Stretch:** Start with one leg on the starting line and see how far you can reach your other foot
- ★ Optional: Create a big chart and track how far you and others jumped for each challenge

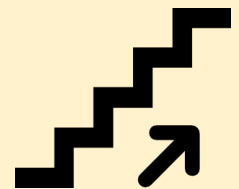


I want to work on being a risk-taker with **maths...**

## Stair Maths

**Materials:** a set of stairs (inside or outside)

- ★ If you have stairs, walk up and count them in different ways
- ★ Walk down and count by twos
- ★ Walk up and count by threes
- ★ Continue through tens
- ★ Challenge yourself to count in a number you're not comfortable with
- ★ Optional: Make up a math song while you are counting up and down the stairs



## Tallest Structure Challenge

**Materials:** tiny marshmallows, toothpicks or dry spaghetti noodles

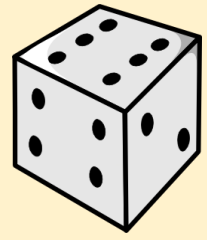
- ★ Using marshmallows and toothpicks or dry spaghetti noodles, try to build a structure - build it with a family member if you like
- ★ Think about the 3D shapes you know and challenge yourself to build this structure as tall as you can
- ★ Reflect on some of the famous tallest buildings in the world, try to think about how they are built to be so tall
- ★ Give your structure a name when it is finished
- ★ Optional: Challenge yourself and built another structure and try to make it taller



### The Pig Dice Game

**Materials:** one die, pencil, paper

- ★ Roll the die - Record the number that you roll - as long as a 1 isn't thrown, the player can roll again and add the number to their total
- ★ After each roll, the player has to decide whether to roll again or keep the points they've scored. If a 1 is rolled at any point, the player loses all the points they've scored so far
- ★ The first player to score 100 is the winner
- ★ Record your calculations on paper
- ★ Note: Players lose if they roll over 100
- ★ Optional: Change the challenge - can you only add? What about multiplication?



### Measure Your Home

**Materials:** paper, pencil, ruler, (measuring tape)

- ★ Measure the area and perimeter of each room in your home
- ★ If one of the rooms is not a rectangle or a square - what will you have to do?
- ★ Remember: Perimeter is the distance around a 2D shape (add up all the sides)
- ★ Remember: Area is the size of a surface (length x width)
- ★ Try to figure out the perimeter of your whole home
- ★ Try to figure out the area of your whole home
- ★ Optional: Try to do all the windows in each room also



### Change Your Clock

**Materials:** a clock

- ★ Set a clock 3 hours and 7 minutes ahead
- ★ Whenever someone needs to know the time, help them figure it out by subtracting
- ★ This is both irritating and totally fun
- ★ Try this for the whole day
- ★ Maybe -3 hrs and 07 minutes can be your new family time zone
- ★ Optional: Try this activity again with a new time zone challenge, try 5 hours and 14 minutes behind



### Draw a Map of Your Home and Neighborhood

**Materials:** pencil, paper

- ★ Imagine the layout of your neighborhood and try to draw it from birds eye view to the best of your ability
- ★ Draw your neighborhood from the perspective of a bird flying above
- ★ Choose a safe place near your home on the map to meet family members in an emergency and put a star next to it
- ★ Optional: Draw a map of another area that you know really well, this could be a place you used to live or a place that you frequently visit





I want to work on being a risk-taker by trying something new...

### Funny Body Skills

**Materials:** your body, a mirror

★ Try to do some of these funny body skills:

- Raise one eyebrow up and down - repeat with the other one
- Wiggle your right ear - repeat with the left
- Touch your nose or chin with your tongue
- Sneeze with your eyes open
- Roll your tongue
- Twitch your nose



- ★ Practice doing these movements in the mirror - don't get upset if you can't do some of them - most of the population of the world can't do all of these
- ★ Find someone in your family and see which ones they can do
- ★ Compare the ones that each of you can and cannot do

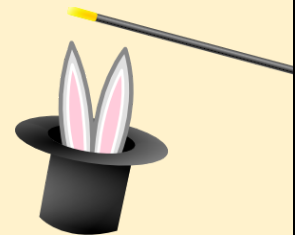
### Learn, Practice and Perform Magic Tricks

**Materials:** pencil, cup, water, soap, pepper

★ Read through the 2 magic tricks below, make sure to read about them, practice them and then perform them for a family member

★ The Rubber Pencil Trick:

- What you'll need: a pencil
- Step 1: Hold your pencil nearly at the tip of the eraser side, gripping it loosely between your thumb and index finger.
- Step 2: Shake your hand up and down, and let the pencil flop up and down as well. When you get the right speed, it will fool the eyes into making them see the pencil bending (it's just an optical illusion, but a very fancy one).
- Note: It doesn't take very fast shaking, but practice getting the speed just right in order to make the pencil appear to bend as you bounce it with a loose grip.



★ The Pepper Trick:

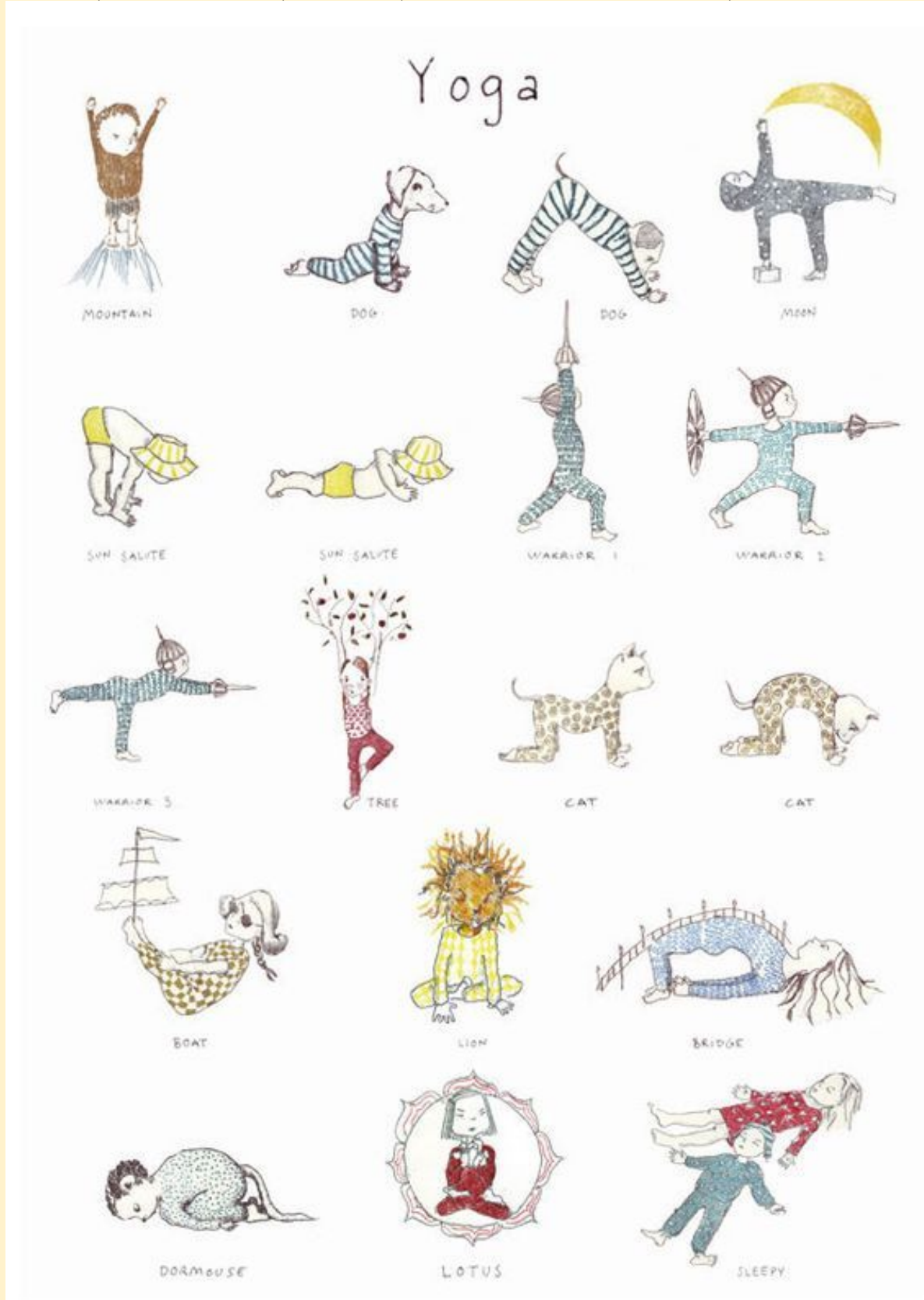
- What you'll need: water, soap, a cup, pepper
- Step 1: Put water in a cup and add pepper.
- Step 2: Try to have an audience member separate pepper in the water using their fingers (you can trial this first with yourself).
- Step 3: Secretly rub soap on your hands and then put your hands in the water to show the pepper separate (don't let your audience see you do this - that will ruin the magic trick).

★ Optional: Come up with some more magic tricks to show your family members

## Try Animal Yoga

**Materials:** an open space to do animal yoga, an open-mind

- ★ Choose some of the animal yoga poses on the poster below and make up your own routine
- ★ Challenge yourself to lead your family in a 10 - 15 minute animal yoga session





## Learn, Practice and Perform 3 New Jokes

**Materials:** your memory, a sense of humour

- ★ Learn, practice and perform at least 3 of the jokes listed below
- ★ Try to have them memorized and perform your jokes for a family member
  - What does a cloud wear under his raincoat?
    - Answer: Thunderwear
  - What did the policeman say to his tummy?
    - Answer: Freeze. You're under a vest.
  - What does one volcano say to the other?
    - Answer: I lava you.
  - What event do spiders love to attend?
    - Answer: Webdings.
  - Did you hear the joke about the roof?
    - Answer: Nevermind, it's over your head.
  - Do you know how many famous men and women were born on your birthday?
    - Answer: None, only babies.
- ★ When you are done performing, ask your audience to tell you a joke back
- ★ Optional: Try to memorize all of the jokes and perform them for someone else
- ★ Optional: Make up your own jokes and perform them for someone else



## Flashlight Scavenger Hunt

**Materials:** flashlight, 5 - 10 similar items, a dark room

- ★ Get a flashlight and find a family member to play with
- ★ Find 5 - 10 similar items and show them to the person you are doing this scavenger hunt with, before you hide them
- ★ Hide the items in a room that can get really dark (don't let your family member see where you are hiding them)
- ★ Turn off the lights and give them the flashlight and see how long it takes them to find the items
- ★ Switch roles and have them hide the items for you
- ★ Optional: Choose 5 - 10 different items to make it more challenging for the person who is finding them - remember to allow them to see the items before you hide them



## Attempt the 'Impossible'

**Materials:** your imagination, your creativity, your ability to be a risk-taker

- ★ Think about something you have always wanted to learn or be able to do but worried it would be too difficult (for example: riding a bike, playing a new instrument, mastering a certain maths problem, etc.)
- ★ Make a goal and set yourself three-five steps to complete this activity
- ★ Find someone to help you if you need to - it is more than okay to ask for help
- ★ Master that new skill - practice, practice, practice
- ★ Celebrate your success - how will you celebrate?





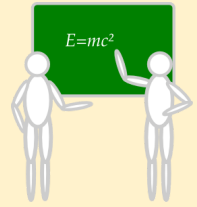


I want to work on being a risk-taker with writing...

### Play Story Share

**Materials Needed:** something to record with or pencil & paper

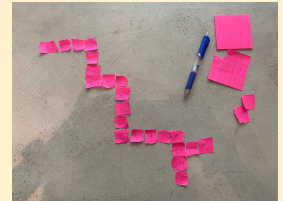
- ★ You will create a story with your friends or family
- ★ One person starts the story with one sentence
- ★ The next person adds the next sentence - and so on....
- ★ Optional: You could voice record this and create a set of verbal family stories or write them down



### Try to Spell New Words

**Materials:** scrabble tiles or letter cards/letters on paper, phonic sound pieces

- ★ Make your own floor scrabble - how big will your floor scrabble get?
- ★ Using the phonic sounds you need to practice create as many different connected words as you can across the floor
- ★ Challenge: Can you play with members of your family?



### Write to a Family Member

**Materials:** pencil, colour pencils, paper

- ★ Create a card for a family member
- ★ Inside the card write 10 thoughtful things you appreciate about them
- ★ Try to be honest and open - be a risk-taker
- ★ Try to communicate something that you've never told them before



### Silly Writing

**Materials:** pen or pencil, small pieces of paper, notebook

- ★ Write one word on each of your pieces of paper (30-50 words)
- ★ Fold the pieces of paper and mix them up
- ★ Choose 10-15 words
- ★ Can you make a silly poem or a story using these words?
- ★ Optional: Create a book of silly poems and read them to a friend or family member



### Write and Mail a Letter to Your Teacher or Principal or a Classmate

**Materials:** paper, pencil, envelope, stamp

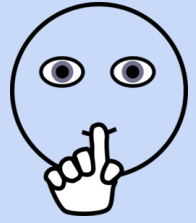
- ★ Write a letter to one of the people listed above
- ★ Make sure to include: the date, the name of the person, have a topic to talk about (or topics), ask questions to the person so they can respond to you, have a closing, sign it
- ★ Optional: add some drawings, photos, or something else small you would like the person to have
- ★ Challenge: Learn how to address an envelope - ask an adult how to do this



## Be Completely Silent for 60 Seconds - Writing Experience

**Materials:** pencil, paper, timer

- ★ In a world where there are so many distractions, it's amazing what we notice when we're silent
- ★ Set a timer for 60 seconds and pay close attention to all the sounds you hear and thoughts you have in that short amount of time
- ★ Write down what sounds you heard, what thoughts came to mind
- ★ Challenge: Try to challenge yourself to do this for 120 seconds - then 240 seconds - it is really nice to try to do this in the morning and listen to all the sounds that are going on before the day has started and the city is bustling



I want to work on being a risk-taker outdoors...

### Water Balloon Toss

**Materials:** balloons, water, clothes that you don't mind getting wet

- ★ Fill balloons up with water from your tap
- ★ Put them in a laundry basket or plastic tub
- ★ Go outside with the laundry basket filled with the water balloons
- ★ Stand close together with a partner and toss one balloon back and forth
- ★ Once both people catch the balloon take one step back
- ★ Toss the balloons back and forth again
- ★ Once both people catch the balloon take one step back and so on until the balloon breaks
- ★ Be prepared to get wet and have fun



### Nature Walk

**Materials:** something to record what you find (pen, notebook, camera, etc.)

- ★ Take a nature walk with a notebook and pen or camera
- ★ Record what you see
- ★ Try to spot something you've never noticed before
- ★ Optional: Do this same walk all week and record all the different things you see each time



### Create Your Own Natural Paint Brushes

**Materials:** sticks, leaves, flowers, string or elastic bands, paint, paper

- ★ Find some items in nature to create your own paint brushes
- ★ Use your new paint brushes to create a new piece of artwork
- ★ Share your creation with others or create lots of pieces and create your own art exhibition



### Explore Somewhere New

**Materials:** a map of Hong Kong

- ★ Take a look at a map of Hong Kong
- ★ Find somewhere that you haven't yet visited
- ★ Plan out how you will get there (be a sustainable tourist)
- ★ Being a sustainable tourist means: visiting somewhere and trying to make a positive impact on the local people and environment of the place you are visiting
- ★ Visit your new place and spend time exploring - what will you discover?
- ★ Share your discoveries with a friend and tell them what they should do when they visit the place you have explored



### A New Way to Play

**Materials:** a place you have played before, your imagination

- ★ Visit a play area that you have explored many times before
- ★ Can you find a new way to play here?
- ★ For example: perhaps you'll go up slides rather than down?
- ★ What new ways can you investigate and play?
- ★ Can you teach a friend or family member how to play your new game?
- ★ Optional: Make up an obstacle course at your play area and invite others to join



### BBQ Fun

**Materials:** a BBQ pit or small bbq set, things to cook or toast, adult supervision

- ★ Plan out a BBQ to have with your family and create a meal that you will cook to share with them
- ★ What tasty meals or treats can you BBQ?
- ★ Can you create a savory and a sweet dish?
- ★ Invite your family to the BBQ (with an adult's help) and cook for them
- ★ Write up your recipes afterwards and share them with your friends

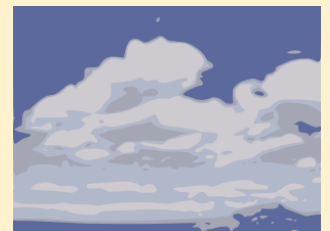


I want to work on being a risk-taker with communication...

### Cloud Watching

**Materials:** a cloudy day, your imagination, a family member or friend, sunglasses

- ★ Find somewhere nice to lie down, where you can see some clouds - this could be your backyard, your balcony or a local park
- ★ If it's a bright day you might need your sunglasses
- ★ Talk about the clouds you can see to a family member or friend and what they look like
- ★ Make up a story about the clouds - try to see patterns that could be animals or people



### Go on a Compliment Drive

**Materials:** think of some compliments for others, a family member or friend

- ★ See how many nice things you can say to someone else
- ★ What genuine compliments can you give to another person who you know well?
- ★ Practice giving and receiving compliments. Is it difficult? Why or why not?
- ★ How does it feel to tell someone something nice?
- ★ How does it feel when someone gives you a compliment?



### Play Charades

**Materials:** stopwatch, strips of paper, a bowl, pencil

- ★ Each player gets 2 strips of paper and writes down a movie or a type of job (you can choose any categories that you like, such as: book titles, tv shows, song titles, etc.)
- ★ You fold the strips of paper and put them in a bowl, so the words are not visible
- ★ Split up into 2 teams, you need a minimum of 4 players
- ★ One team starts and one teammate picks a paper from the bowl
- ★ Then they act out whatever was on the paper for their teammate, their teammate has 30 seconds (or you can change the time) to guess what they are acting out
- ★ You CANNOT use words
- ★ If the teammate guesses correctly in the amount of time allotted, the team gets a point
- ★ Repeat with the other team - keep playing until there are no more options in the bowl



### Call a Person Who Speaks a Different Language

**Materials:** pencil, paper

- ★ Call a person who speaks a different language
- ★ Ask them to teach you 5 common words or phrases
- ★ Write down the words or phrases on paper
- ★ Teach the words or phrases you learned to someone new



### Have a Debate

**Materials:** your thinking skills, persuasive language, confidence

- ★ Ask a family member to have a debate with you
- ★ Choose a topic below - decide if you are FOR or AGAINST the question:
  - Can we replace teachers with computers?
  - Is exploring space really important?
  - What is the need to have the Olympics?
  - Is there a possibility that aliens exist out there?
- ★ Prepare your arguments for your side - your family member prepares their arguments for the other side and have your debate



## Learn Morse Code (Developed in 1844)

**Materials:** a family member, Morse Code poster

- ★ Learn Morse Code from the poster below and practice using it to create words with your family members
- ★ Start with simple words that you know your family member will be able to understand
- ★ Challenge yourself to use Morse Code to send sentences or questions back and forth
- ★ When you feel confident, try communicating with a family member through walls or floors and try to send each other secret messages

### Morse Code

A •—	N —•	1 •— — — —
B —...•	O — — —	2 •• — — —
C — • — •	P • — — •	3 ... — —
D — • •	Q — — • —	4 .... —
E •	R • — •	5 .....•
F •• — •	S ...•	6 — ...•
G — — •	T —	7 — — ...•
H ....•	U •• —	8 — — — ••
I ••	V ...• —	9 — — — — •
J • — — —	W • — —	0 — — — — —
K — • —	X — •• —	, — — •• — —
L • — ••	Y — • — —	. • — •• — —
M — —	Z — — ••	? •• — — ••





I want to work on being a risk-taker with art...

## Draw an Animal You Have Never Drawn Before

Materials: paper, pencil, colored pencils or markers

### How to Draw a Bear in 5 Easy Steps



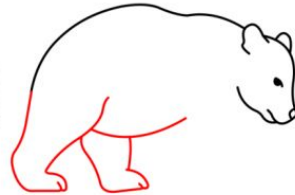
Step 1: Draw the head.



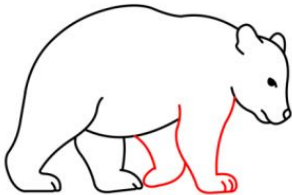
Step 2: Next, draw the face.



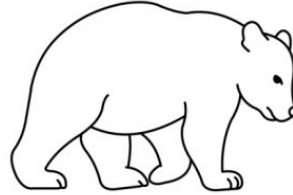
Step 3: Then, draw the body.



Step 4: Draw the hind legs.



Step 5: Draw the front legs.



Your Bear is now done!

[WeDrawAnimals.Com](http://WeDrawAnimals.Com)

### How to Draw a Cat in 6 Easy Steps



Step 1: First, draw the head



Step 2: Add the ears on top



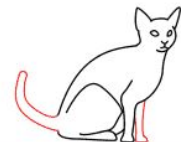
Step 3: Draw the eyes, nose and mouth



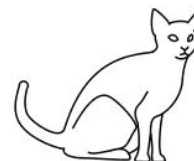
Step 4: Draw the back, neck and front leg



Step 5: Draw the hind legs



Step 6: Draw the tail and the other leg



There you have it, a cat drawing!

[WeDrawAnimals.Com](http://WeDrawAnimals.Com)

## Scribble Art

Materials: permanent marker or pen, paper, materials to add colour

- ★ Have someone draw a scribble on a piece of paper
- ★ Take their scribble and continue to add to it so it starts to look like a picture
- ★ Add colour to complete it



## Shadow Art Challenge

Materials: paper, pencil, toys or objects

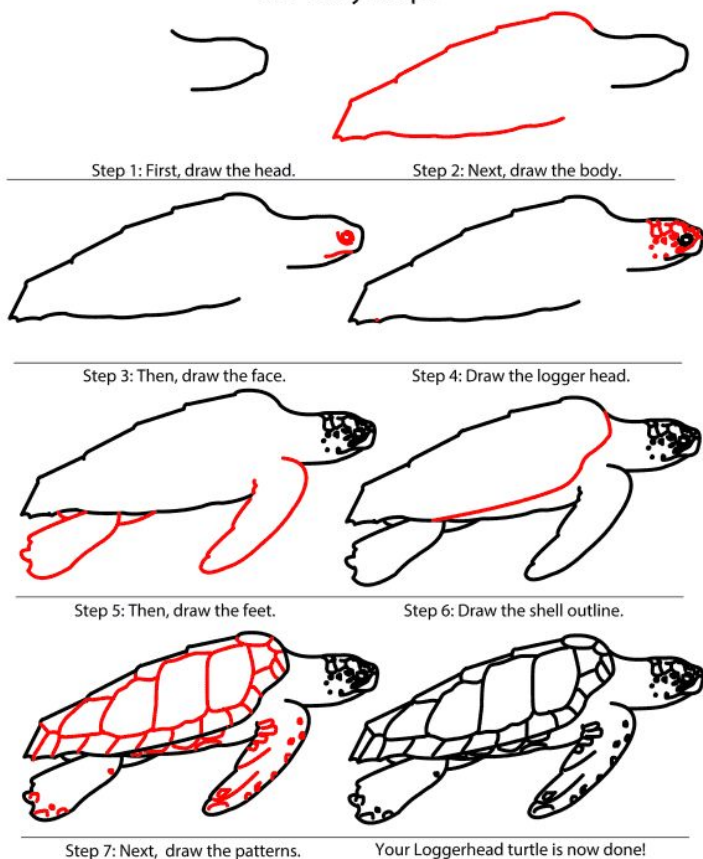
- ★ Pick a time of day when the sun is up and line up some of your toys or objects on a paper so you can see their shadow
- ★ Trace the shadow of your toys or objects - add colour if you like
- ★ Ask a family member to guess what objects you drew



## Draw an Animal You Have Never Drawn Before

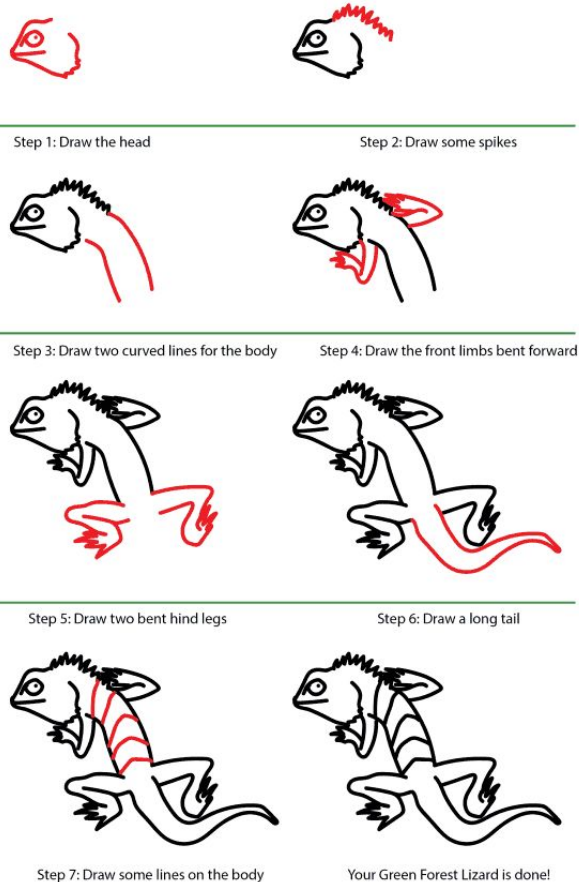
Materials: paper, pencil, colored pencils or markers

### How to Draw a **Loggerhead Turtle** in 7 Easy Steps



[WeDrawAnimals.Com](http://WeDrawAnimals.Com)

### How to Draw a **Fire Salamander** in 7 Easy Steps

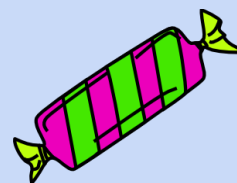


[WeDrawAnimals.Com](http://WeDrawAnimals.Com)

## Create Artwork Using New Materials

Possible Materials: candy, candy wrappers, sticks, leafs, newspaper, charcoal

- ★ Gather unusual materials you would not normally use to create an artwork (candy, candy wrappers, sticks, leafs, newspaper, charcoal etc.)
- ★ Brainstorm what you could make using the material you selected
- ★ Use your imagine and creativity to create a unique piece of artwork
- ★ Share your artwork with a friend or family member



## Partner Art Challenge

Materials: paper, pencil, markers

- ★ Have a family member look at an image without you seeing it and describe it to you the best they can
- ★ Based on their description, try to draw the picture they are describing
- ★ You cannot ask them any questions during this process - only they can talk
- ★ When you are finished, compare the two images - see how well they did describing the image and how well you did listening to their description - now change places!





I want to work on being a risk-taker with cooking...

### Yogurt Filled Raspberries

**Materials:** large raspberries, thick greek yogurt, a piping/ziplock bag

1. Wash the raspberries well - it is best to soak them in water with a capful of apple cider vinegar for 15 minutes to make sure they are clean of pesticides.
2. Fill the ziplock or piping bag with the thick greek yogurt (easier to control to pipe in) and if you are using the ziplock bag you will need to cut the corner of the bag so you get a very small hole.
3. Now gently squeeze the yogurt into the raspberries.
4. You can also use peanut butter/nutella or any other thick sauce you can think of. Serve to your family members or put them in the fridge.



### Frozen Banana Cereal Pops (4pcs)

**Materials:** 2 peeled bananas, strawberries yogurt, colourful cereal, 4 wooden pop sticks

1. Place yogurt and cereal in separate shallow bowls.
2. Cut the peeled bananas in half.
3. Insert pop sticks through the cut side of bananas.
4. Dip the whole banana in yogurt, then roll them in the cereal to coat.
5. Put all the banana pops on a plate and freeze them until they are firm (about an hour). Then, enjoy them with your family.



### Chia Seed Pudding

**Materials:** a small jar, coconut milk, chia seed, honey, fresh berries

1. Put 6 tablespoons of chia seeds into a jar.
2. Pour the coconut milk to cover all of the chia seeds and then add a little bit more over top.
3. Add some honey and mix everything well until the honey has dissolved.
4. Cover and put the jar into the fridge overnight.
5. The next morning, top with your favourite berries (e.g. blueberries and strawberries) and enjoy your healthy pudding.





### Guacamole Deviled Eggs

**Materials:** 3 large eggs, 1 ripe avocado, 1 tablespoon lemon juice, ½ tablespoon of salt and pepper, 1 tablespoon chopped cilantro and some green onion

1. Bring some water to a boil in a pot - when boiled, place all the eggs in and cover the pot for 15 minutes.
2. Once done, remove the eggs and set them in icy cold water to cool.
3. Once they've cooled, carefully peel the hard boiled eggs and cut them in half lengthwise. Place them on a serving platter. Scoop out the cooked yolks and set them aside.
4. Cut the avocado in half and remove the pit. Scoop out the avocado flesh and place it in a bowl.
5. Roughly mash the avocado and 2 halves of cooked egg yolks with a fork. (reserve the remaining egg yolks for another use). Sprinkle with lemon juice, pepper and salt, and stir in the chopped cilantro and green onion.
6. Scoop a generous spoonful of the avocado mixture into each well of the hard boiled egg whites. Top with a small sprig of fresh cilantro.



### Learn a New Recipe: Be a Risk-taker

**Materials:** cookbook, ingredients, measuring cup, cooking utensils

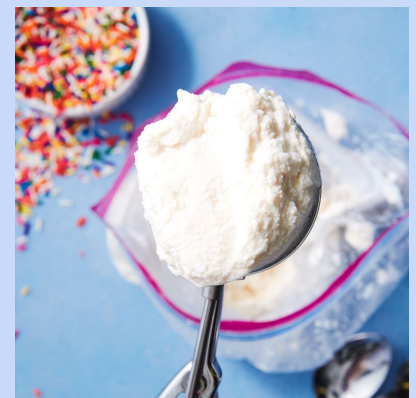
- ★ Ask someone to teach you their favourite recipe (something you've never made before) or find a new recipe from a cookbook.
- ★ Learn how to 'perfect' this recipe
- ★ Adapt it to make it using your own flare



### Homemade Tofu Ice Cream (1 serving)

**Materials:** a large and a medium ziplock bag, a big bowl of ice cubes, 100g hard tofu, 100g whipping cream, 20g sugar, 20g condensed milk, 3 tablespoon of salt

1. Mash the tofu completely with a fork or use a blender.
2. Mix the whipping cream with the sugar in a mixing bowl and whisk the mixture until it thickens (It might take 5-10 minutes). After that, slowly add the condensed milk and the tofu into the cream, then continue stirring until mixed.
3. Fill the medium ziplock bag with the mixture. Zip it without any air in it. Then, put it in a large ziplock bag.
4. Fill the large ziplock bag 3/4 full with the ice cubes and add some salt. Then, zip it and start shaking the bag for 15 minutes vigorously until the ice cream has hardened (wear a pair of baking gloves if your hands feel too cold).
5. Remove from the large bag and enjoy your ice cream directly or serve it with a cone.



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