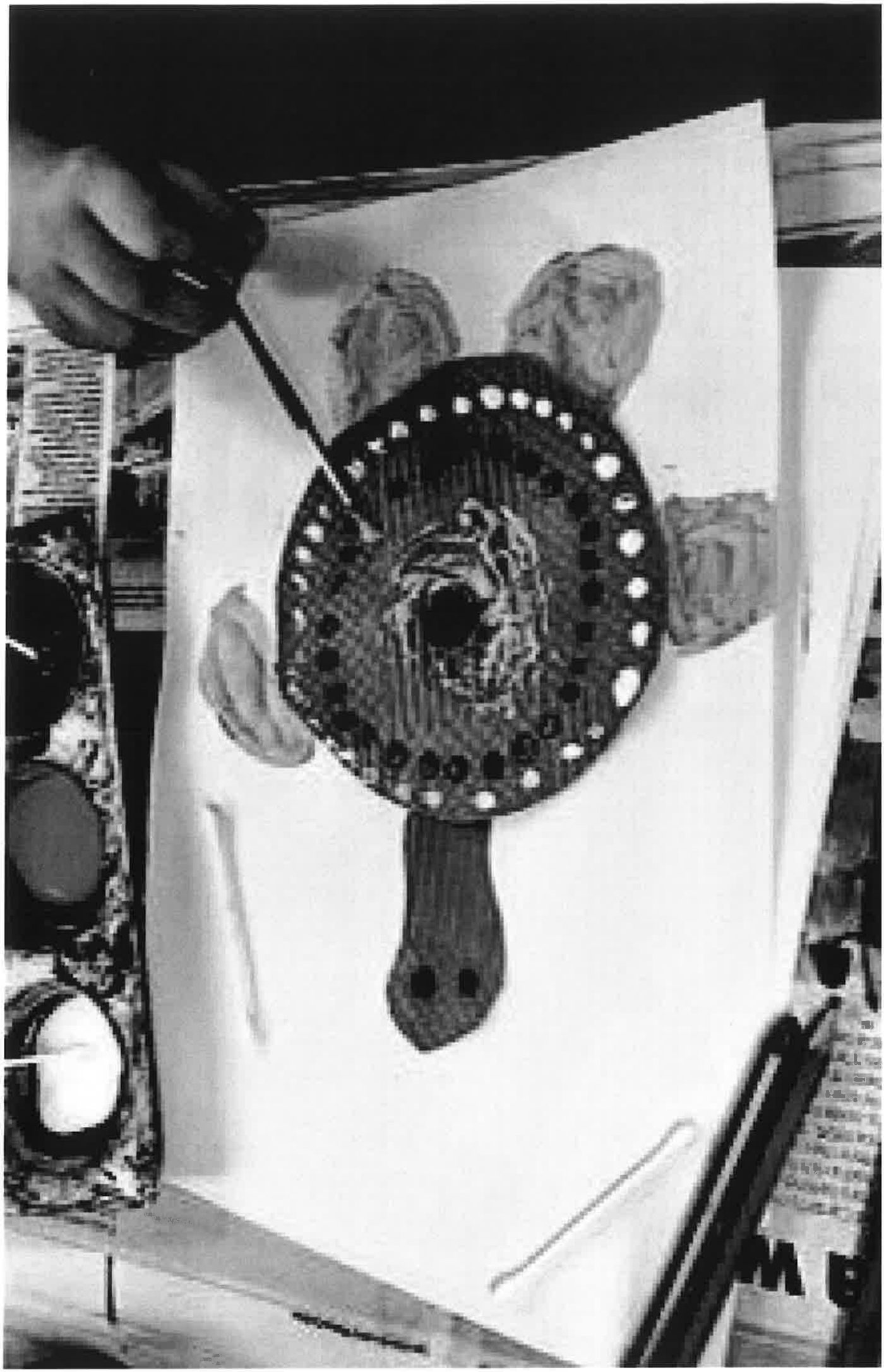
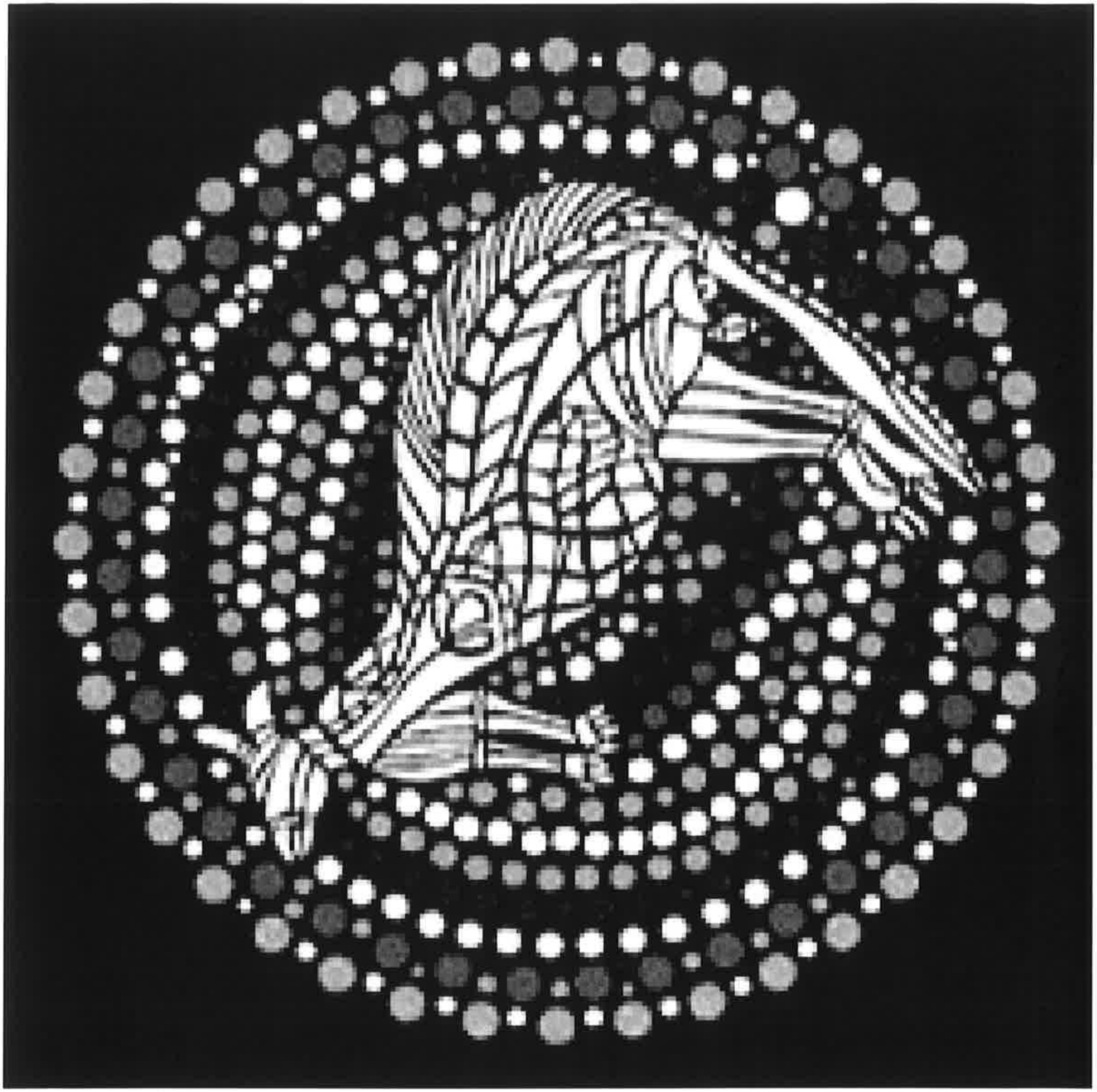
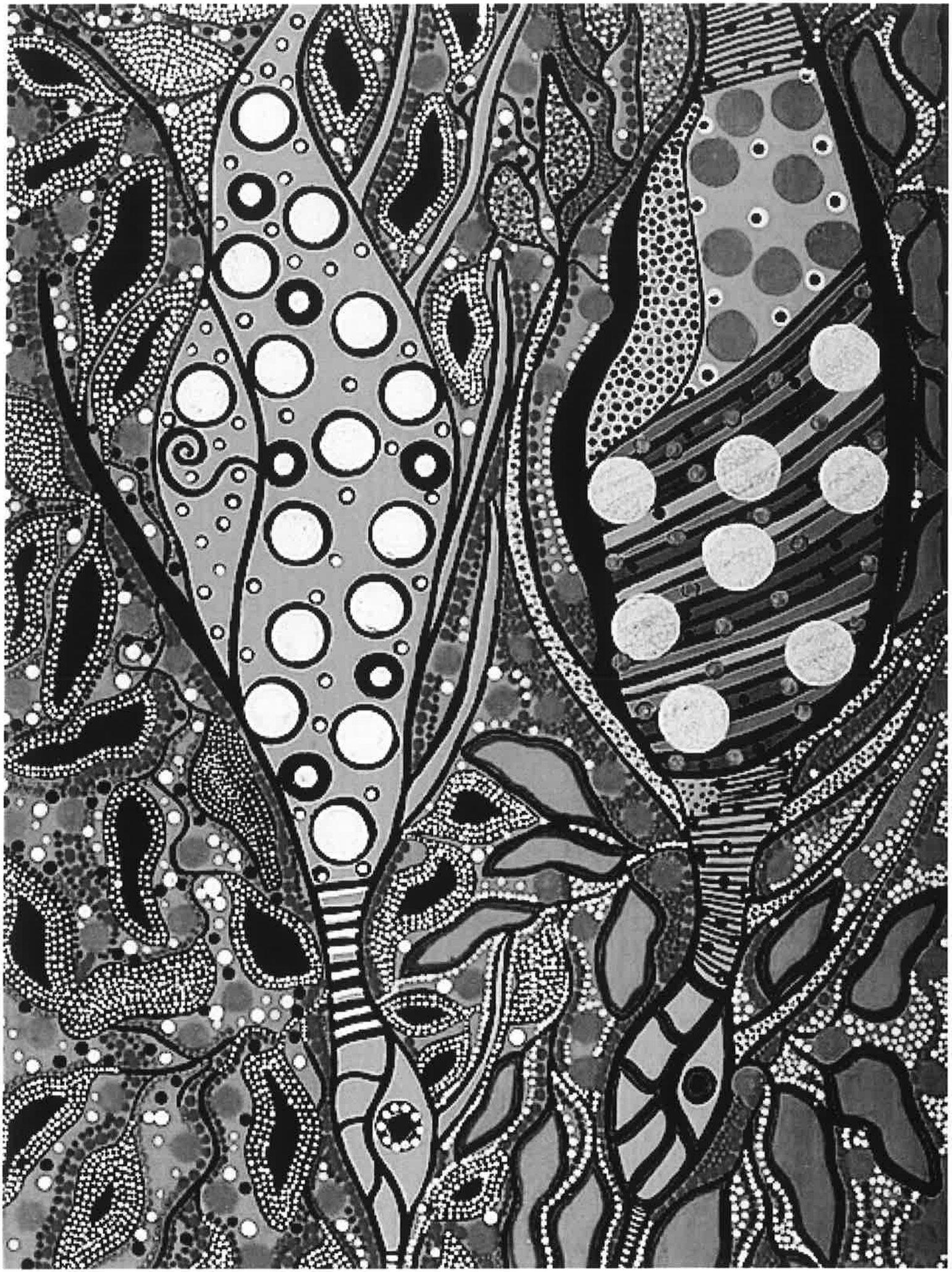
Resources

Year 1



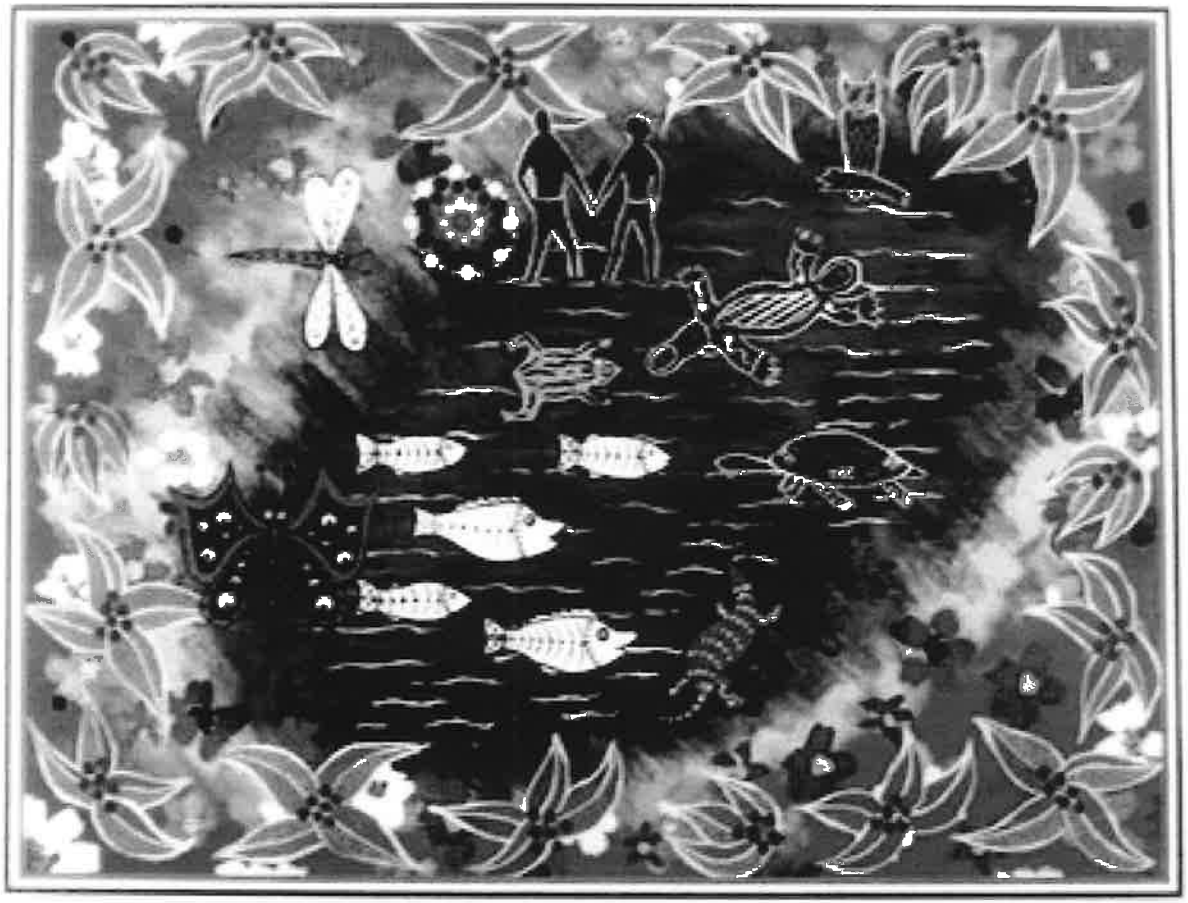




More tales of my Grandmother's

DREAMTIME

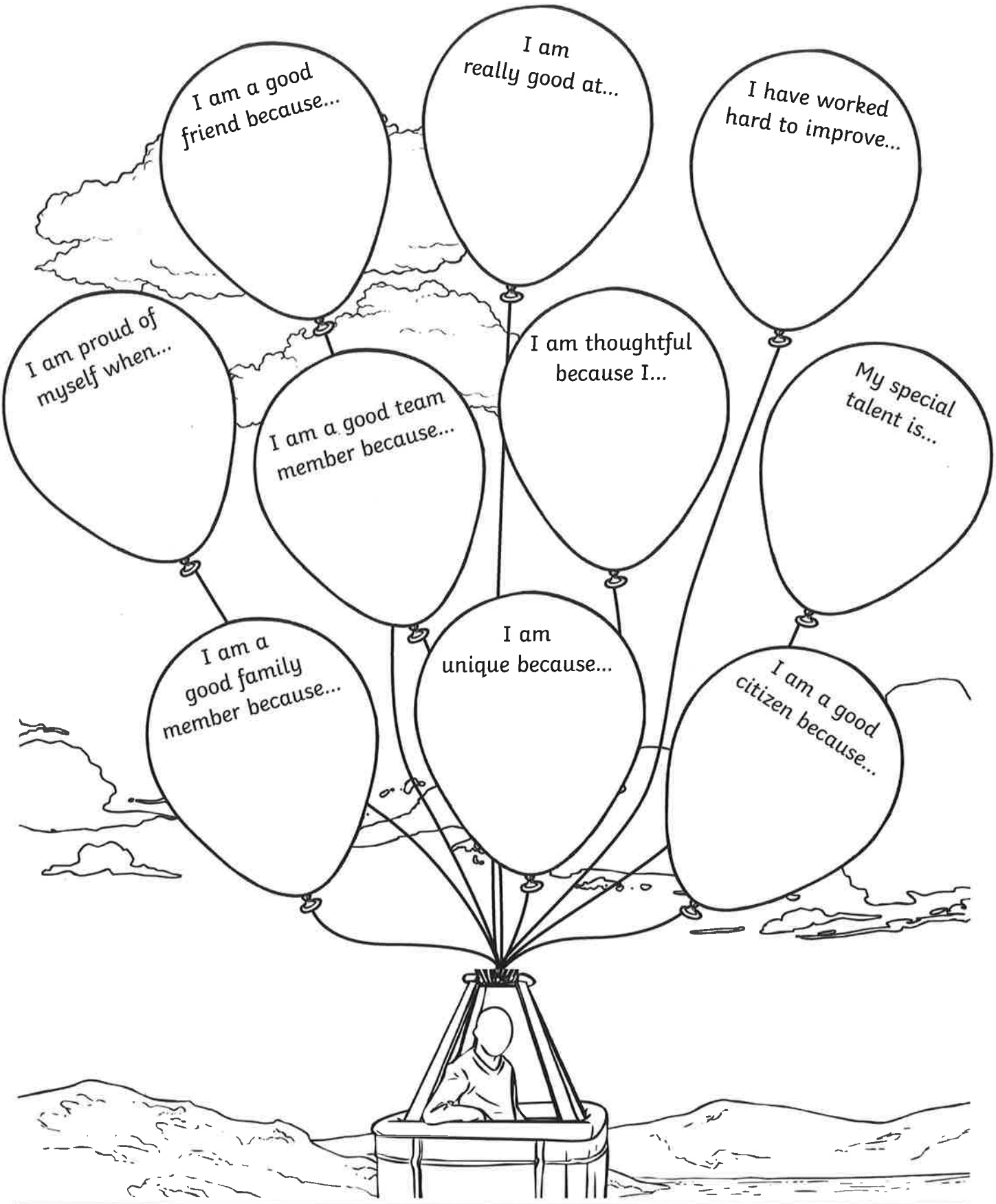
By NAIURA



More authentic Aboriginal fables as told by the author's grandmother

I Am an Amazing Person!

Read and finish the sentences in the balloons below.



TORQUAY COLLEGE

Checklist for setting up my remote learning space

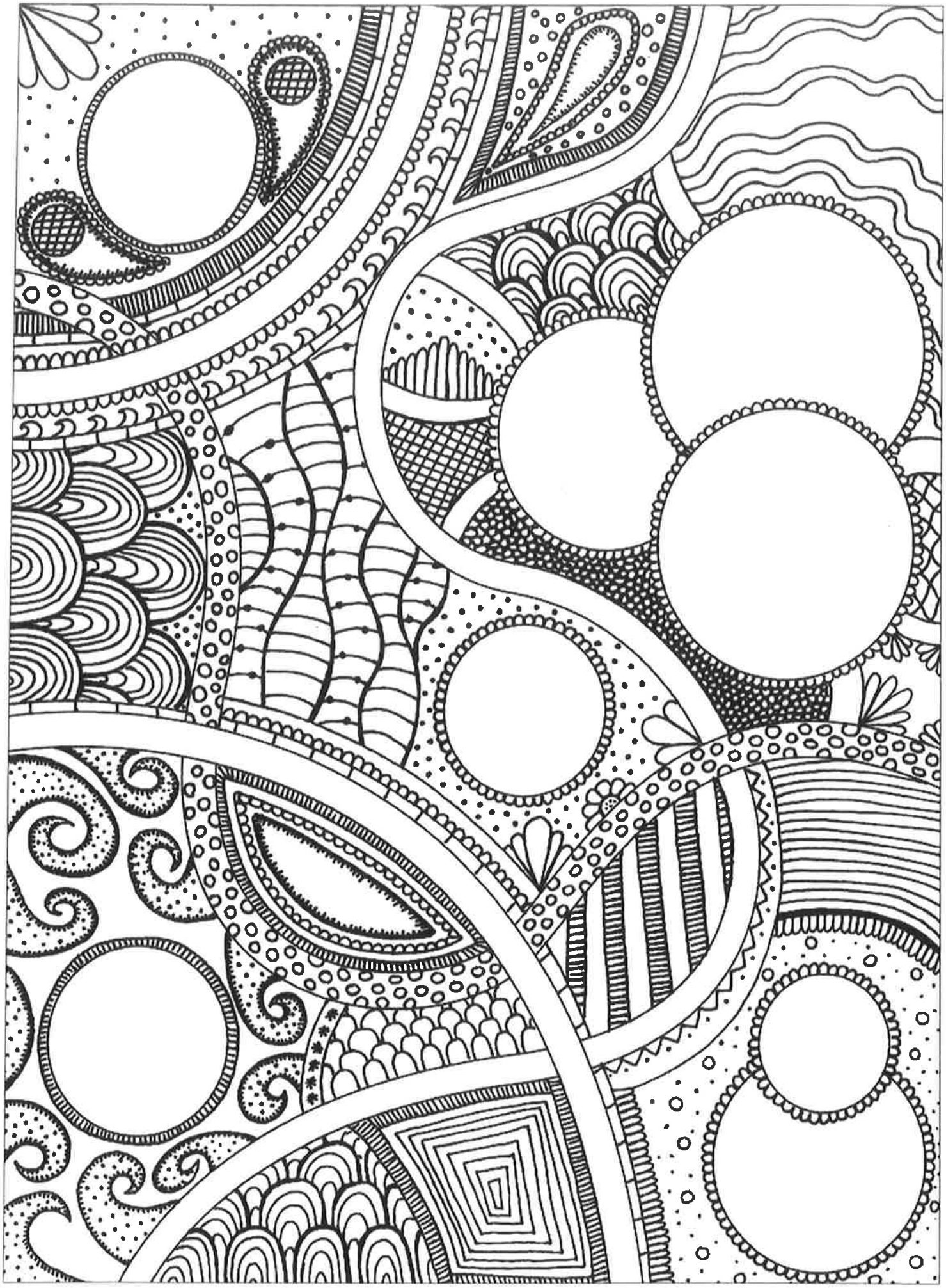
Your teachers will provide you with a suggested daily timetable that includes starting the day by getting outside and going for a walk, a regular morning break and time for lunch, as well as space for creative time and a physical or wellbeing activity. During remote learning it is important to maintain a regular morning routine, including: keeping a regular bedtime, waking up at the same time every morning, showering, getting out of your PJ's, eating breakfast etc.

You may remember from last time, that remote learning is a big change from onsite learning where you are often up and about and moving between learning spaces and environments. We encourage you to make sure you take regular breaks, spend time outside and offline doing a variety of activities and games. There are so many things you can do to break up your day including; make a treasure hunt, put on a play or puppet show, create an obstacle course, build with Lego, bake or cook something, make a kite, learn how to lay a musical instrument, teach yourself a magic trick, write a song or learn how to do origami.

To get you started for this next journey, use this checklist to support you to set up a remote learning space. Please discuss any statements you aren't able to complete with your teacher – we may be able to provide loan equipment or help you out in some other way.

Setting up your remote learning space		**Completed**
Choosing a space	Is the area a public/family space and not in a bedroom?	
	Is the area free of distractions?	
	Can the space be quiet at times when needed?	
	Is there an adult nearby who can assist you with your learning if needed?	
	Is the space free from any trip hazards? Eg. cords	
Equipment	Is your desk and chair adjusted correctly so you can sit comfortably?	
	Do you have the stationery and learning resources you need?	
	Is there enough light?	
	Is the area exposed to direct glare or reflections?	
Ensuring the right use of technology	Does the area have power points available?	
	Is the computer/laptop directly in front of you and at a distance you can see clearly without straining?	
	Is equipment (extension cords etc.) in good, safe, working condition?	
	Is there a strong internet connection?	
	Do you know your username and password for accessing the remote learning platforms you need (eg. Google Classroom, Seesaw etc)	

Personalising your space	Is there space for you to put up your daily timetable and weekly learning plan?	
	Is there space for you to put up a dream board, posters, mindfulness activities, self-calm strategies or motivational quotes?	



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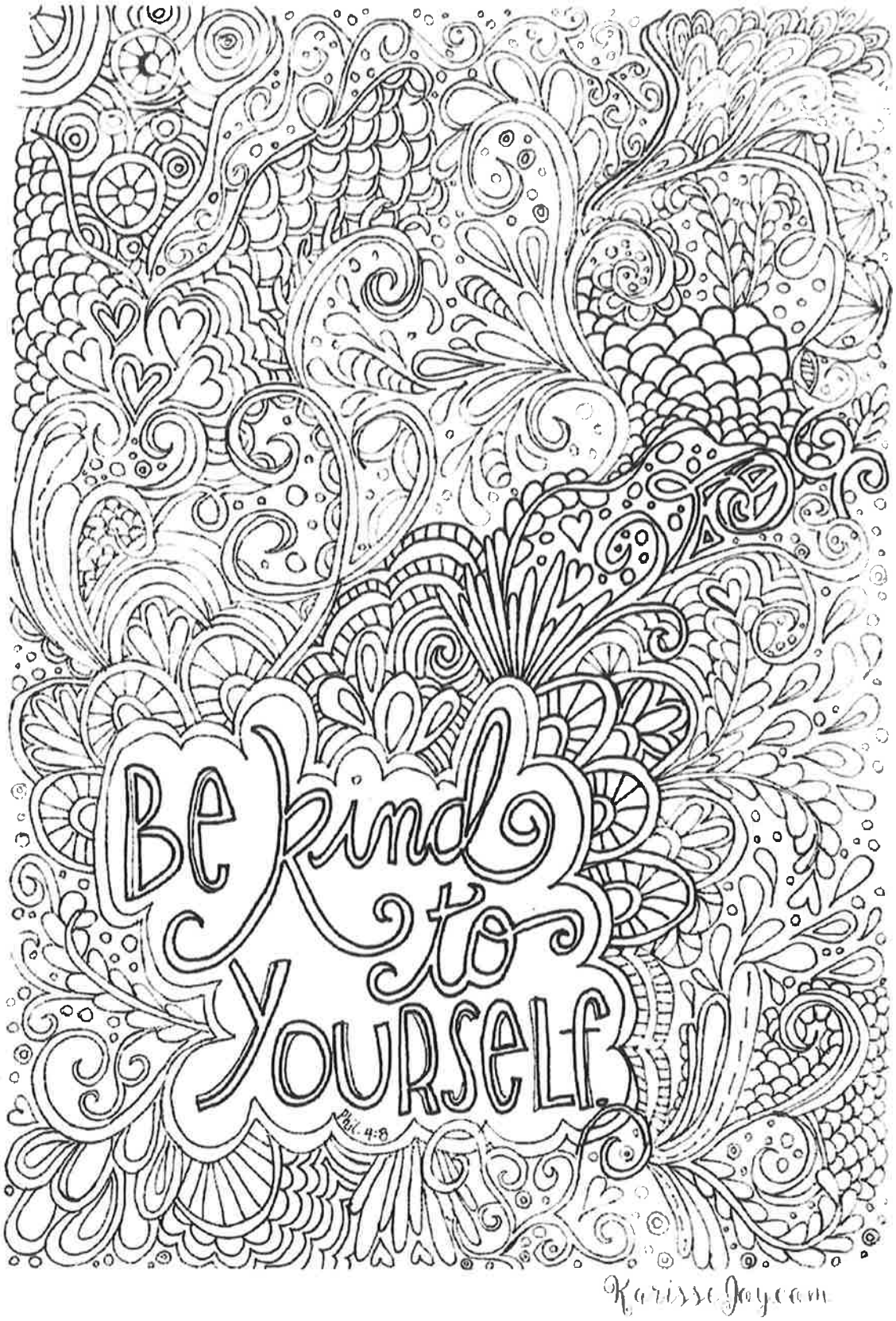

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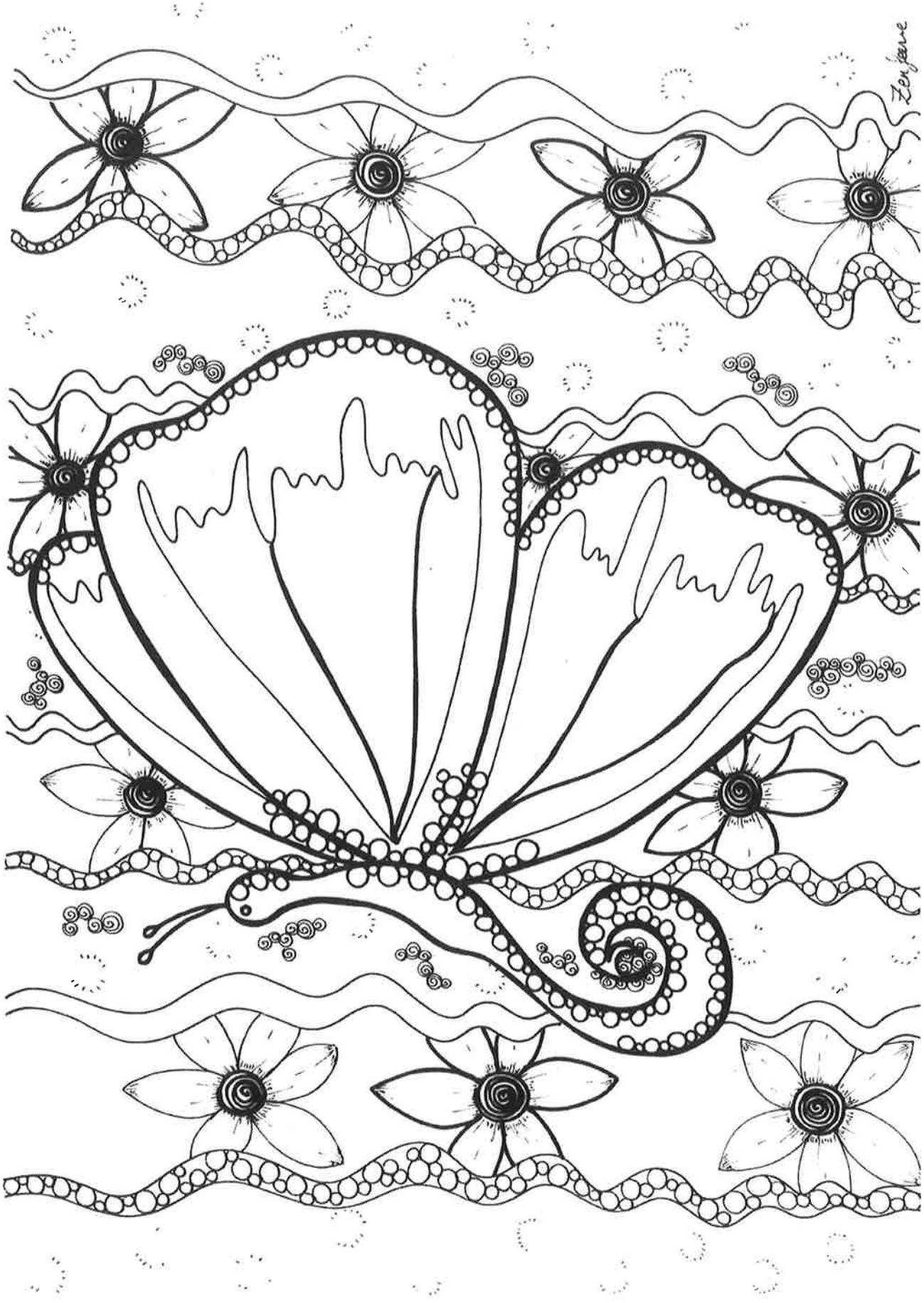
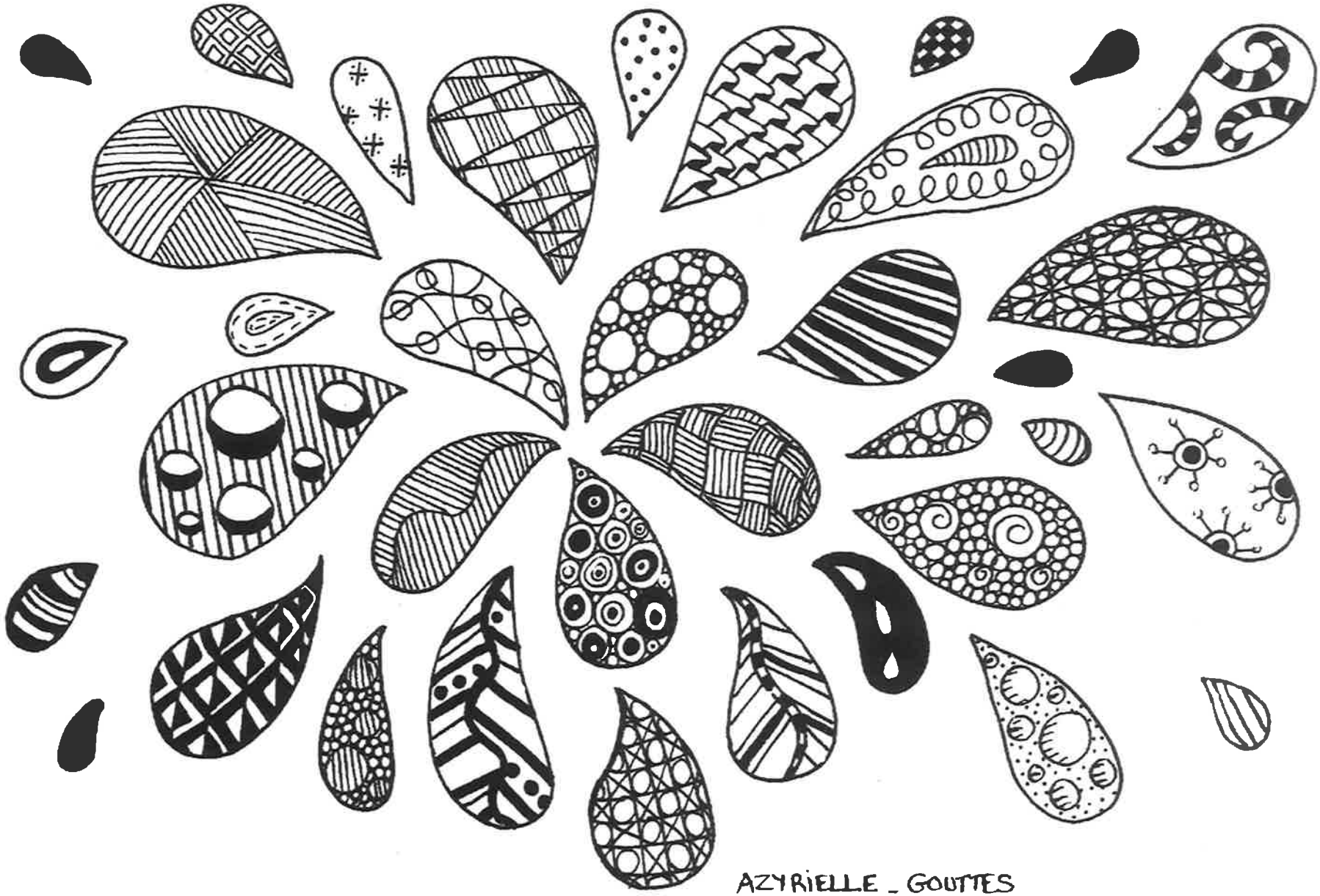
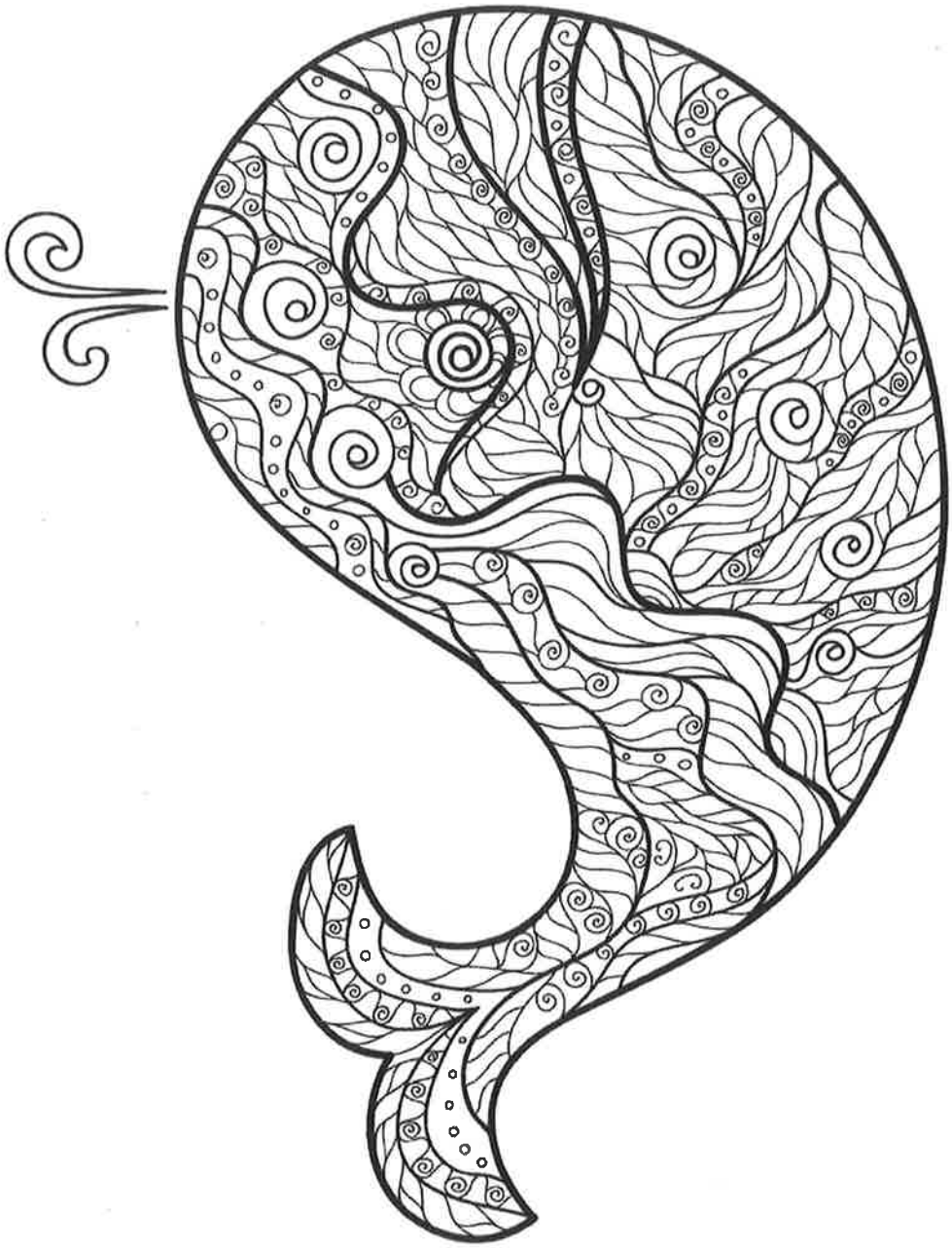
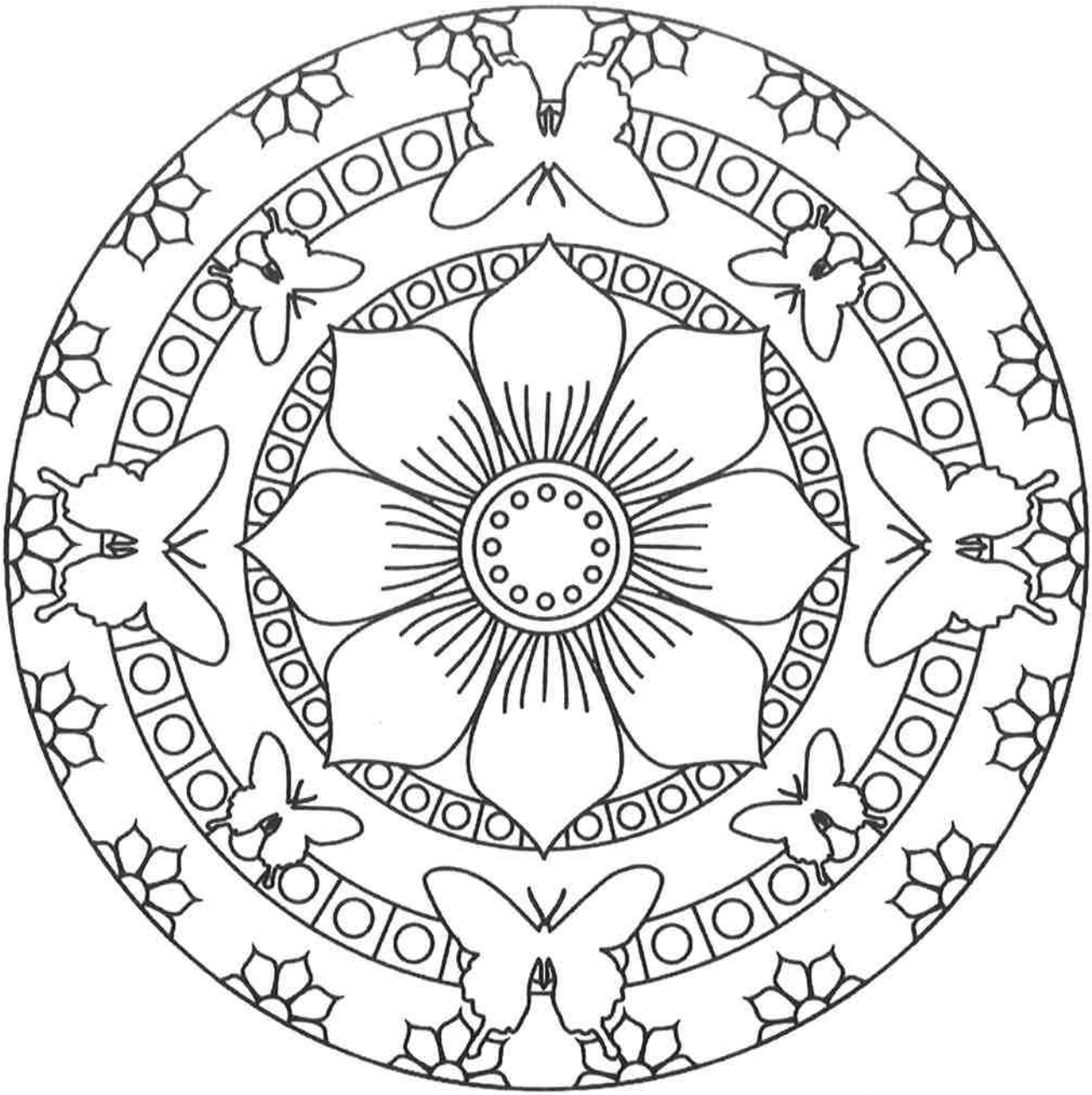
JUST
BE

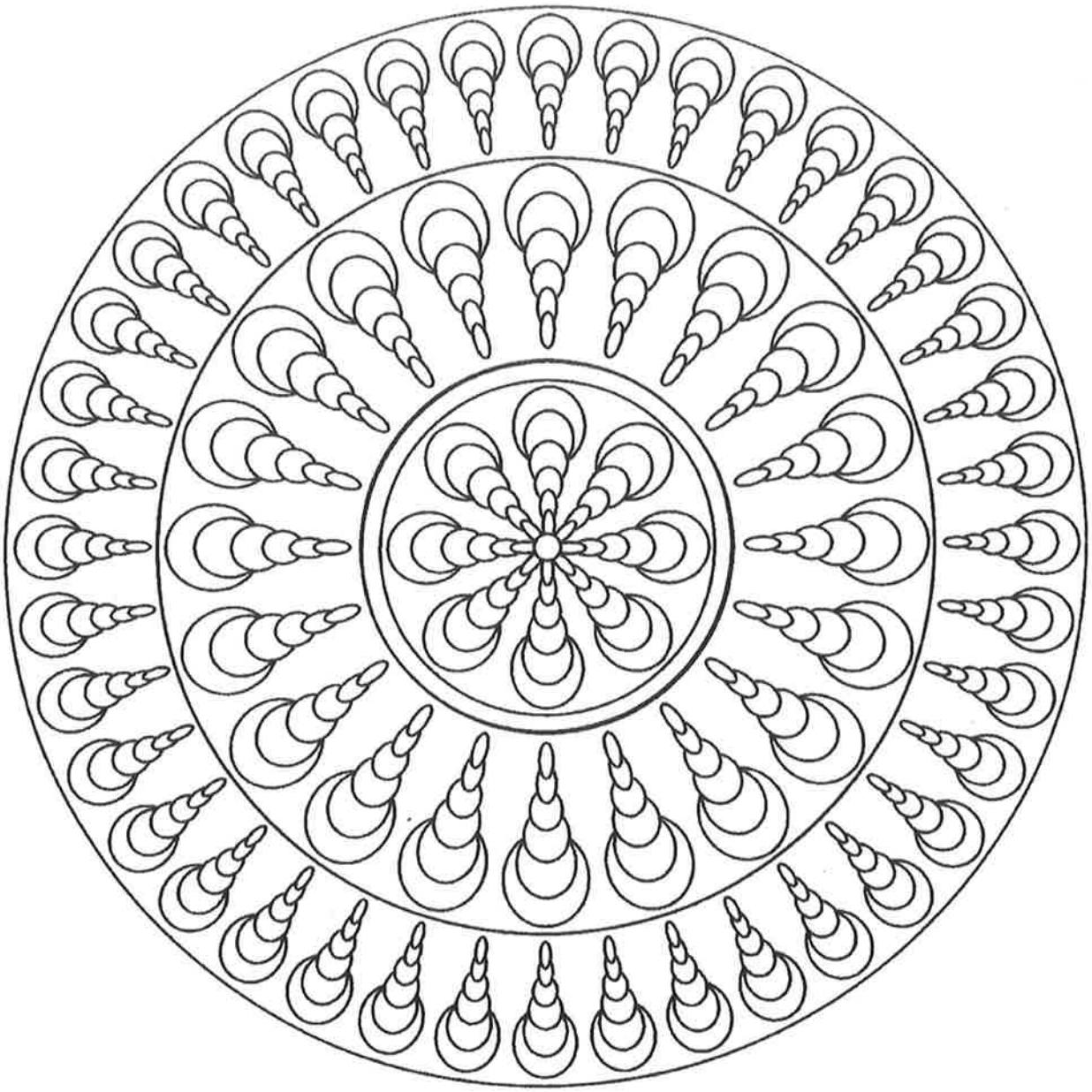


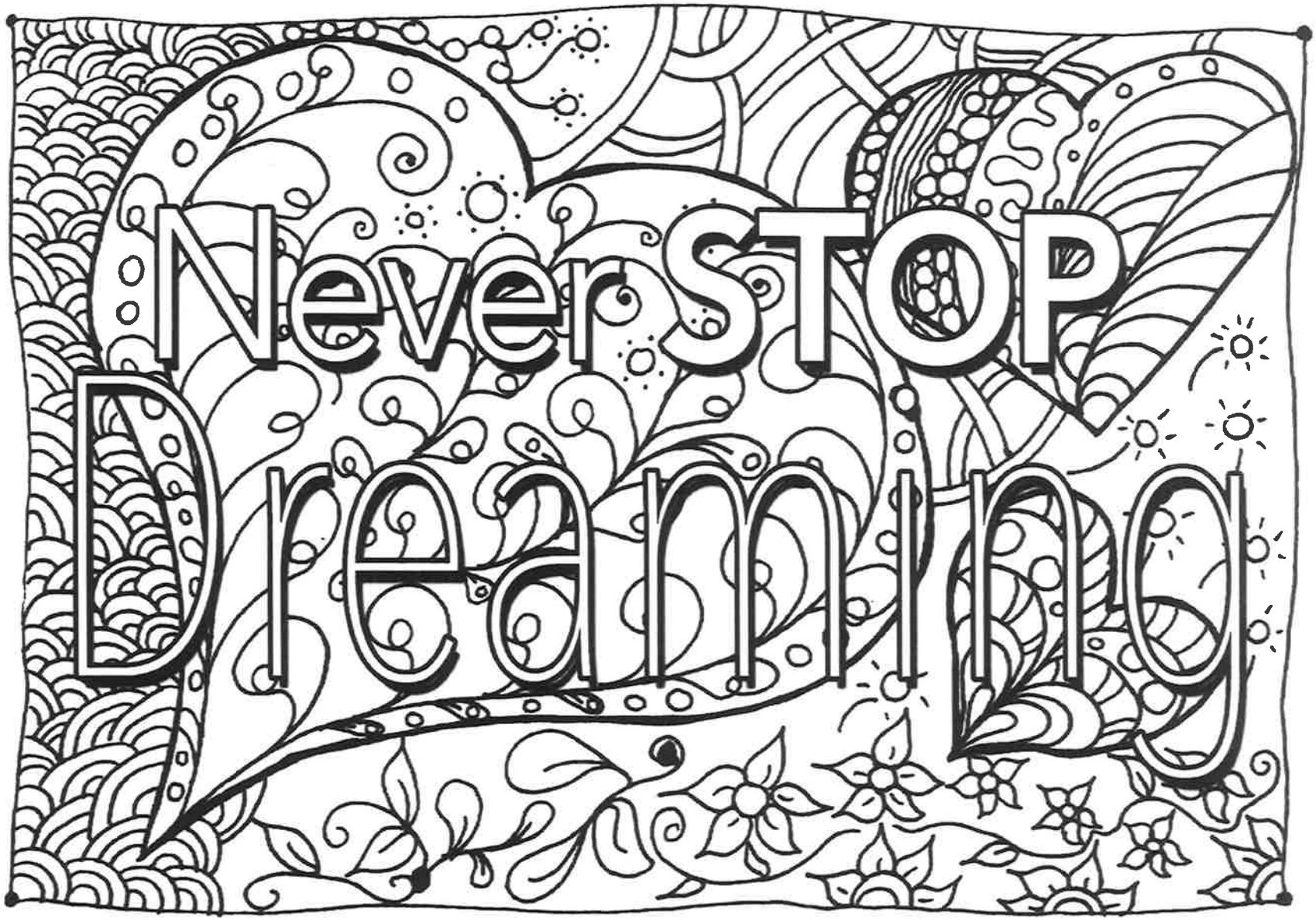


AZYRIELLE _ GOUTTES

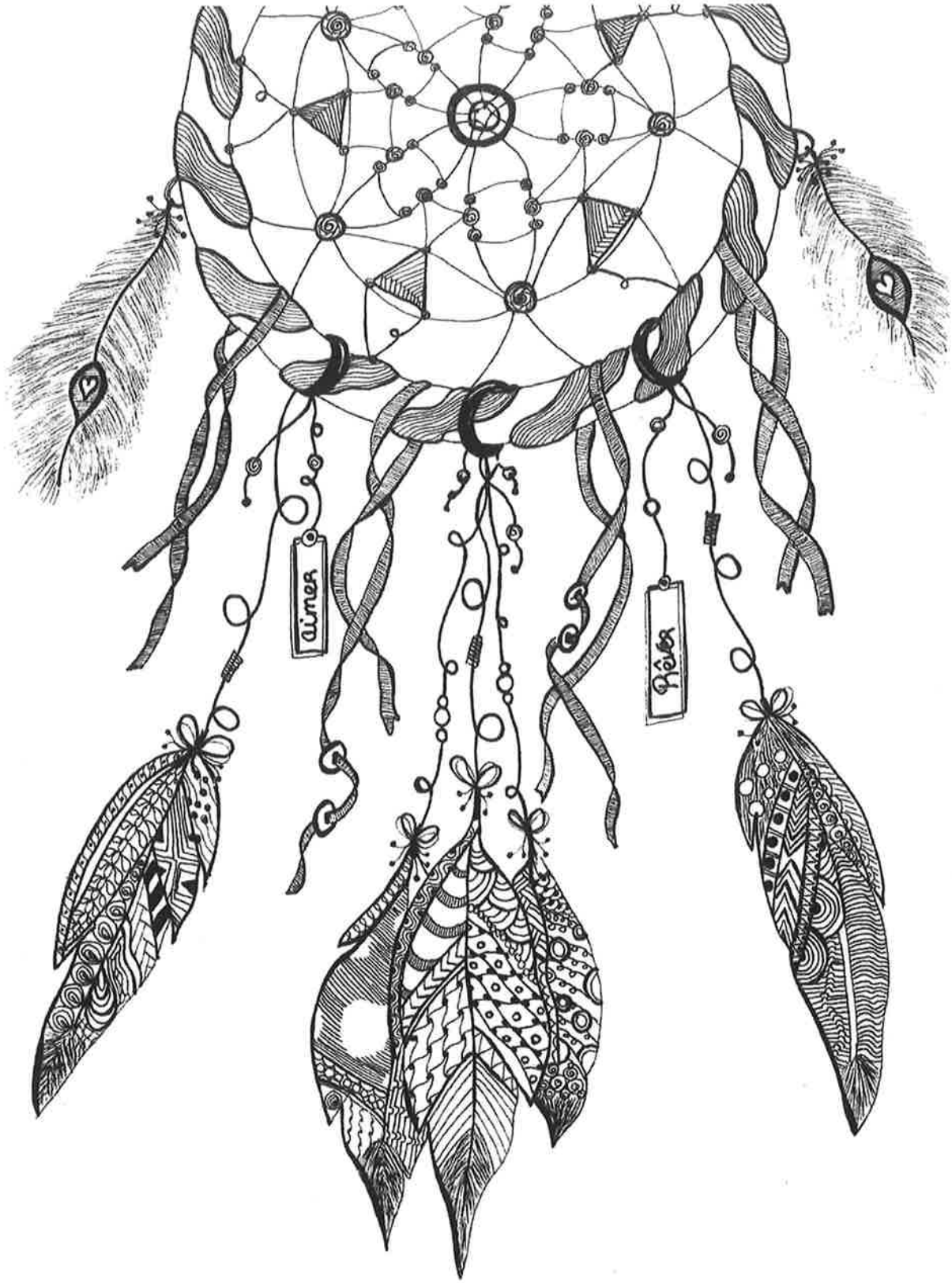






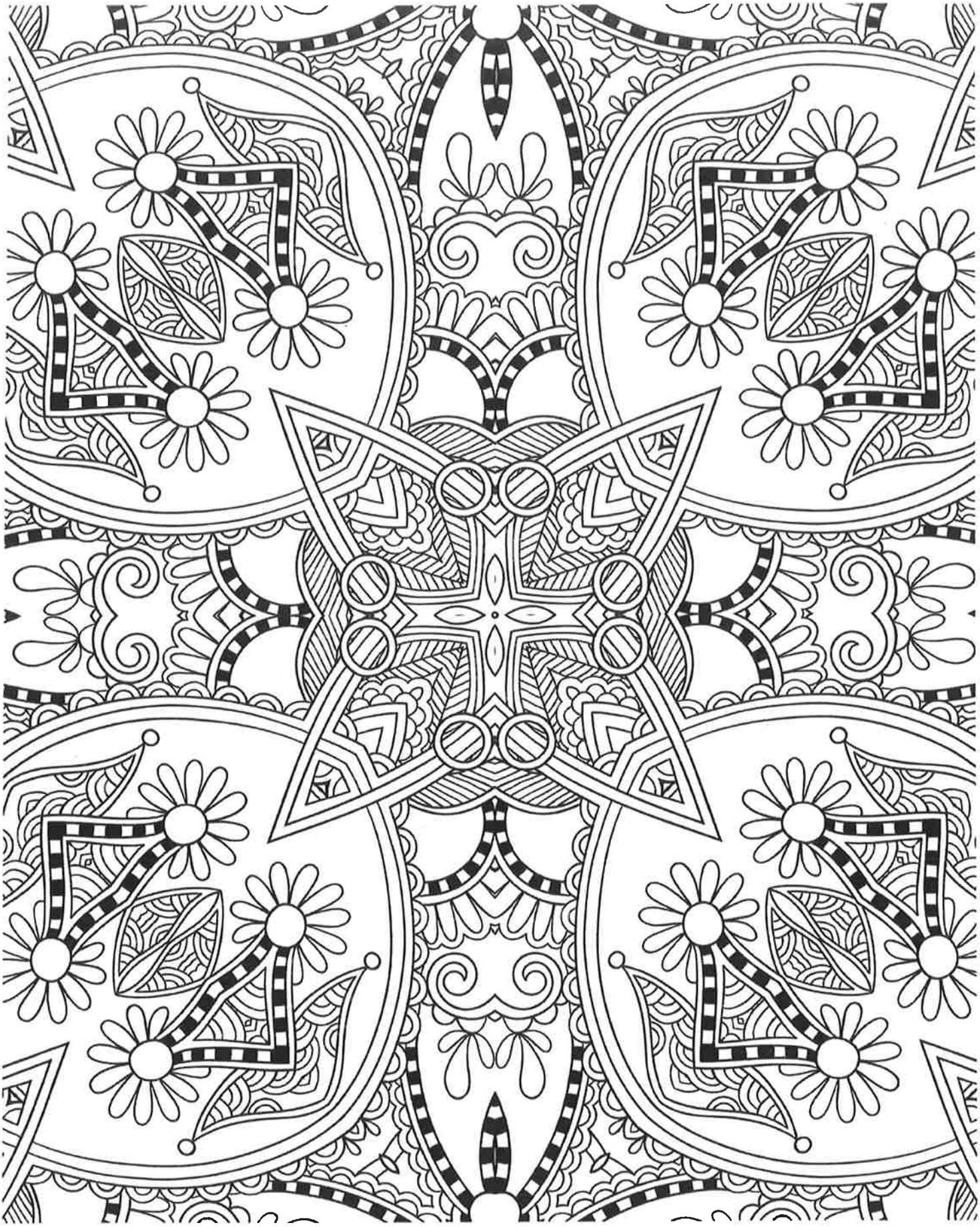

Never STOP
Dreaming

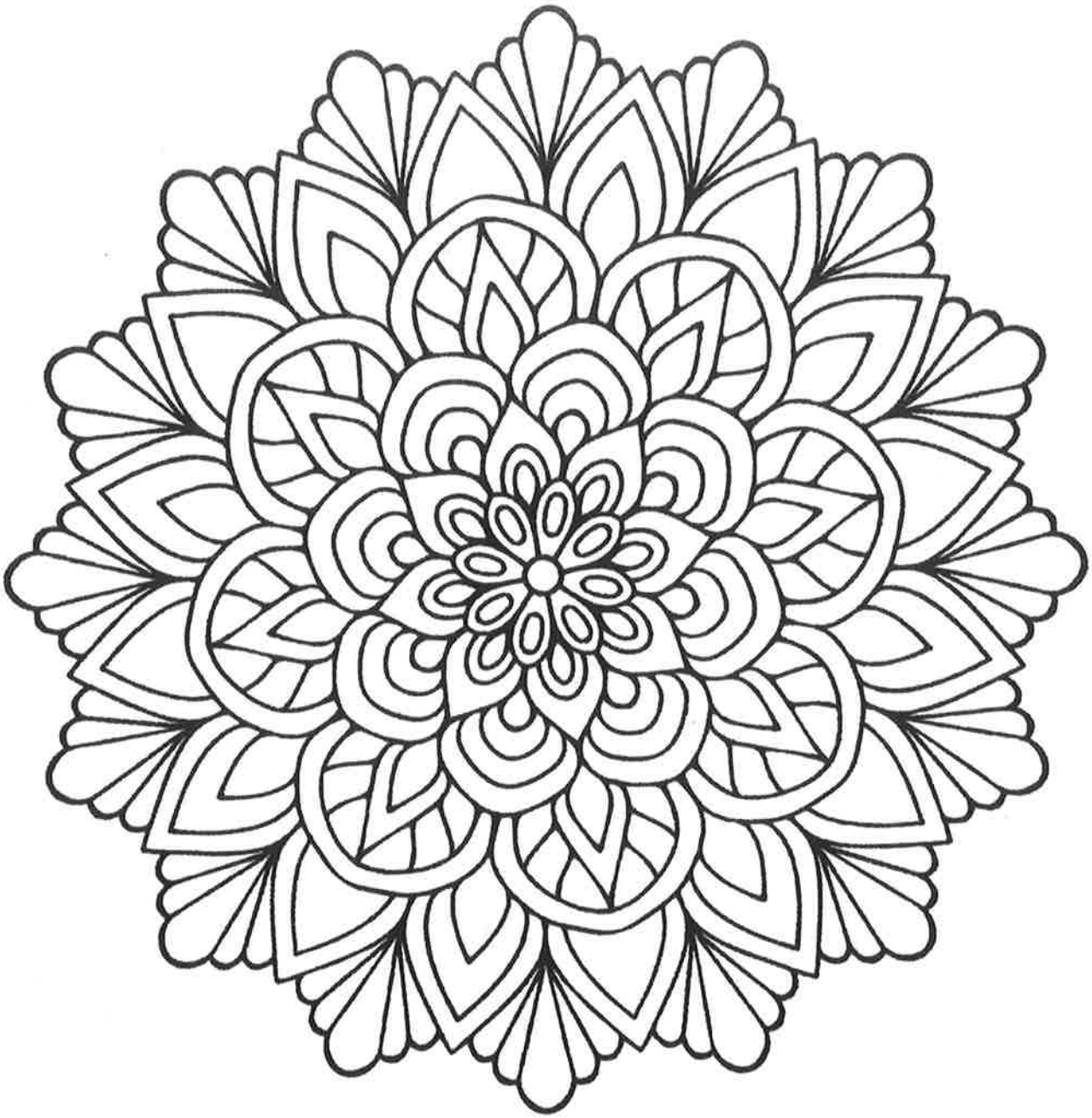
Work hard,
Dream Big



CH. 06/2015

you are amazing!

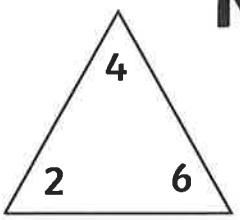


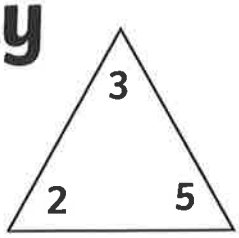


have courage
and be kind.

TODAY
IS
GOING
TO
BE
AMAZING

Number Family





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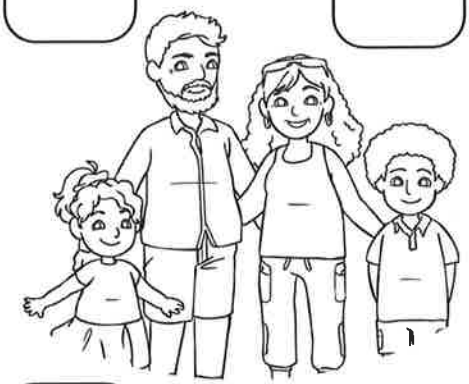

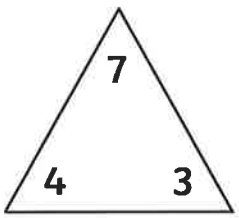

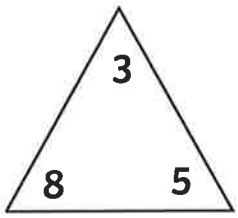

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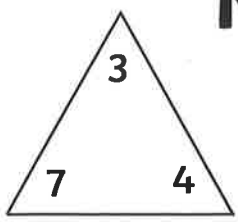

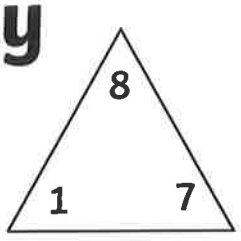

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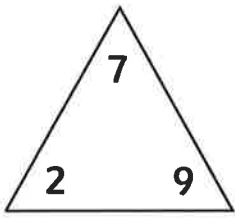

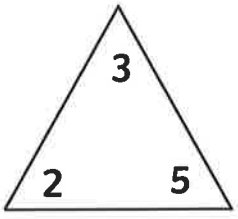

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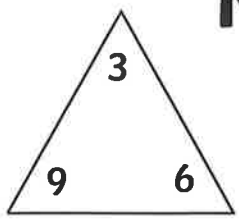

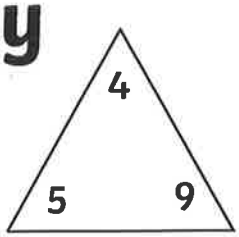

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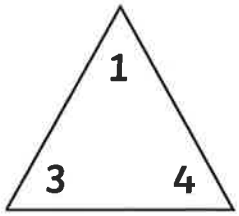

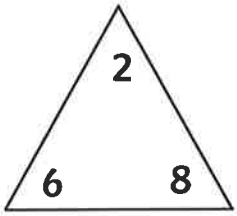

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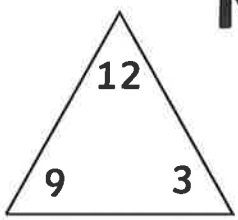

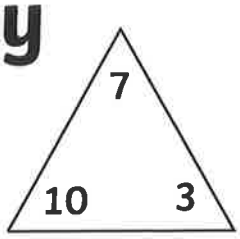

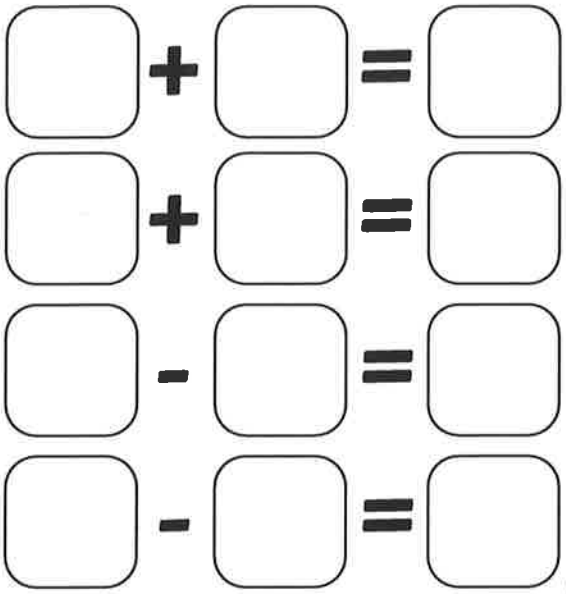

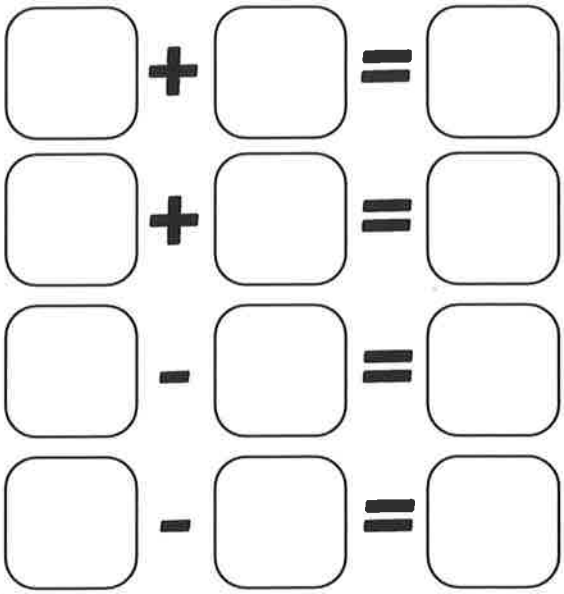

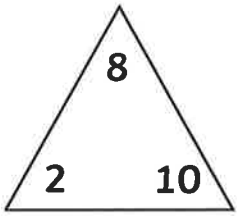

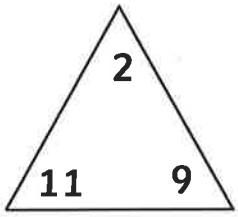

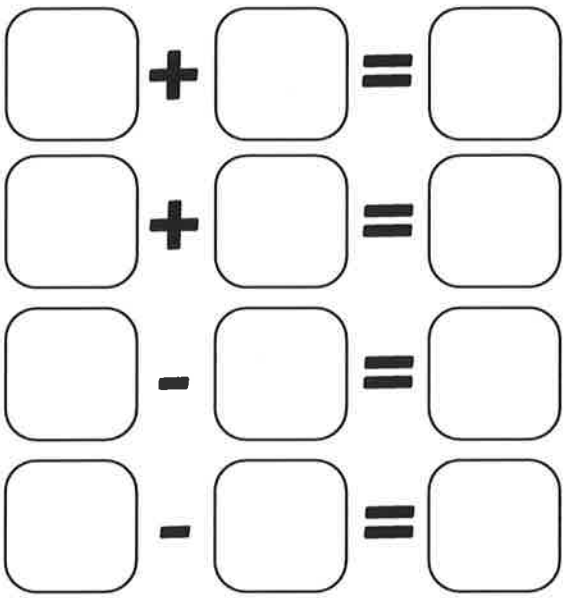

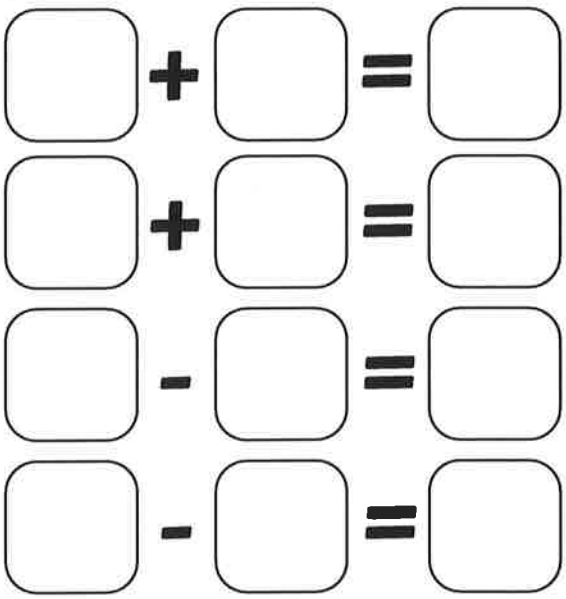

Physical Activity @ HOME CHALLENGES

Welcome back to remote learning for Physical Education. Each week I will be publishing a lesson on See Saw and in paper format for Grade 1 students to complete. To kick things off, how many of these physical activities can you complete this week from the list below? You may have some of your own physical activities you would like to add to the list!

TASK	Tick completed tasks
Go for a walk, bike ride, skateboard or scooter with an adult/s	
Throw a ball at a wall and catch it 30 times (use a ball, scrunched up newspaper with tape or pair of rolled socks)	
Keep a balloon a balloon in the air for as long as possible using different parts of your body (hand, foot etc.)	
Perform 25 star jumps	
Run on the spot for one minute	
Set up some toys or bottles as targets and roll a ball to knock them over. If you knock a target over, step back to make it more challenging.	
Read a story book with an often repeated word – if the word is mentioned in the story, you need to do an activity (e.g. 5 star jumps)	
Perform a balance with 1 part of your body touching the ground. Now try a balance with 2, 3 and then 4 parts of your body touching the ground	
Pick an animal (e.g. kangaroo) and move around the house like that animal.	
Using your body to make one letter at a time, try and spell your name	
MAKE UP SOME OF YOUR OWN PHYSICAL CHALLENGES TO COMPLETE	
○	
○	
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WELLNESS JOURNAL

Date: _____

Happy Thoughts

_____

_____

_____

_____

_____

Water

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Fruit & Vegetables

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Exercise

Time: _____

Activity:

_____

_____

_____

Draw a Happy Thought

Things That Made Me Happy Today

_____

_____

_____

_____

Something good that happened to me today

St Patrick's Mental Health Services
WALK IN MY SHOES