

Holiday Digital Balance Challenge

CYBER SAFETY PROJECT

	Week 1	Week 2
Saturday	Train Train our bodies and minds by downloading the <i>Cosmic Kids</i> App and scheduling 10 minutes of yoga each day.	Design Use <i>Garage Band (Keyboard)</i> and this tutorial to learn how to play the Star Wars theme tune.
Sunday	Make Design a digital mindfulness colouring sheet using different shapes and patterns that you and your family can complete.	Discover Take a trip to Melbourne Zoo from the comfort of your own home.
Monday	Create Create a Things To Do On The Holidays chatter Box.	Train Using only a basketball, skipping rope and piece of chalk design a 10-minute fitness circuit.
Tuesday	Tech Free Create your own game of "Guess Who" using our template by designing two matching sets.	Tech Free Write your own song to the tune of 'Mary Had a Little Lamb' about drinking enough water everyday.
Wednesday	Design Research what a Rube Goldberg Machine is. Use household items to design and create your own Rube Goldberg Machine.	Cook Make homemade pancakes. With adult supervision find a digital recipe and prepare a delicious snack.
Thursday	Tech Free Create an Origami display for your dinner table using napkins or serviettes.	Tech Free Organise Mum or Dad's book shelf or DVD collection into alphabetical order.
Friday	Explore Create a time-lapse video of yourself drawing a chalk mural outside.	Design Use Kahoot to create a quiz about your favourite sport or hobby and run a trivia night at home.

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