



LEARNING FROM HOME

This week, you are learning from home. You can find your digital learning pack at:

<https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home/2022-digital-learning-packs/primary>

Select your school year, start at the kangaroo and off you go!

Your teacher will be in contact with details of how you can connect with your class via Zoom.

We look forward to seeing you back at school soon!





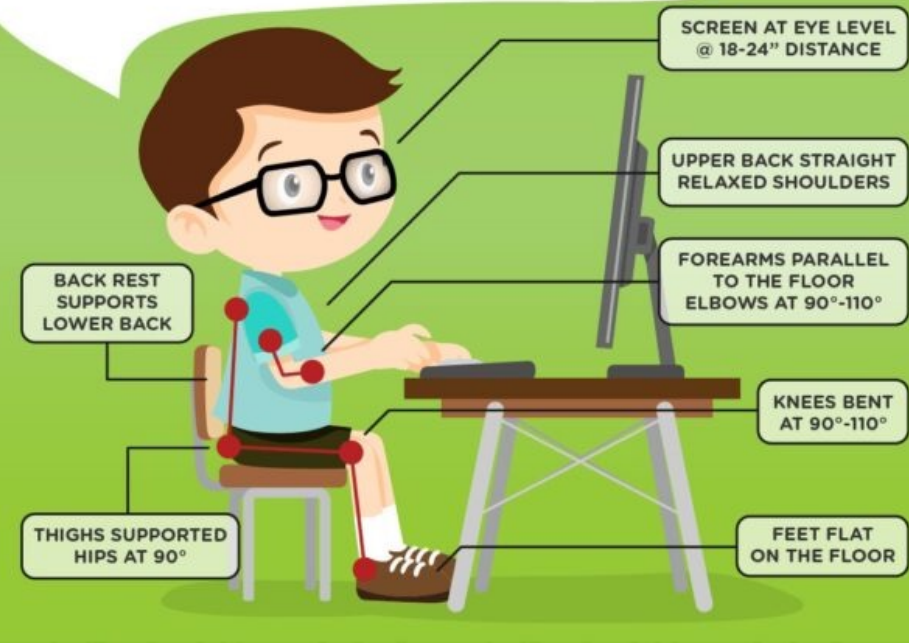
Learning from home? What can I do?

Be sure to:

- ✓ Read every day
- ✓ Complete some math activities in Mathletics
- ✓ Practice your reading skills in Reading Eggs
- ✓ Be active
- ✓ Balance your screen time with screen free time
- ✓ Look after your wellbeing

Keep a healthy balance between screen time and screen free time!

ERGONOMIC SITTING POSTURE FOR CHILDREN



<https://www.eyecarekids.com.au/kids-can-get-eye-strain-too/>

SCREEN-FREE FUN!

screen-free BINGO

READ A BOOK	MAKE A CARD FOR A FRIEND OR FAMILY MEMBER	STRETCH	STICK YOUR HEAD OUT THE WINDOW	DO SOME YOGA
WRITE A LETTER	FIND A COOL ROCK, STICK OR SHELL	PLAY HIDE & SEEK	TELL, DRAW, OR WRITE A STORY	PLAY A BOARD GAME
LAUGH SO HARD YOUR BELLY HURTS	CREATE AN OBSTACLE COURSE	FREE SPACE	TELL SOMEONE THAT YOU WENT SCREEN-FREE	PLAY PRETEND
BUILD SOMETHING TALLER THAN YOU	MAKE YOUR OWN GAME	TRY A NEW FOOD	HAVE A DANCE PARTY	DISCOVER A NEW CORNER OF THE HOUSE OR YARD
BUILD A FORT (inside or out)	COOK TOGETHER	FIND A BUG	LAY ON THE FLOOR OR GROUND	PAINT OR DRAW

RULES

Mark off each space as you do these activities. Get "BINGO" when you complete 5 across, down, or diagonal! Need a challenge? Try to mark off the whole board!

FIND MORE SCREEN-FREE FUN AND RESOURCES AT

WWW.SCREENFREE.ORG/RESOURCES

Time spent learning from home

Early Stage 1 and Stage 1 (Kindergarten, year 1 and Year 2)	Stage 2 and Stage 3
<p>Total 2.5 hours + other</p> <p>English: 45-60 mins</p> <p>Mathematics: 30-45 mins</p> <p>Other Key Learning Areas: 30-60 mins. This includes creative arts, HSIE, PDHPE and SciTech.</p> <p>Other activities: Wellbeing, sport, physical activity.</p>	<p>Total 3 hours + other</p> <p>English: 45-60 mins</p> <p>Mathematics: 30-45 mins</p> <p>Other Key Learning Areas: 60-90 mins. This includes creative arts, HSIE, PDHPE and SciTech.</p> <p>Other activities: Wellbeing, sport, physical activity .</p>

**Follow
normal
routines**

**Set up your
workspace**

Take breaks

Build in fun