

WELLBEING WEDNESDAY

WEEK 8 AND 9

Wellbeing Wednesday in Weeks 8 and 9 will be focusing on the creative and performing arts. Students are to pick an activity to do each week.

We will be holding a virtual exhibition to showcase the work you come up with. You can choose ONE from the list to submit. Participation is not mandatory.

If you would like to be in the exhibition, you will need to submit your photo or video via the form below by Thursday 9 September.

[GO TO THE SUBMISSION FORM](#)

TIPS ON SUBMITTING YOUR IMAGE OR VIDEO



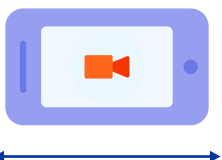
If your activity has a photo icon, you submit an image of your artwork. Make sure the photo is landscape.



Take a photo of the artwork on its own and also an image of you holding and standing with the artwork.



Make sure you include your first name, last name and class when submitting your work.



If your activity has a video icon, you submit a video of your artwork. Make sure the video is landscape.



The video should be a good resolution and should be no more than 2 minutes in length.



Make sure you include your first name, last name and class when submitting your work.

We look forward to seeing your submissions.

We will announce later in the Term when the exhibition will be live for showcasing!

WELLBEING WEDNESDAY

WEEK 8 AND 9

For Week 8 and 9 we are focusing on creative and performing arts!
You can pick one activity to do each week.



PREP - KINDY

Cut and paste colour wheel flowers

[Click to find out more](#)



Find art in scribbles

[Click to find out more](#)



Blow through straws to make dreamy peacocks

[Click to find out more](#)



Freeze Dance

Put on some of your favourite music and dance to your heart's content. Then, ask your parent or sibling to yell "freeze!" and stop the music. See what funny positions you both wind up in. How long can you hold them?



Strike up the Band

Gather up all the music-instruments you can find. Pots, bowls, empty milk cartons—whatever you have on hand—and make music with a wooden or plastic spoon. Fill closed containers like sealable bowls with buttons or pebbles and give them a shake.



Name that tune

Clap or tap out your child's favorite nursery rhyme or song. See if they can figure out what it is. Once they've mastered that game, make it a little more challenging and try to do it in less time or with fewer beats.



YEARS 1 - 2

Recycled Creature

Build your own recycled creature from recyclable plastic bottles, metal cans, newspaper and cardboard



Cubism Portrait

[Click to find out more](#)



Cat Collage

[Click to find out more](#)



Music Performance

Ask someone to record you doing:

- a song on your instrument
- a dance routine to one of your favourite songs
- Singing your favourite song (1-2mins)



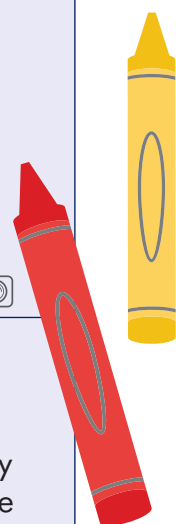
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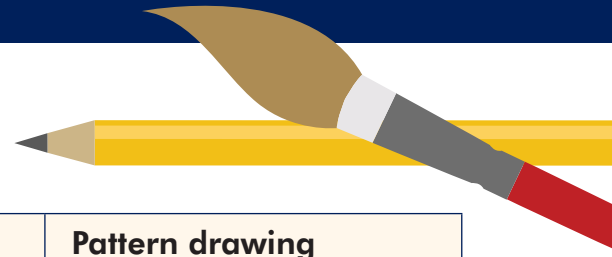
Strike up the Band

Gather up all the instruments you can find. Pots, bowls, empty milk cartons, and make music with a wooden or plastic spoon. Fill closed containers like sealable bowls with buttons or pebbles and give them a shake.



WELLBEING WEDNESDAY

WEEK 8 AND 9



YEARS 3 - 4

Shadow Sculptures

[Click to find out more](#)



Go colorful with Fauve portraits

[Click to find out more](#)



Pattern drawing and painting

[Click to find out more](#)



Music Performance

Ask someone to record you doing:

- a song on your instrument
- a dance routine to one of your favourite songs
- Singing your favourite song (1-2mins)



Freeze Dance

Put on some of your favourite music and dance to your heart's content. Then, ask your parent or sibling to yell "freeze!" and stop the music. See what funny positions you both wind up in. How long can you hold them?



Strike up the Band

Compose some funky rhythms and perform them on homemade drums found at around the house (such as buckets, bins, pots, baskets)



10 Origami Projects

[Click to find out more](#)



Learn to draw superheroes

[Click to find out more](#)



3d paper cone drawings

[Click to find out more](#)



YEARS 5 - 6

Music Performance

Ask someone to record you doing:

- a song on your instrument
- a dance routine to one of your favourite songs
- Singing your favourite song (1-2mins)



Composition

Write lyrics to the chorus of a song, and then sing them with a melody that you make up. (approx. 30 seconds – 1 minute)
Lyrics could be about: What they do at home in the free time during lockdown, pet, favourite colour or food



Just Dance

[Video one](#)

[Video two](#)

