

Digital Balance Challenge (A)

	WEEK ONE	WEEK TWO
Saturday	<p>RESET Reset by downloading the <i>Calm App</i>. Make it a mindfulness day.</p>	<p>DISCOVER Research a skate park or BMX track you and your family haven't been to before and visit it.</p>
Sunday	<p>MAKE Search for a play dough recipe to make from scratch and enjoy playing with your creation.</p>	<p>TRAIN Using only a basketball and a skipping rope, design a 10 minute fitness circuit.</p>
Monday	<p>CREATE Make a stop motion animation using the play dough you made yesterday.</p>	<p>RETELL Turn your favourite picture story book into a cartoon animation using the <i>Scratch App</i>.</p>
Tuesday	<p>TECH FREE Create a <i>Things To Do Offline</i> chatter box.</p>	<p>TECH FREE Create an origami display for your dinner table using napkins.</p>
Wednesday	<p>MAKE Design a digital mindfulness colouring sheet using different shapes and patterns that your family can complete.</p>	<p>EXPLORE Visit the <i>San Diego Zoo</i> website and view one of the live cameras to see what the animals are doing.</p>
Thursday	<p>TECH FREE Write a <i>Random Act of Kindness</i> letter to someone you love and post it to them.</p>	<p>TECH FREE Get outside and make an obstacle course in your backyard or playground.</p>
Friday	<p>BUILD Use Minecraft to build a world that teaches members of your family how to recycle different materials.</p>	<p>DESIGN Research and view some different videos by searching <i>Rube Goldberg Machine</i>. Use items around the house to design and create your own.</p>

Digital Balance Challenge (B)

	WEEK THREE	WEEK FOUR
Saturday		
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		