

# Unstructured Lesson Time

Below are some suggested ways for students to meaningfully use their unstructured lesson time (and get away from their screens!)



## Get Creative

- Paint, draw, or colour
- Try a new hobby or craft
- Cook/bake something
- Build something (indoors or outdoors)
- Play an instrument? Learn a new song!
- Make a scrapbook
- Write a poem or short story
- Rearrange or decorate your room

## Be Healthy & Active

- Complete a Daily Physical Activity Task (for HPE)
- Walk around the block
- Stretch or do yoga
- Shoot hoops, kick the footy/soccer ball, throw a frisbee, etc.
- Ride your bike, skateboard, rollerblade
- Make a healthy snack for your family
- Start a herb or veggie garden

## Brain Train

- Listen to a podcast on something you are curious about (they're free on Spotify!)
- Listen to an audio book
- Read a non-school book or magazine
- Challenge someone in your house to a game of cards, or play solitaire
- Do a puzzle or logic game (e.g. Rubiks Cube)
- Play a boardgame
- Crosswords, Sudoku, word games, etc.
- Teach yourself a new skill (e.g. a magic trick)

## Catch-Up

- Write a to-do list
- Fallen behind? Work through tasks from most overdue to least overdue
- Use this time to get organised
- Email a teacher and ask how you can improve
- Need help? Email a teacher to set up a meeting with them
- Choose ONE thing and complete it this lesson

The green suggestions are *only* for when you need to catch up on schoolwork

## Mindfulness

- Do something kind for someone in your home
- Call a family member or friend you've been missing since lockdown
- Start a '3 good things' gratitude journal
- Write a letter or card and send it (snail mail!) to someone you care about
- Do a guided meditation or just breathe deeply for 10 minutes
- Listen to music
- Mindful colouring
- Find a quiet place to sit and relax for 15 minutes

Your HPE Teachers have given you lots of suggestions!