

ALL ABOUT ME!



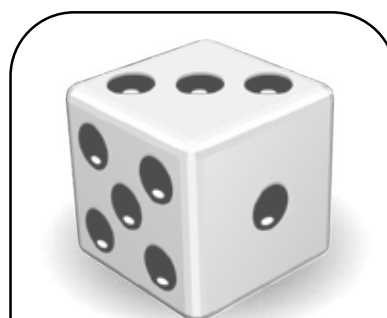
NATURE



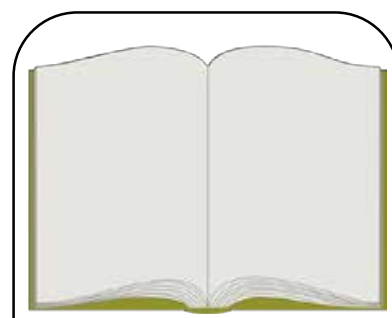
THROUGH A WINDOW



WRITE



GAMES



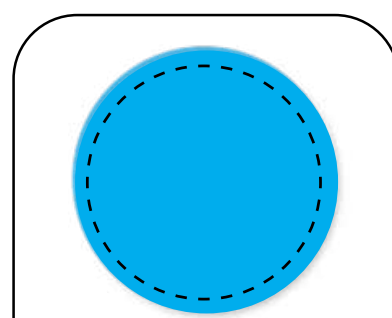
STORYBOOK



CREATE



COLOUR IT



FREE SPACE

NAME:

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*Because we care...*

## REDUCING SCREEN TIME

### THE CHANGE BETWEEN SWIPING APPS TO TURNING PAGES

#### Purpose

The purpose of this activity book is to use it as an aid in reducing screen time in primary aged students. This book is designed to look like an iPad to connect students to the concept of different applications. The book explores a nature-based theme with literacy skills and content.

During class, students may be rewarded with free time which includes technology time. This resource can be used in substitution for technology. Students should be encouraged to expand their minds through creativity and imagination. Students are to be educated about the importance of reducing screen time for their well-being.

#### How to Use This Book

This activity book can be used as an extension/challenge work, a free time activity or as homework. Each page has a set number and an icon that correlates to the 'app' the book is open at. Teachers or Parents can ask students to work through an app or work on a specific page number. The book is heavily literacy-focused and may require assistance for students. The book is complete with activities that should encourage students to turn a page rather than swipe an app.

**Each student should receive their own copy to use in the classroom or at home.**

#### Curriculum

GRADES 3 & 4 - STAGE 2 ACARA Outcomes

ACPMPO46 - Examine the benefits of physical activity to health and wellbeing (exploring screen-usage time recommendations for children).

#### General Capabilities

- \* Critical and Creative Thinking - Engaging in problems, games and creative literacy activities
- \* Literacy - Reading, Writing, Comprehension.
- \* Numeracy - Page numbers, subitising.

#### Christian Values

The activity book encourages the Christian values of discernment through owning one's actions to reduce screen usage for their health.

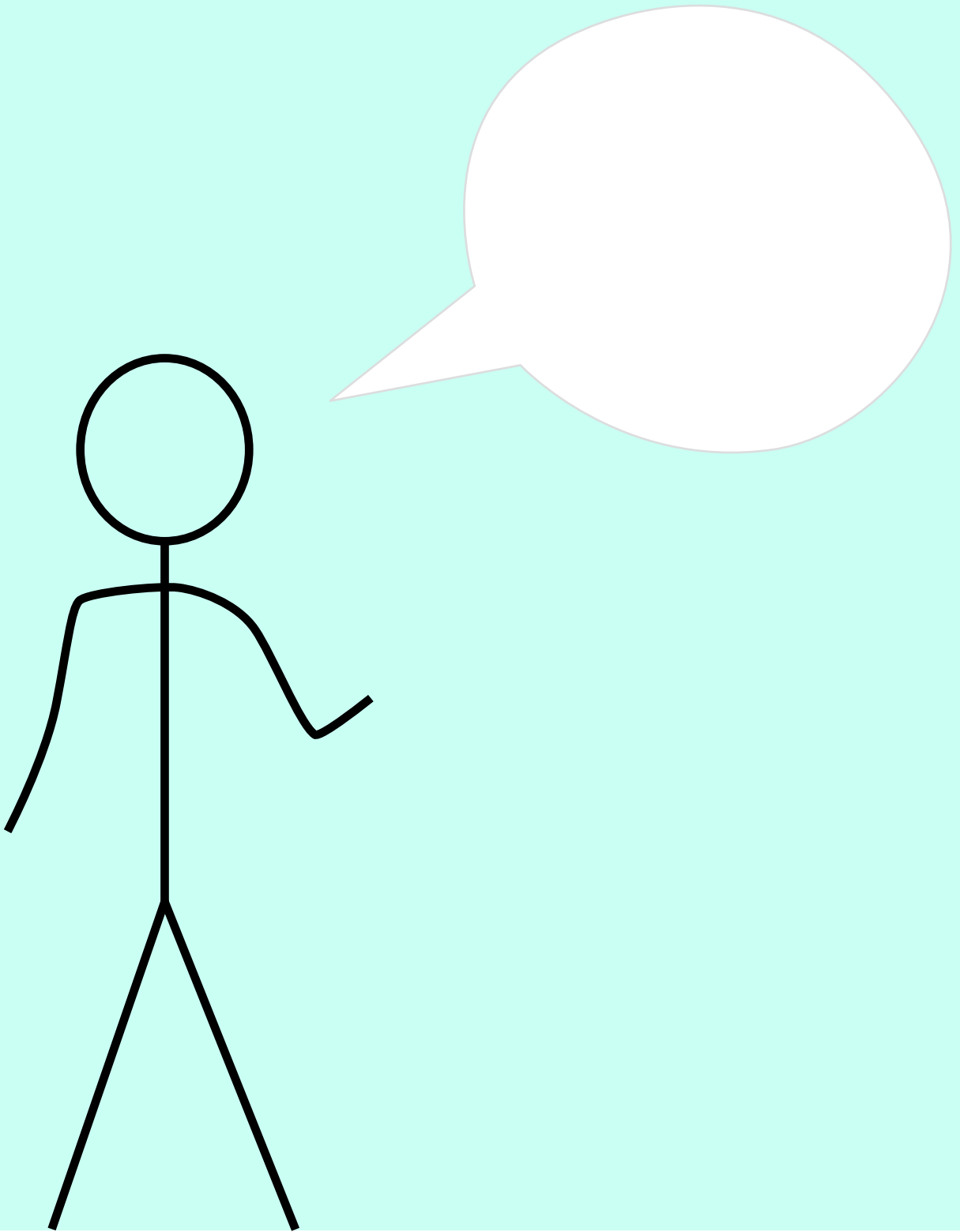
### Designed and Created by: Cassandra Saunders

The purpose of this activity book was to be used as an aid in reducing screen time in primary aged students. Students are to be educated about the importance of reducing screen time for their wellbeing.

This resource was specifically created for the ACA Health Benefits Fund resource competition.



**Because we care...**



**ALL ABOUT ME!**

# ALL ABOUT \_\_\_\_\_

I am

years old.

My favourites...

• colour

• animal

• food

I like to...

• \_\_\_\_\_

• \_\_\_\_\_

My school is  
called...

\_\_\_\_\_  
\_\_\_\_\_

★ I am good at... ★  
★

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

My birthday is...

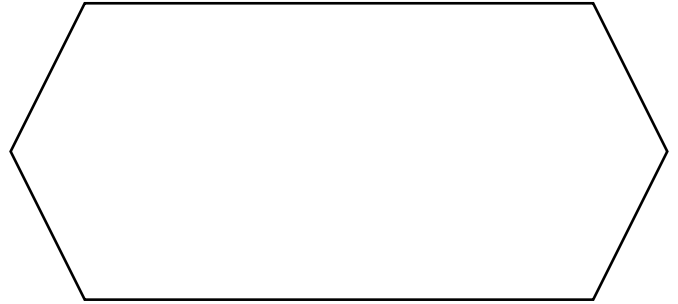
\_\_\_\_\_  
Day / Month / Year



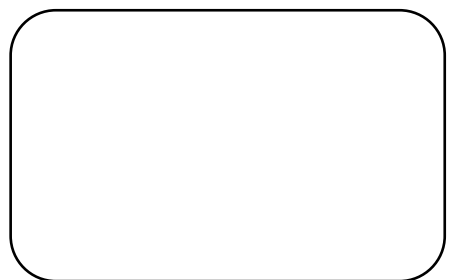
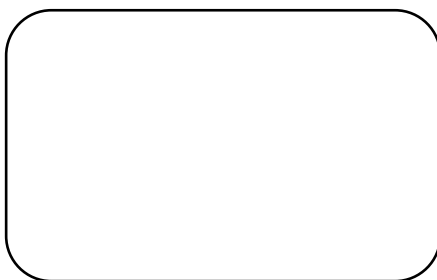
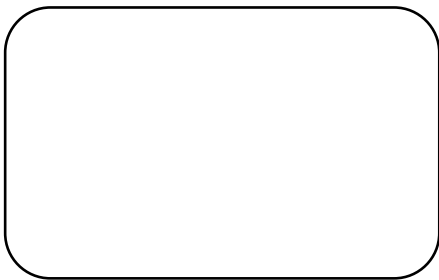
My favourite  
subject is...

\_\_\_\_\_

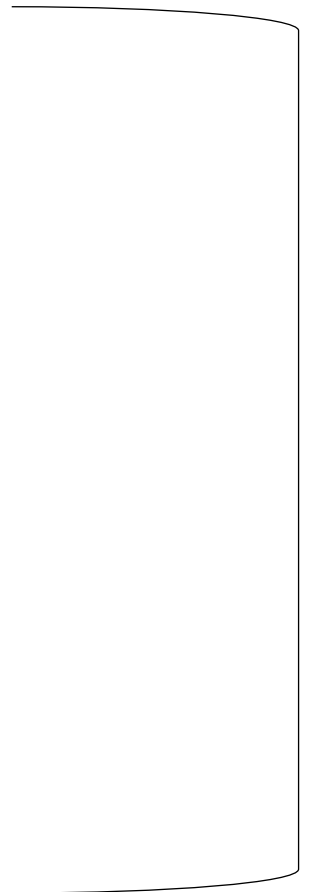
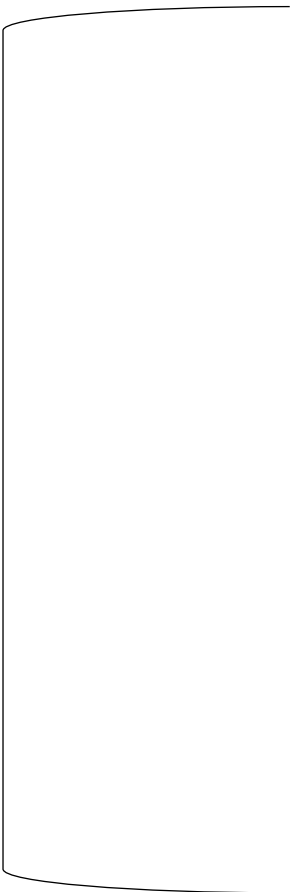
My favourite  
game is...



Facts about me...



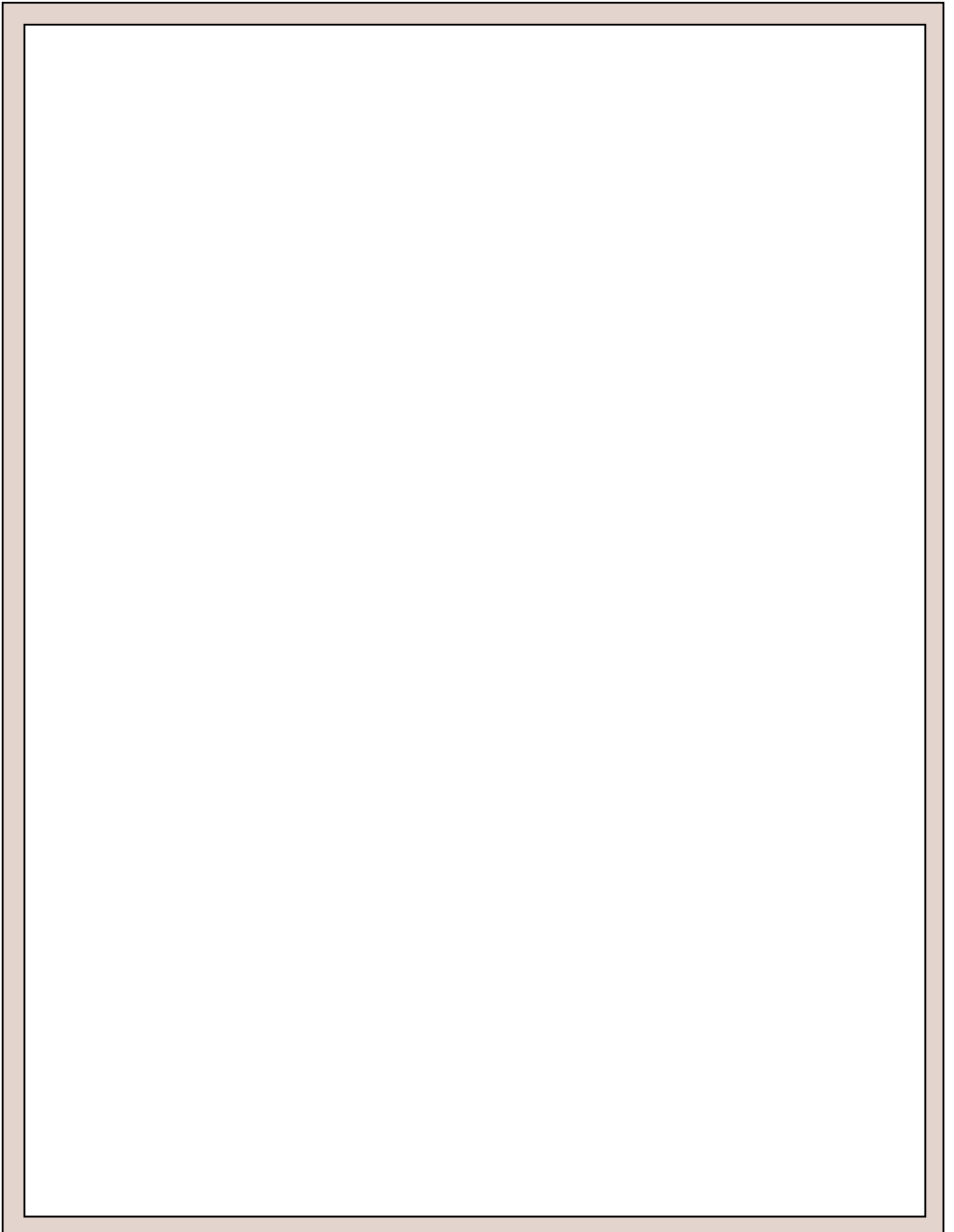
This is me!








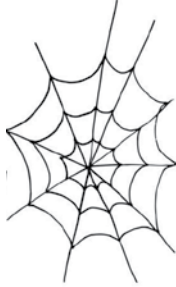












**NATURE**

# Draw what you see out a window



# Nature Bingo

Go outside and see how many you can get!

Clouds 	Brown Leaf 	Bird 	Spider-Web 
Rocks 	Flower 	Sun 	Bug 
Butterfly 	Ant 	Grass 	Water 
Stick 	Green Leaf 	Tree 	Bee 





# Use Your Senses

Go outside. Draw what you...

Hear 

See 

Smell 

Touch 

Using nature objects that you find  
outside, use them to make an animal



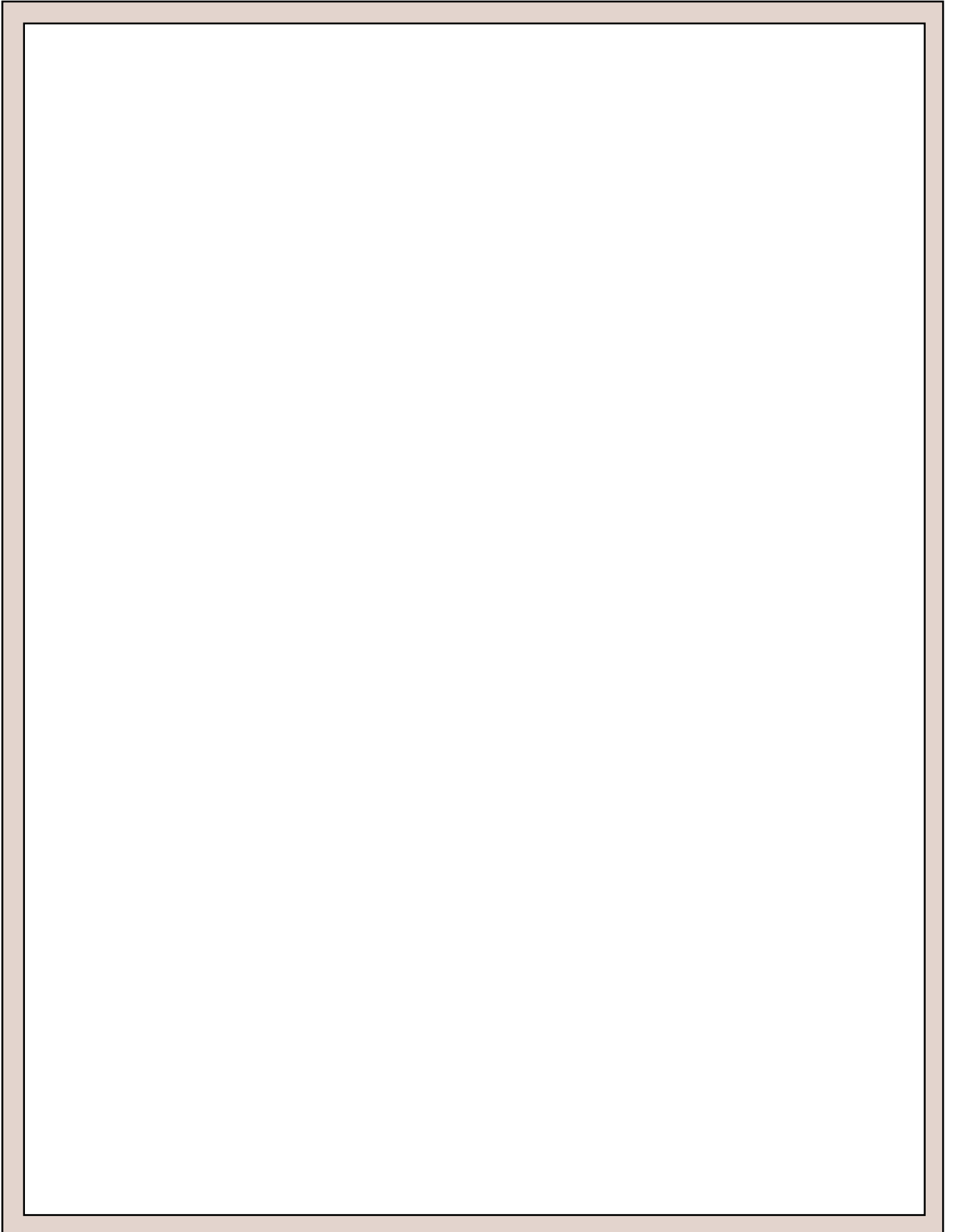
Make a pattern using objects you find  
outside



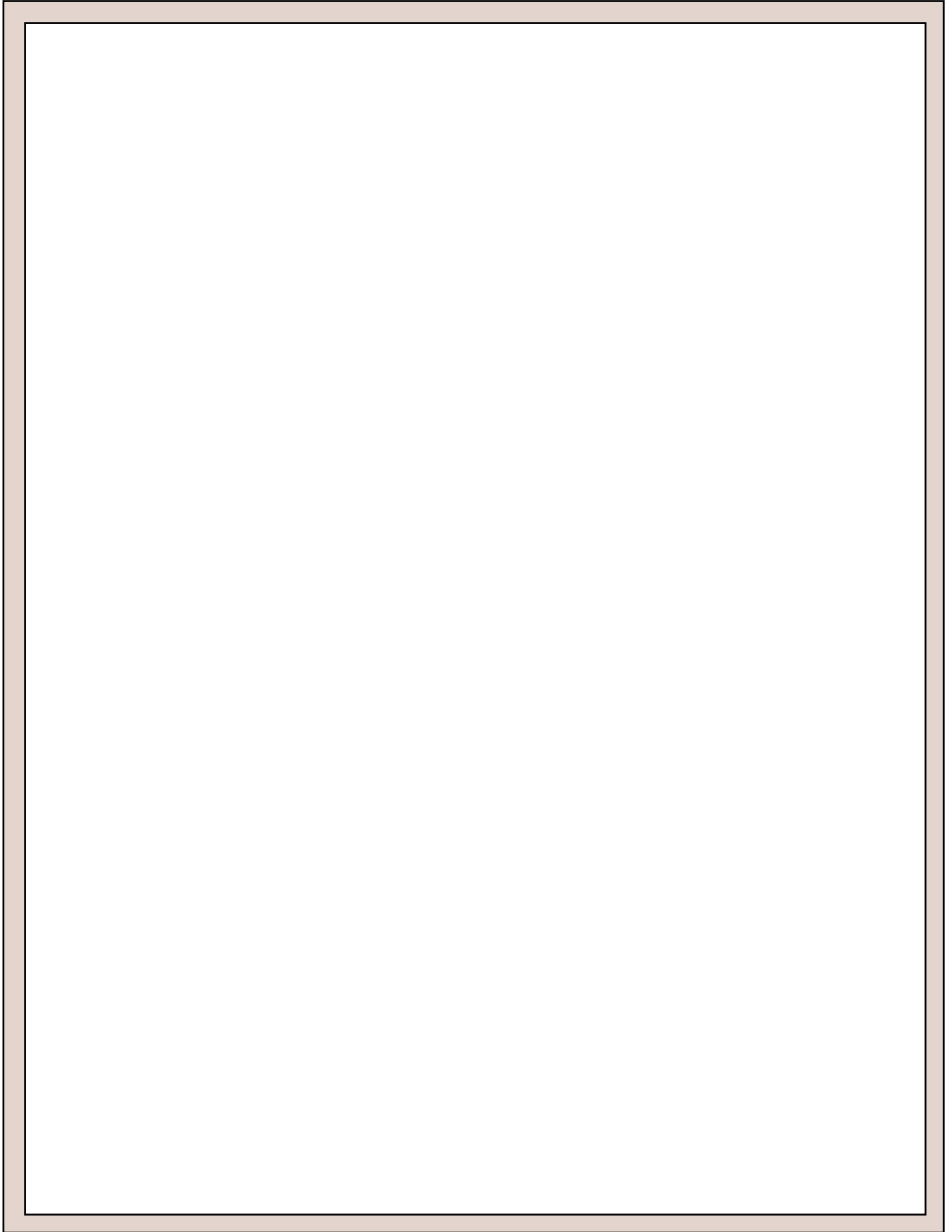


**THROUGH A WINDOW**

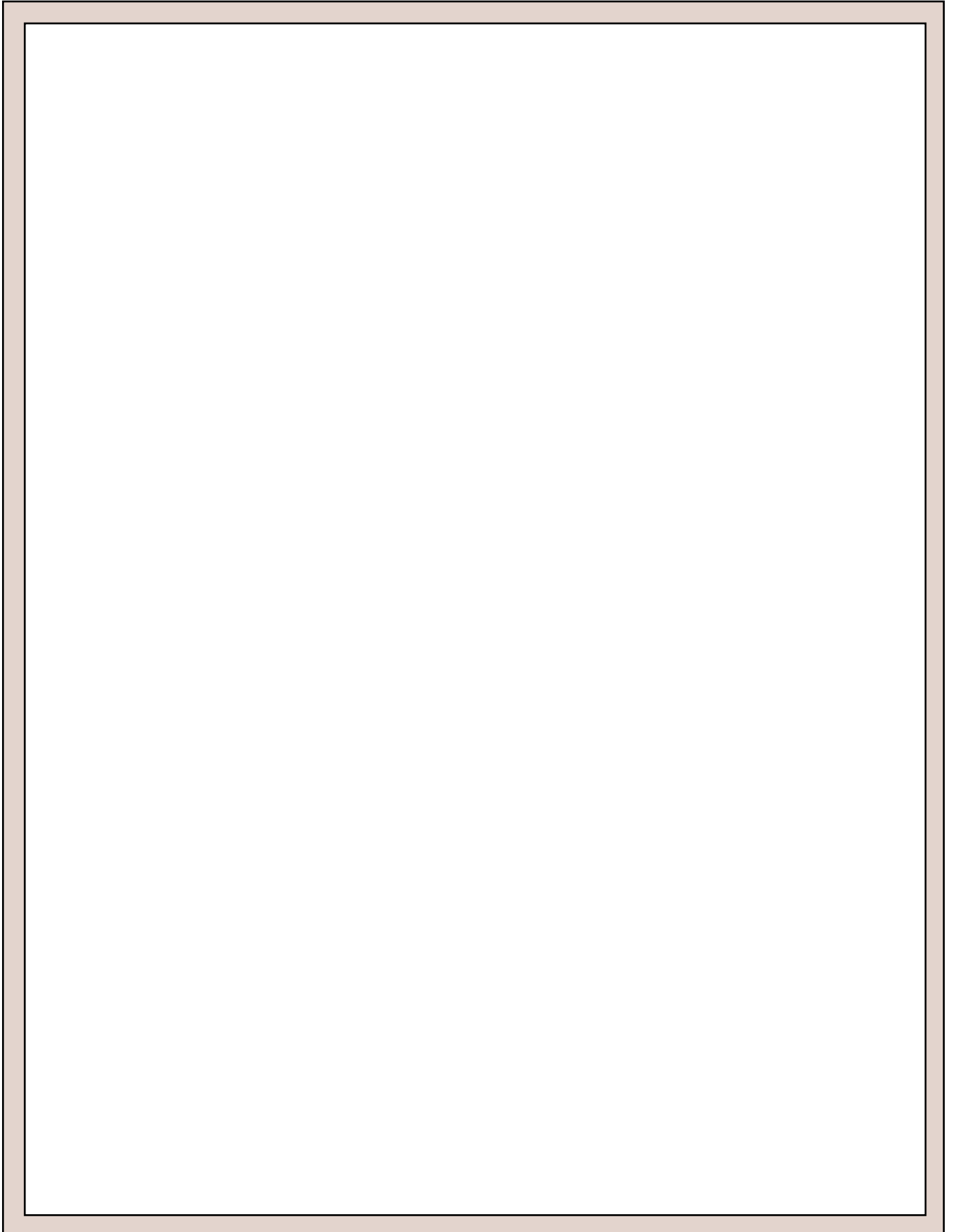
Draw what you see out the classroom window



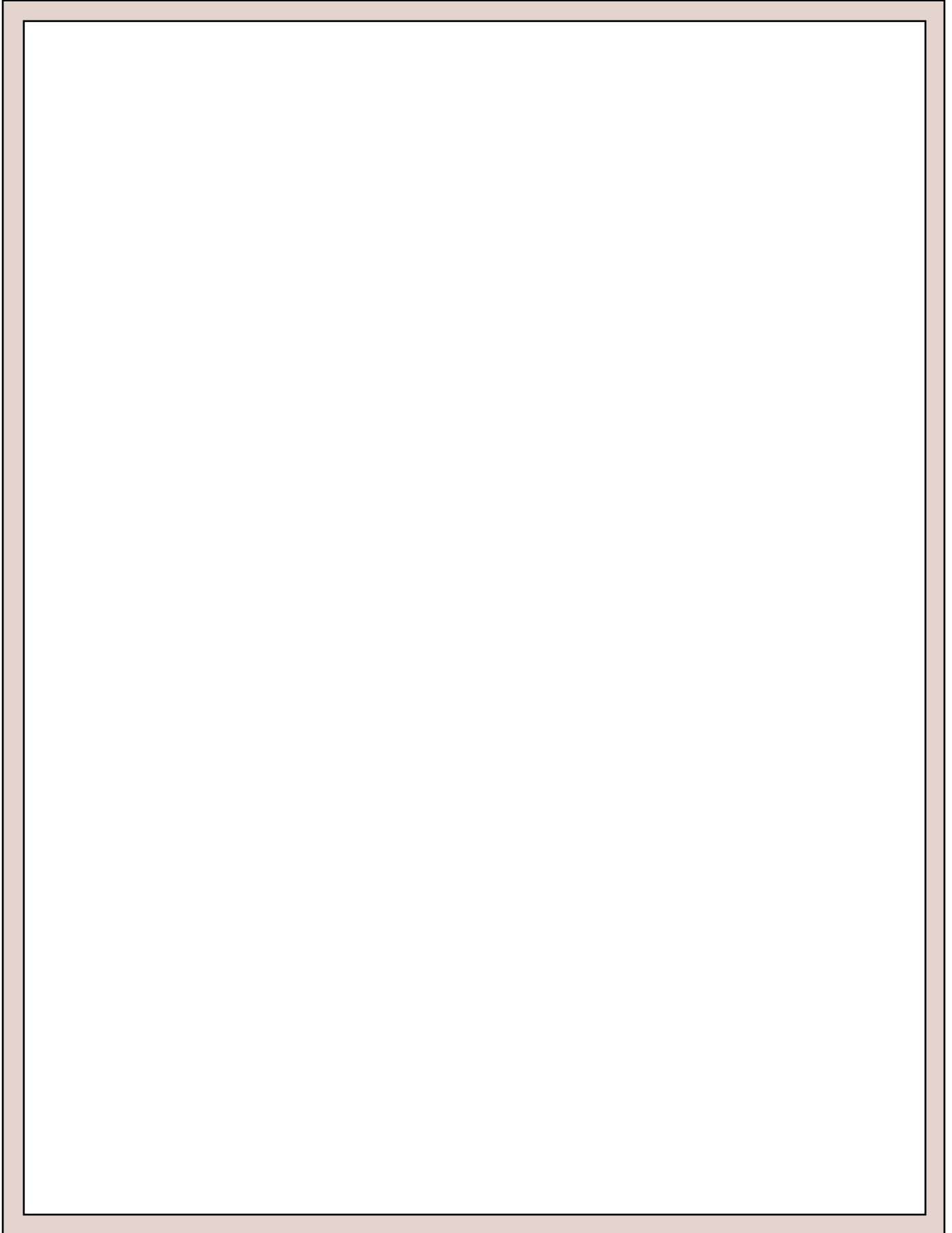
Draw what you see out your bedroom window



# Draw what you see in the sky

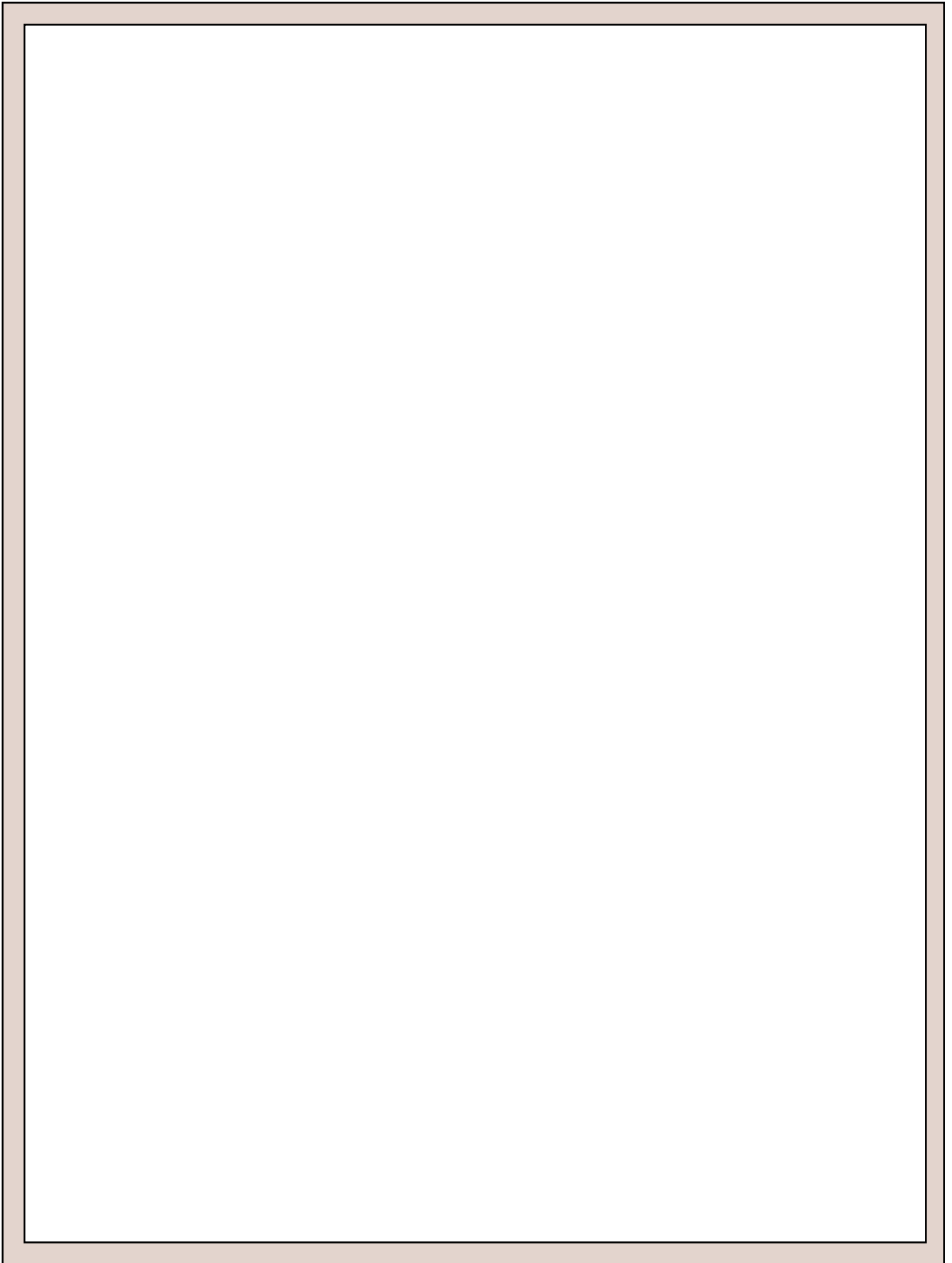


# Draw your bedroom





Find a window. Draw what you see





**WRITE**

# Write a recount about your weekend

Date: \_\_\_\_\_

On the weekend, I \_\_\_\_\_

\_\_\_\_\_

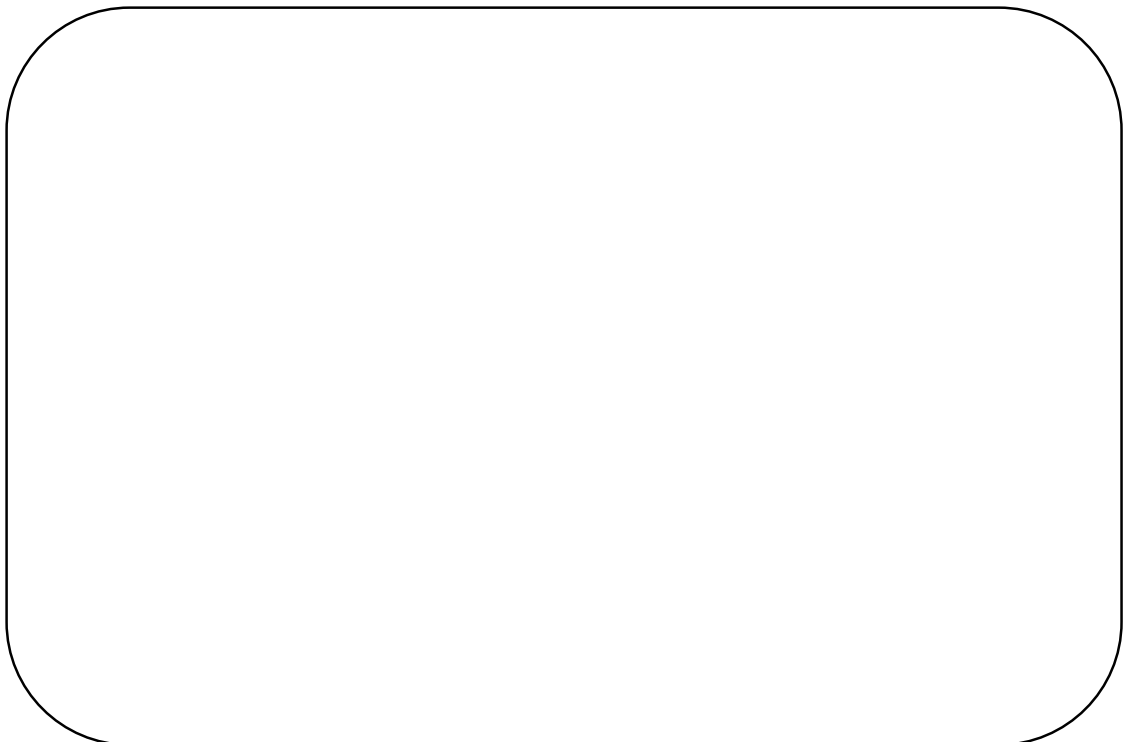
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Draw a picture of your weekend



# Spelling Words

LCSWC – Look, Cover, Say, Write, Check





# Spelling Words

LCSWC – Look, Cover, Say, Write, Check





# Write a Thank You letter

Write a letter to someone to say Thank You for something they did for you.

Date: \_\_\_\_\_

To \_\_\_\_\_,

Hello. How are you?

Thank you for \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It made me feel good when you \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

From \_\_\_\_\_



# Write a letter to God

Write a letter to God. You could ask him a question, tell him how you feel, or say Thank You.

Date: \_\_\_\_\_

To God,

Hello. How are you?

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From \_\_\_\_\_



# Silly Sentences

Use your spelling words to write silly sentences!  
Underline the spelling word.

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# Silly Sentences

Use your spelling words to write silly sentences!  
Underline the spelling word.

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# Rhyming Poem

Write a rhyming poem about your favourite animal

Animal: \_\_\_\_\_

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I have a pet cat,  
He likes to sit on the bath mat.  
His favourite toy is a little bat,  
I should buy my cat a hat.



# Acrostic Poem

Write an acrostic poem using your name. Each letter should have a word starting with that letter.



# Wordsearch - Classroom

H	P	W	L	G	S	L	I	W	J	C	A	F	G	C	D	D	W
G	J	E	H	L	Y	C	B	M	C	H	W	S	V	O	V	O	J
T	C	V	N	I	T	Y	H	P	B	A	H	B	Y	M	I	Z	T
K	T	L	W	C	T	K	R	O	E	I	K	X	Y	G	V	P	E
J	E	D	G	T	I	E	R	D	O	R	U	K	R	U	Z	V	X
R	A	Y	E	I	R	L	B	U	Y	L	F	B	B	O	A	E	T
E	C	U	I	S	A	Y	C	O	L	Y	B	D	O	K	Q	M	A
C	H	E	V	V	K	W	W	A	A	E	T	A	T	O	Z	I	S
E	E	B	O	C	H	I	G	X	S	R	R	B	G	R	K	B	C
S	R	G	L	Y	W	Q	Z	S	F	E	D	Z	C	H	O	B	T
S	E	J	U	D	K	B	Q	Y	T	H	Q	T	P	Q	V	H	B
C	S	Y	C	E	E	Z	D	R	B	W	N	Z	X	U	C	R	A

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

BOOK

RECESS

TEACHER

CHAIR

RULER

TEXTAS

DESK

SCHOOLBAG

WHITEBOARD

PENCILCASE



# Wordsearch - Animal

D	O	G	S	V	R	B	O	B	C	K	K	P	G	I	Z	E	T
E	U	X	E	G	S	Q	I	T	E	B	A	A	D	N	V	F	R
E	O	B	A	J	E	E	J	K	I	F	G	N	Z	Y	B	H	C
L	B	I	L	K	O	A	L	A	K	G	L	D	G	X	S	X	B
E	N	H	L	E	O	P	A	R	D	H	E	A	W	A	M	L	Y
P	R	I	P	O	L	Z	K	S	X	R	V	R	M	G	R	Z	D
H	S	L	K	O	O	K	A	B	U	R	R	A	U	I	S	O	Y
A	J	I	C	G	I	R	A	F	F	E	Y	T	L	M	N	H	O
N	I	O	A	L	C	G	P	L	A	T	Y	P	U	S	H	G	G
T	F	N	K	A	A	B	T	K	U	C	B	K	E	H	W	I	O
B	V	N	P	H	T	P	W	O	M	B	A	T	C	U	D	B	Y
N	N	Q	D	Q	S	D	W	X	W	K	R	E	C	T	S	Z	N

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

CAT

GIRAFFE

LEOPARD

DOG

KANGAROO

LION

ELEPHANT

KOALA

PANDA

FLAMINGO

KOOKABURRA

PLATYPUS

SEAL

TIGER

WOMBAT



# Wordsearch - Nature

G	T	C	I	C	V	K	R	A	I	N	B	O	W	A	D	N	X
Q	R	R	W	M	Q	B	U	T	T	E	R	F	L	Y	A	W	S
X	J	E	E	J	T	C	L	O	U	D	R	I	V	E	R	M	Q
H	V	K	B	E	D	H	R	A	D	A	S	L	G	R	A	F	T
E	Z	O	C	E	A	N	S	T	Z	O	P	U	E	O	Z	D	P
P	X	R	A	I	N	F	O	R	E	S	T	M	N	A	X	D	K
F	F	K	T	H	X	J	L	A	D	Y	B	I	R	D	F	O	W
L	R	Y	Z	Y	S	K	V	U	A	D	E	S	E	R	T	X	D
M	A	O	H	V	G	Q	A	K	L	W	M	U	A	W	R	D	B
X	Y	K	F	L	O	W	E	R	S	A	N	D	C	Z	Y	A	L
O	B	K	E	M	O	U	N	T	A	I	N	Z	N	W	Z	A	Z
M	E	K	J	T	E	K	N	D	V	R	W	T	Y	I	Q	S	Z

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

BUTTERFLY

LAKE

RAINFOREST

CLOUD

LEAF

RIVER

DESERT

MOUNTAIN

SAND

FLOWER

OCEAN

SUN

LADYBIRD

RAINBOW

TREE



# Wordsearch – Spelling Words

Use your spelling words to make your own wordsearch!  
Put the words in first, then fill in the blanks with letters.


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# Wordsearch – Spelling Words

Use your spelling words to make your own wordsearch!  
Put the words in first, then fill in the blanks with letters.


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# Write a Story

# Write a story about anything!

If you need some ideas, think of a place, person and thing. You could write about an animal or person.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# The End.

(If you need more paper, use the free space pages)



# Make Words

How many words can you make out of these letters?

A C D E M P L I S S T O  
U O R L A N B Y

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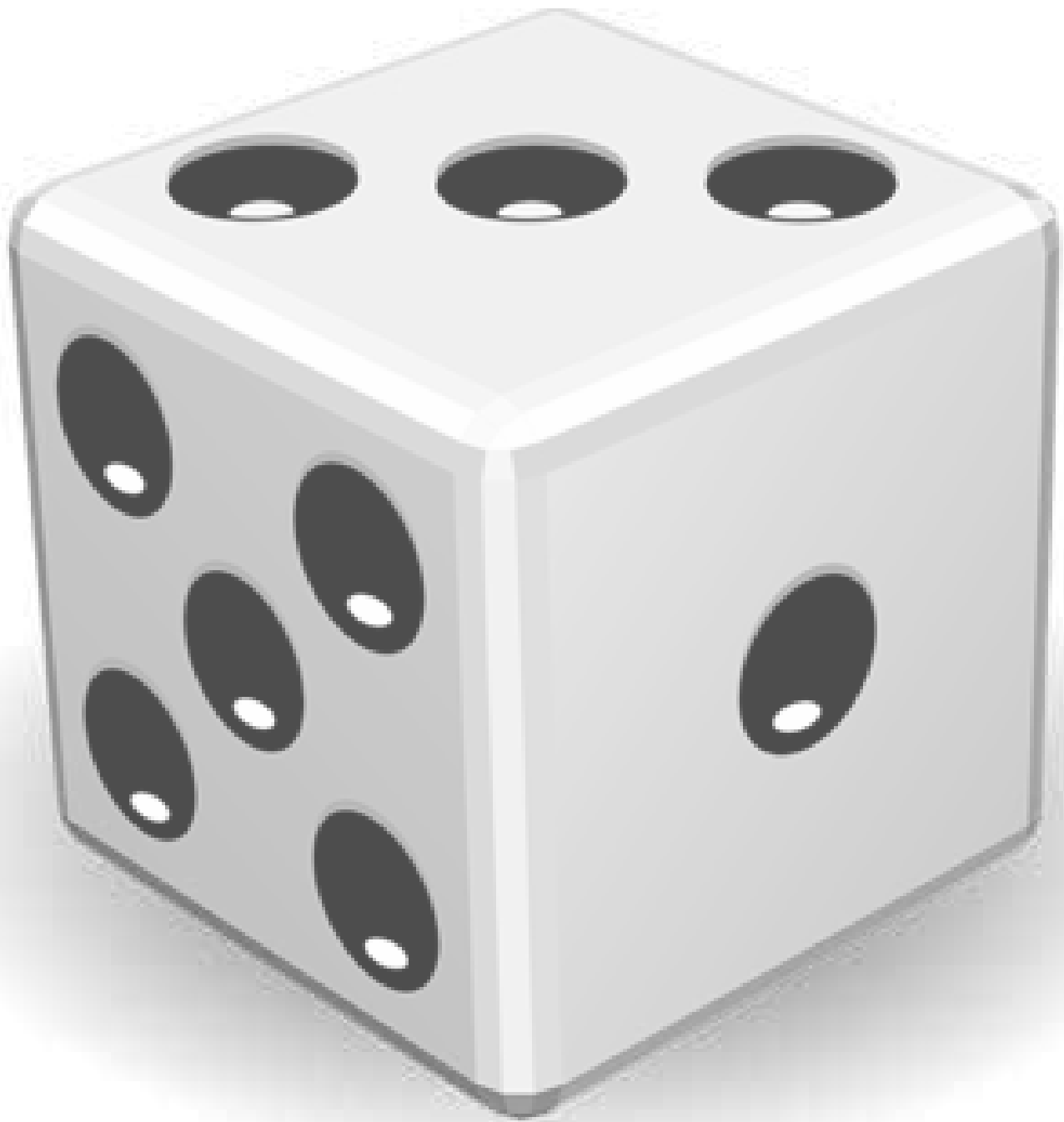
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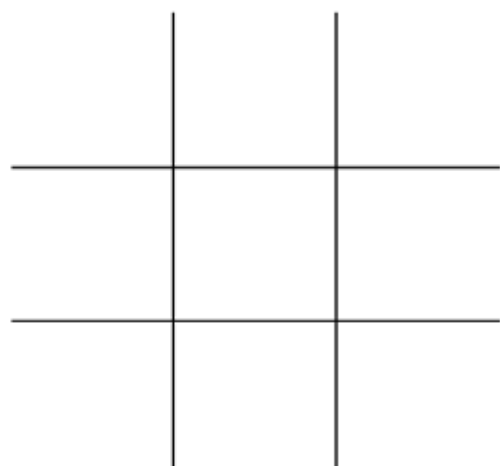
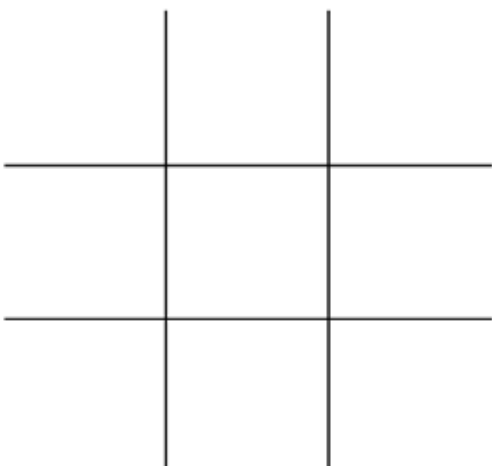
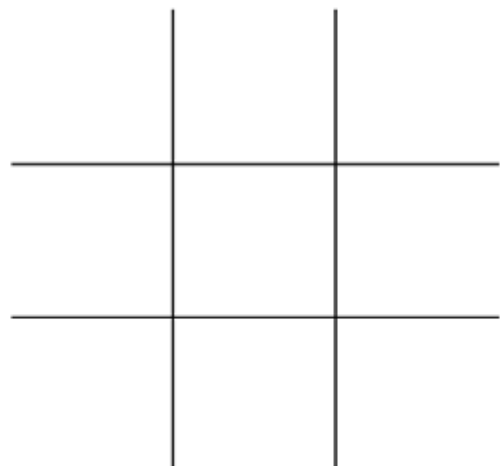
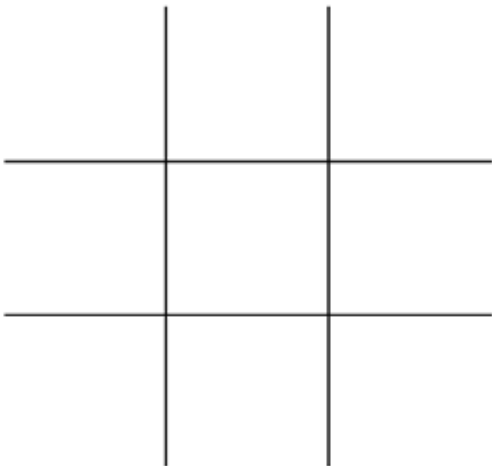
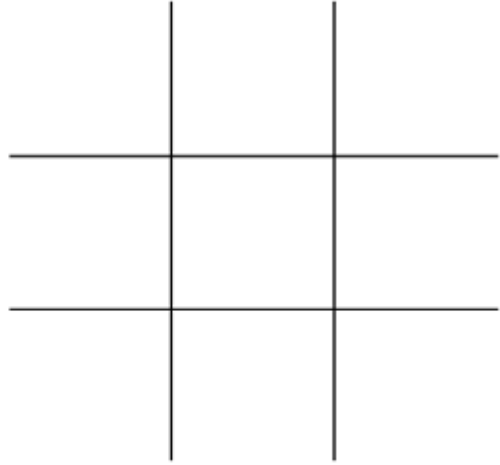
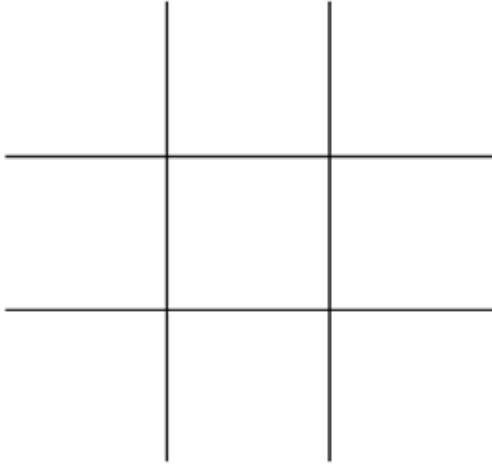


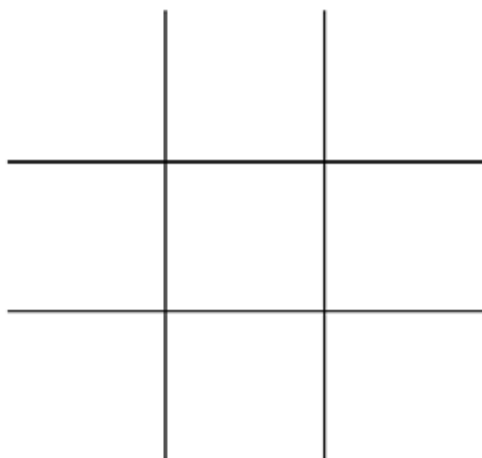
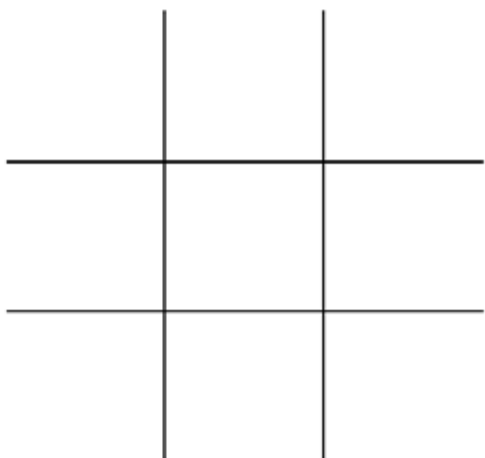
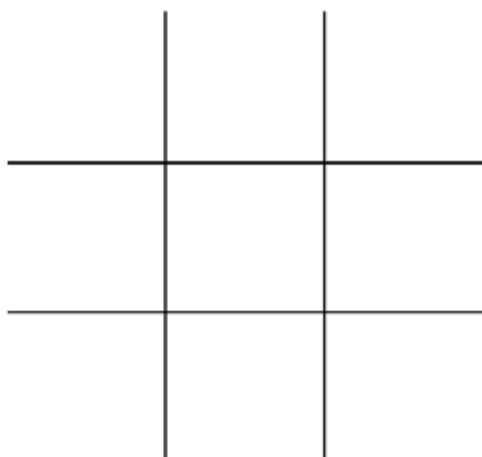
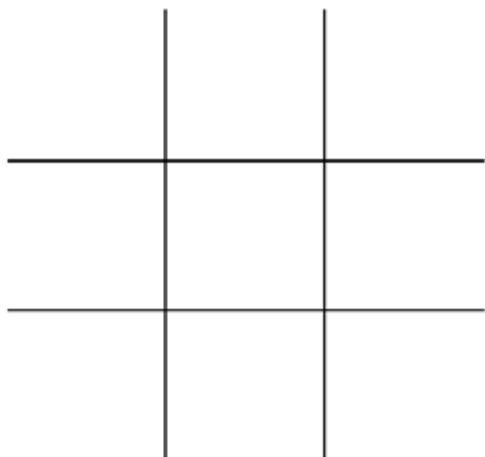
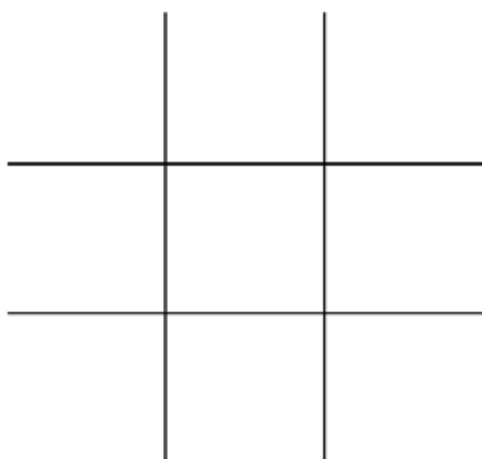
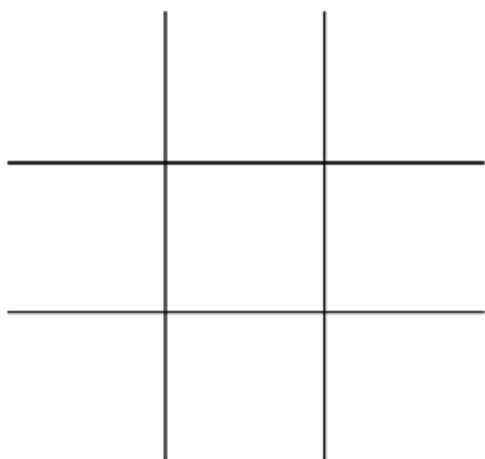
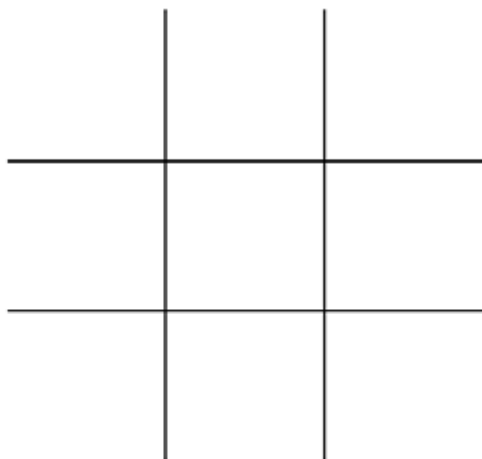
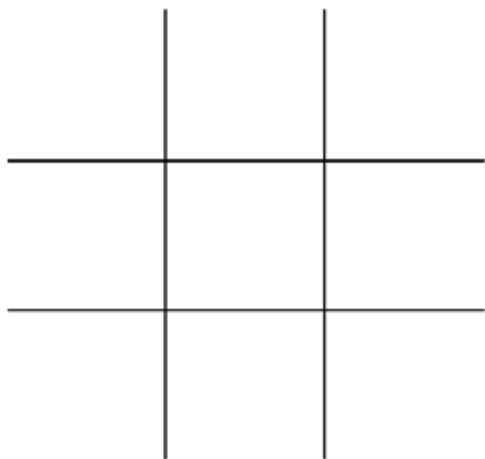


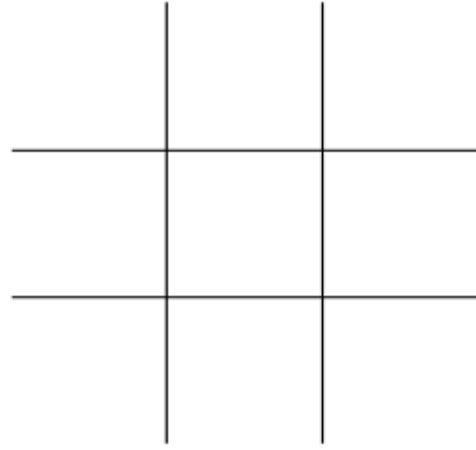
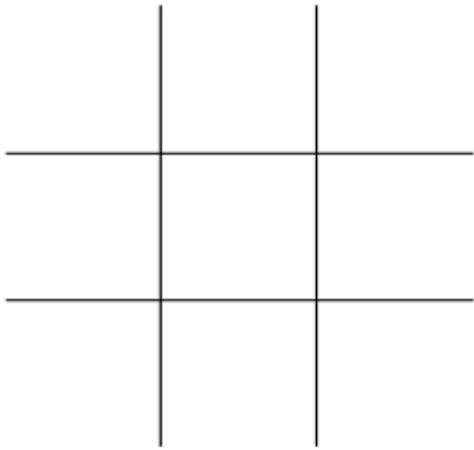
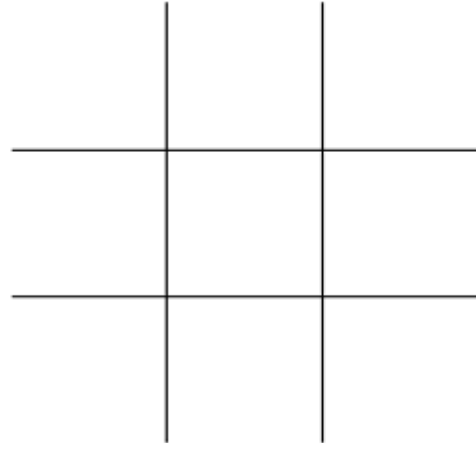
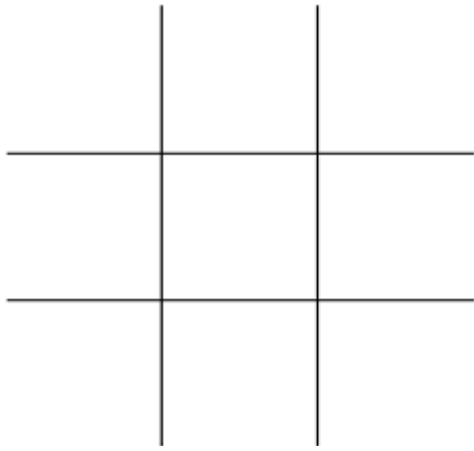
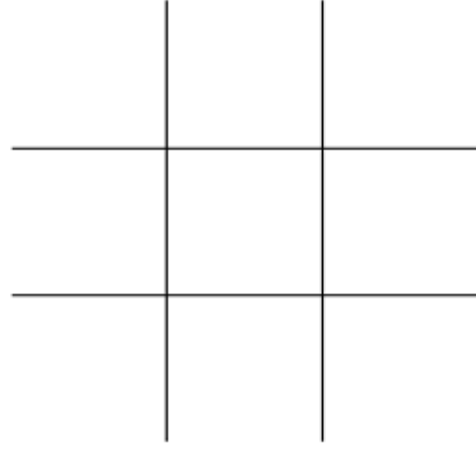
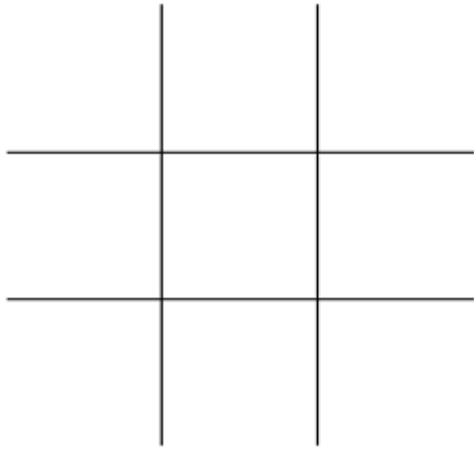
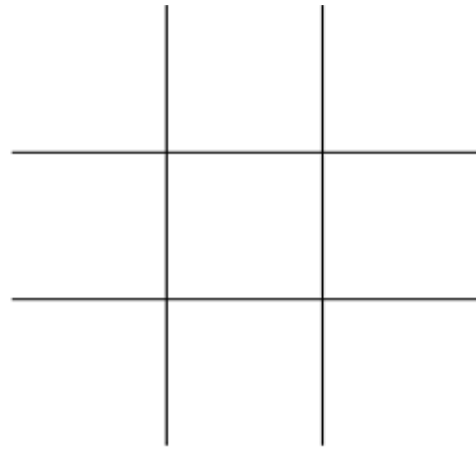
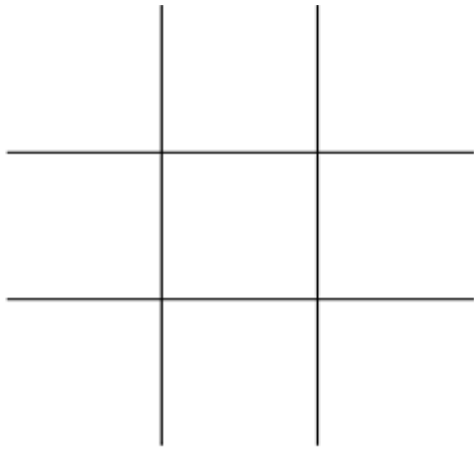
**GAMES**

# Tic Tac Toe

Play with a friend. One person is an O and the other is an X. Take turns to try to make a line of 3 in a row.







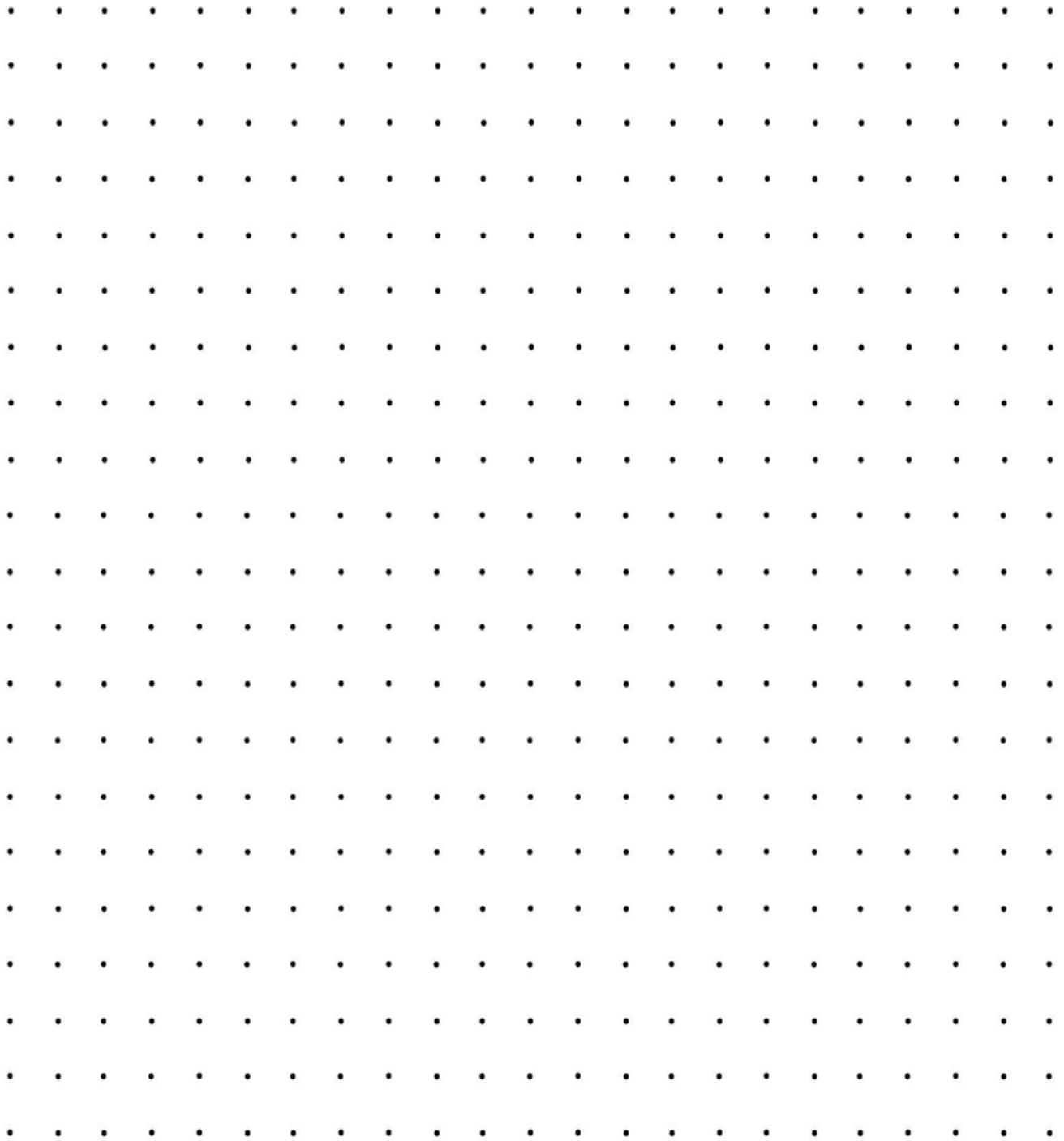
Do you want more? Make more in the  
free space pages!



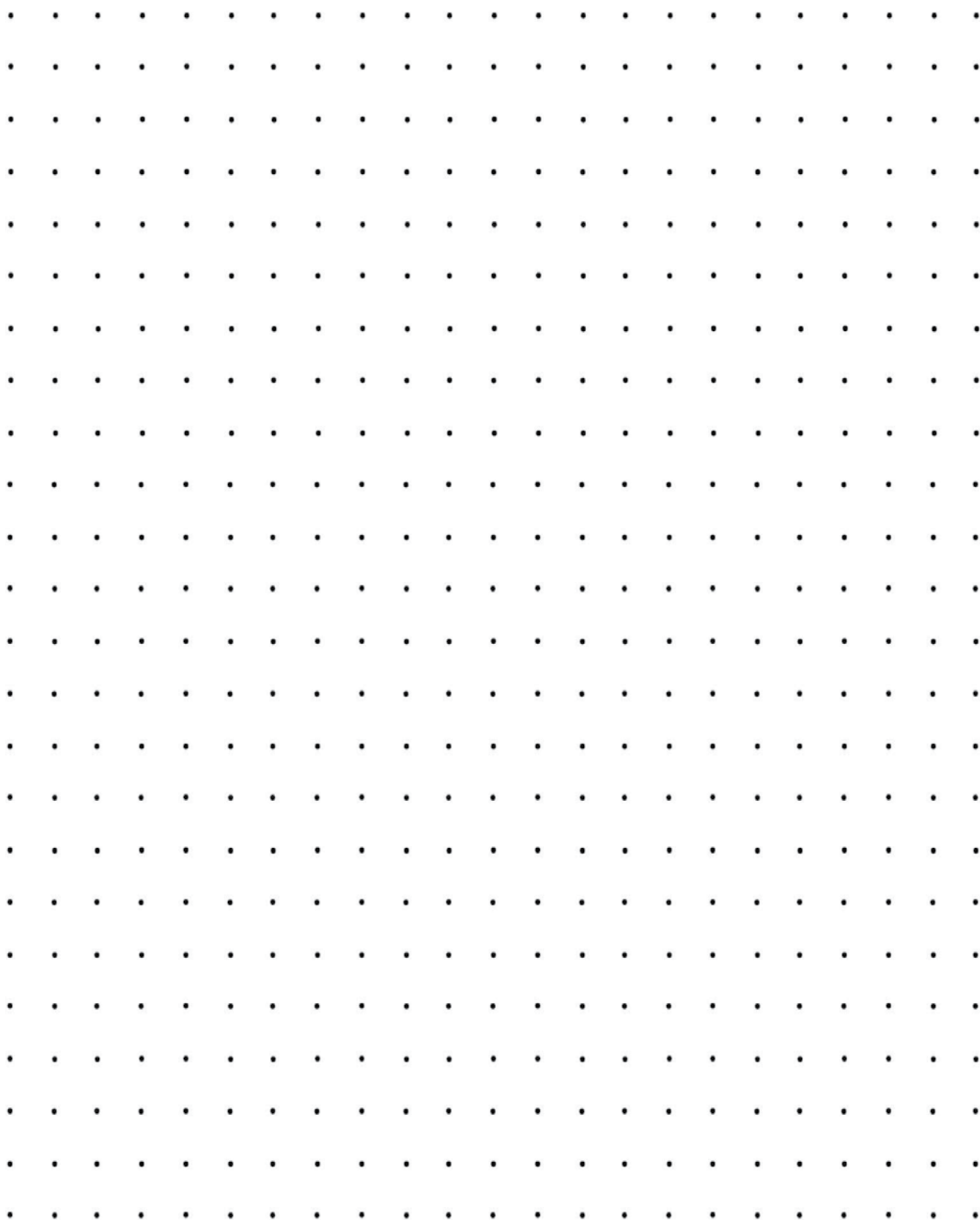


# Dots & Boxes

Play with a friend. Take turns to draw a line from a dot to a dot using coloured pencil. When you make a box, colour it in. The person with the most of their colour wins!

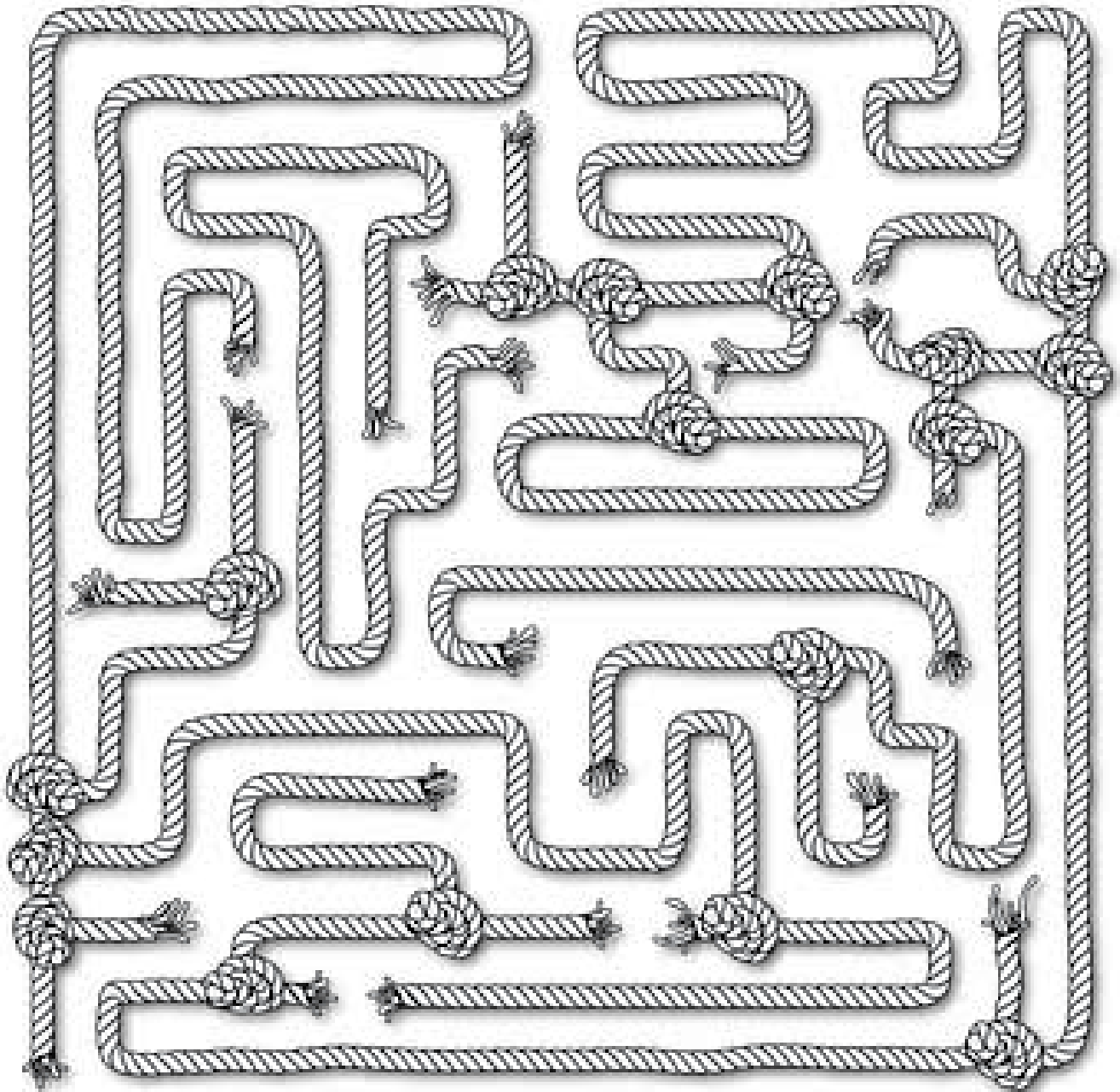


# Dots & Boxes



# Maze

Help get the mouse to the cheese!



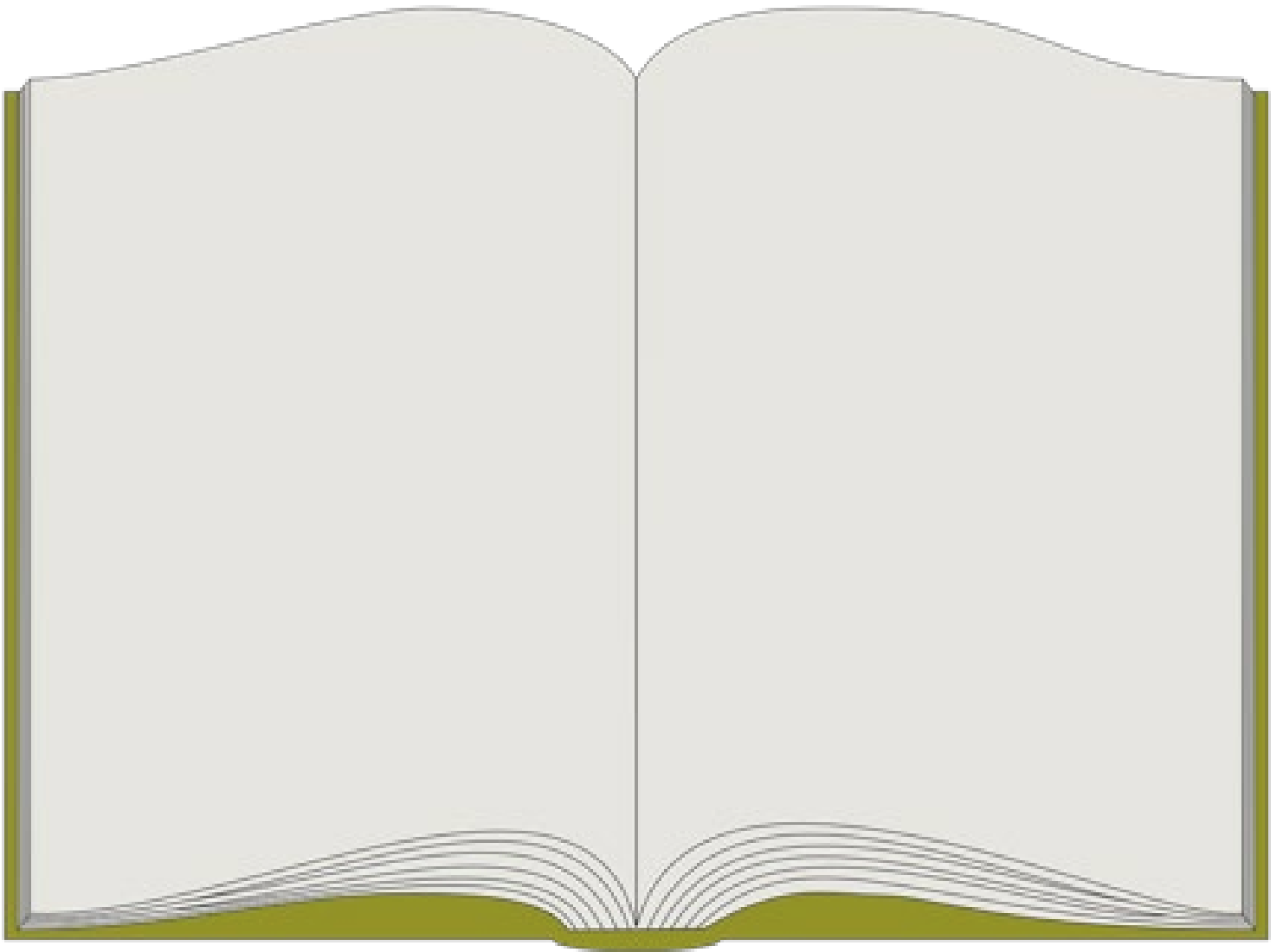
# Maze

Can you make your own maze?

START

FINISH

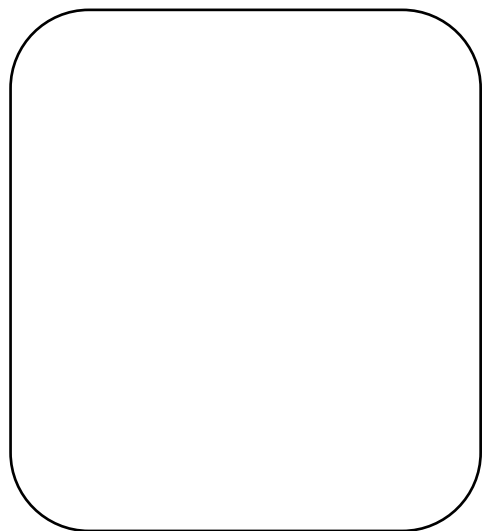
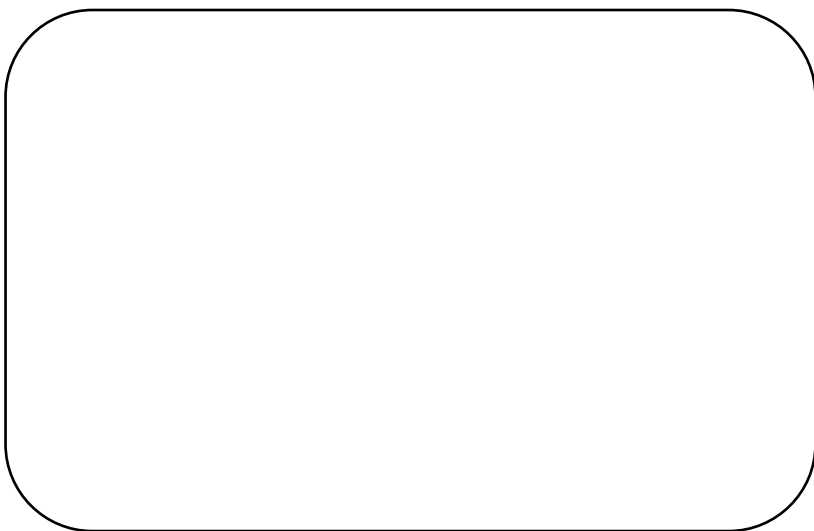
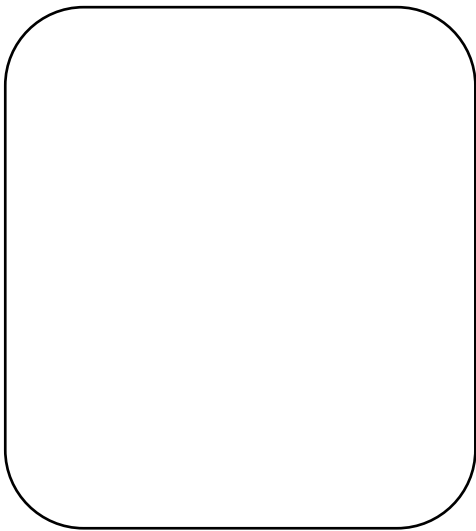
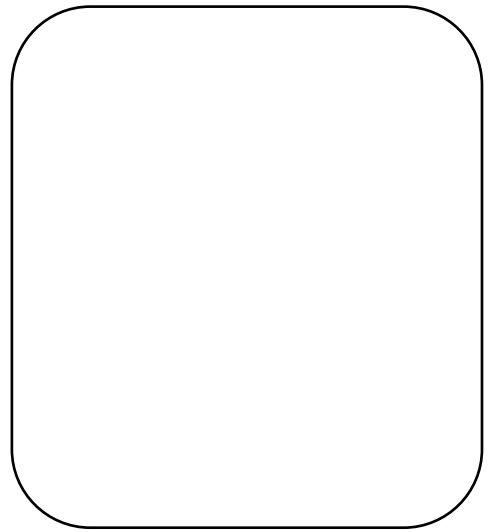
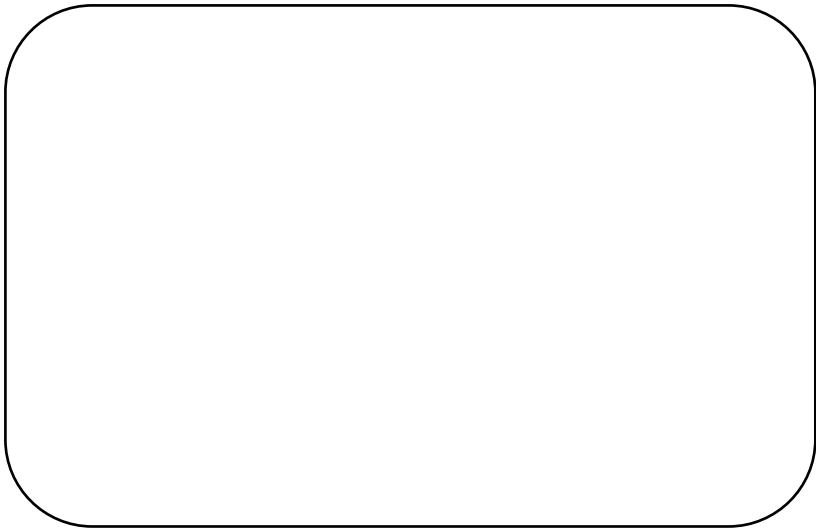


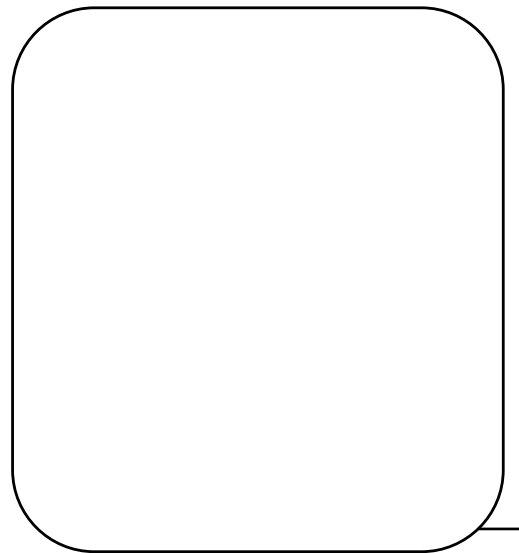
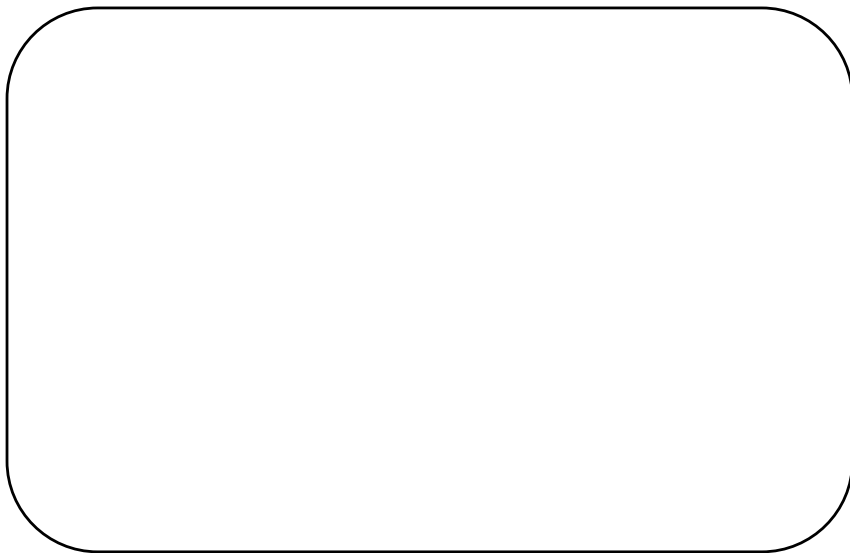
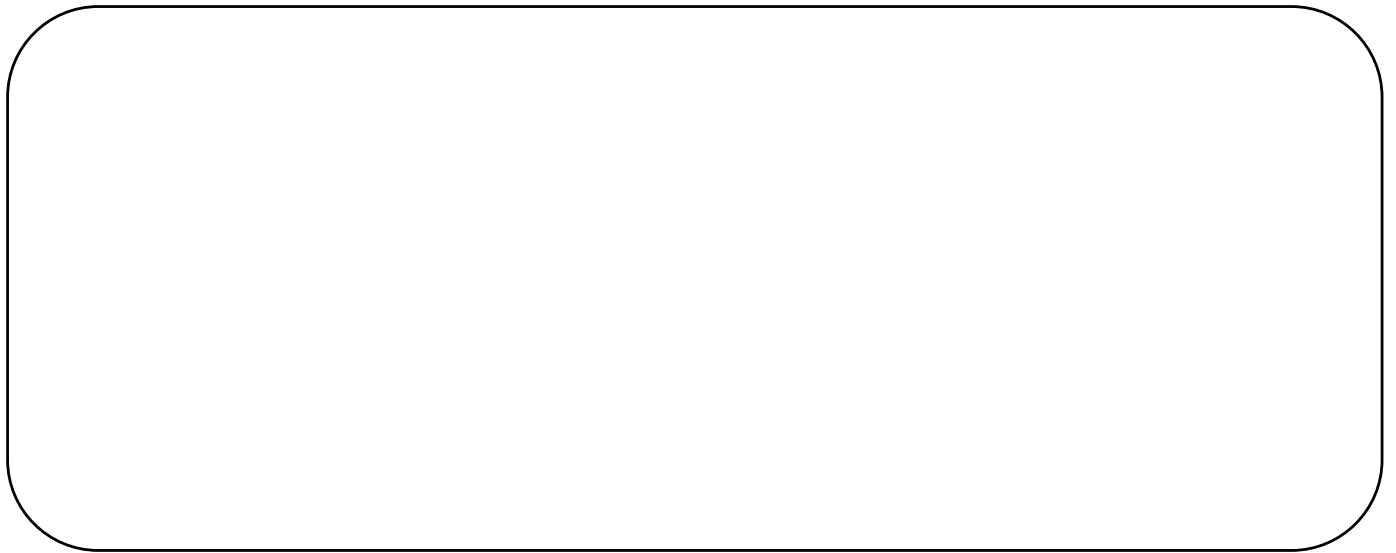
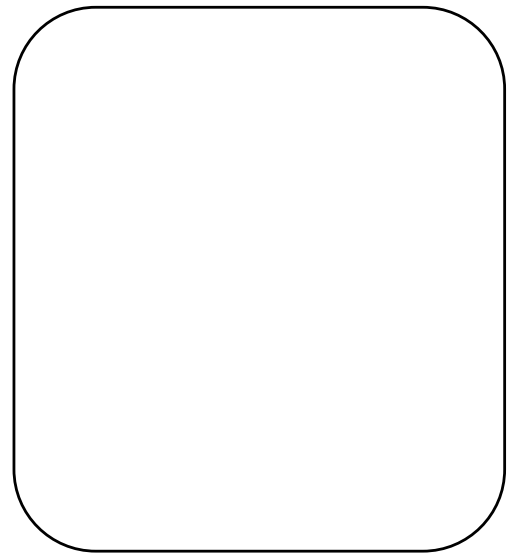
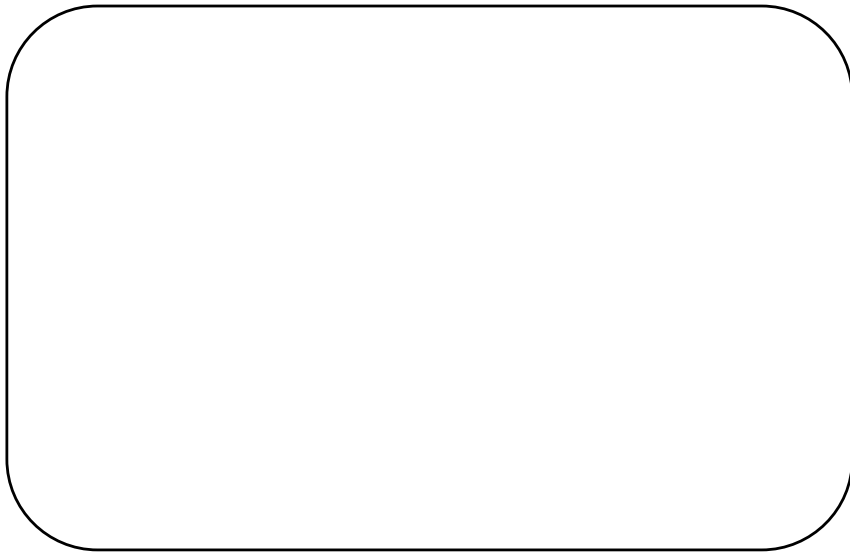


# **STORYBOOK**

# Comic Book

Can you make your own comic book?  
You could write about animals, nature or anything!





# Bible Story

Draw pictures to match the Creation story. Genesis 1 & 2

In the beginning, there was nothing. God said the word and the world was filled with light. He separated the light from the darkness.

1. Day and Night

On the second day, God divided the water.  
He created the sea and sky.

2. Water and Sky





On the third day, God created land. He named the land Earth and the water Sea. He said the word, and plants, trees and grasses were created.

### 3. Land and Sea

On the fourth day, God created a light to shine in the sky. For day He made the sun, and for night He made the moon and stars in the sky.

### 4. Sun, Moon and Stars



On the fifth day, God said the word and created all the animals in the water, and the birds which fly in the sky.

### 5. Animals in the Sea and Birds in the Sky

On the sixth day, God created animals to live on the land.  
He spoke 'We will make humans, to look after all the animals and plants which I have created.'

### 6. Animals on the Land and Humans



God saw what He had made was good. On the seventh day, He rested.

7. God Rested





**CREATE**

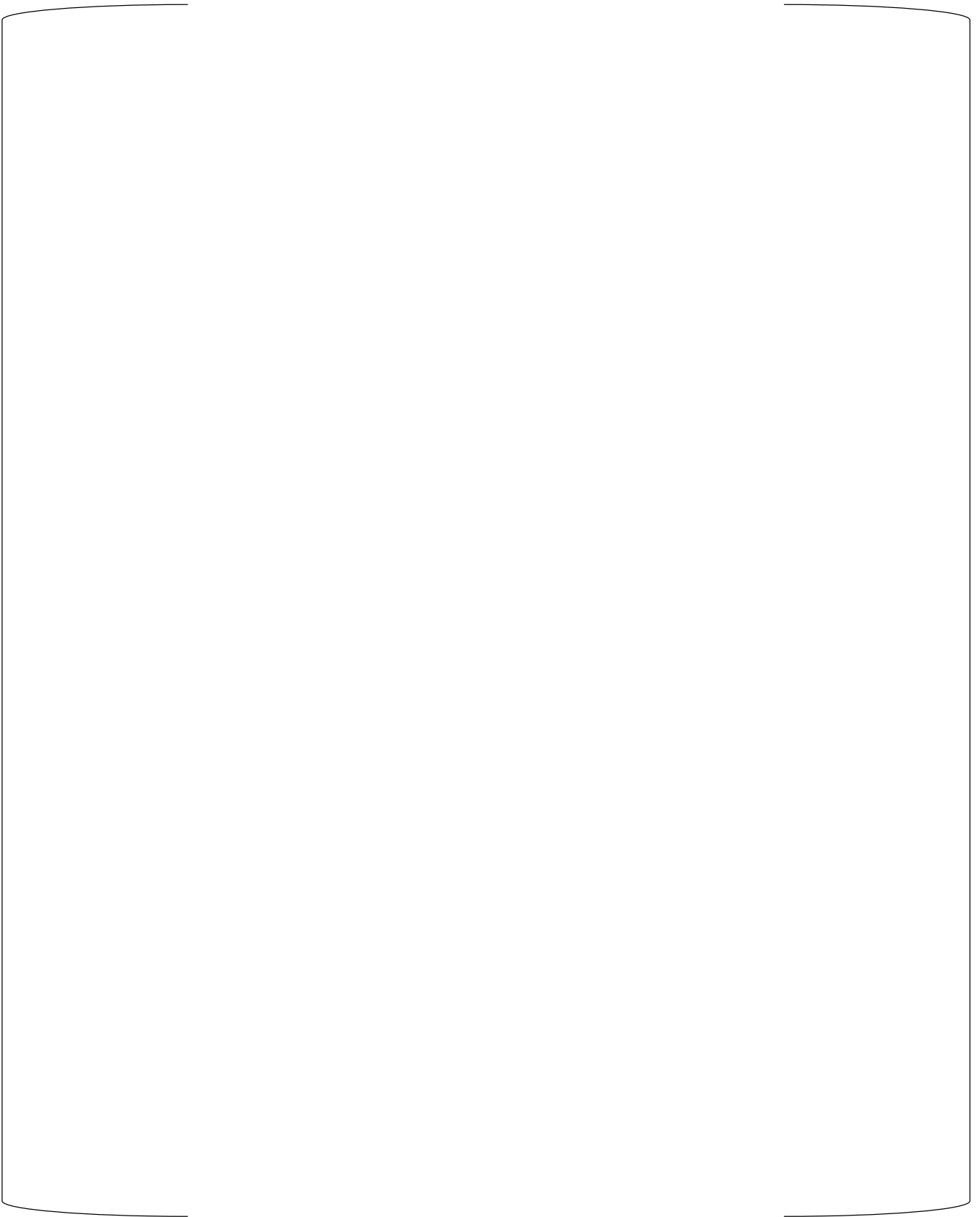
# Invention Ideas

Draw a new idea for something that could help you fold your clothes!



# New Animals

Combine and draw 3 new animals to make a new one

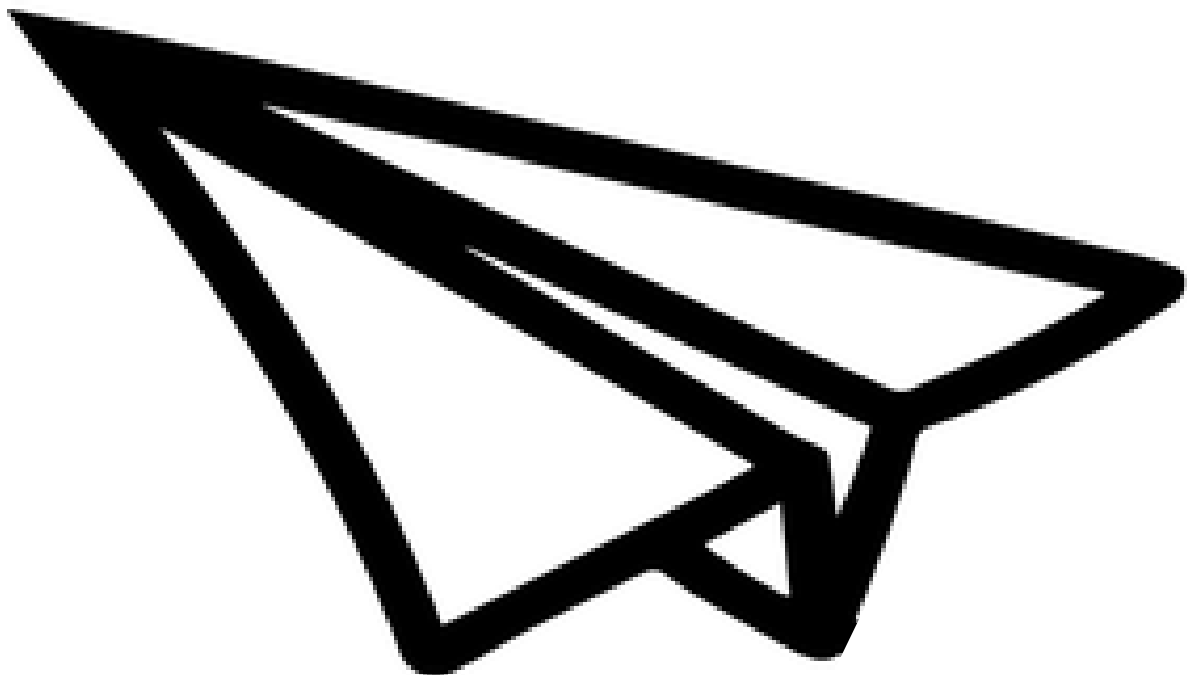


# Paper Plane

Use a page from the Free Space pages.

Follow these instructions to make a paper plane:

1. Fold the paper in a hot dog fold – down the middle long ways.
2. Fold one corner down to make a triangle. The corner should touch the middle of the page which was just folded.
3. Flip over the paper and repeat the corner fold.
4. Fold down the open edge, like the corner fold. Fold it the same length as your thumb.
5. Flip over the paper and repeat the edge fold.
6. You have a plane! How far does it fly?



# Challenge!

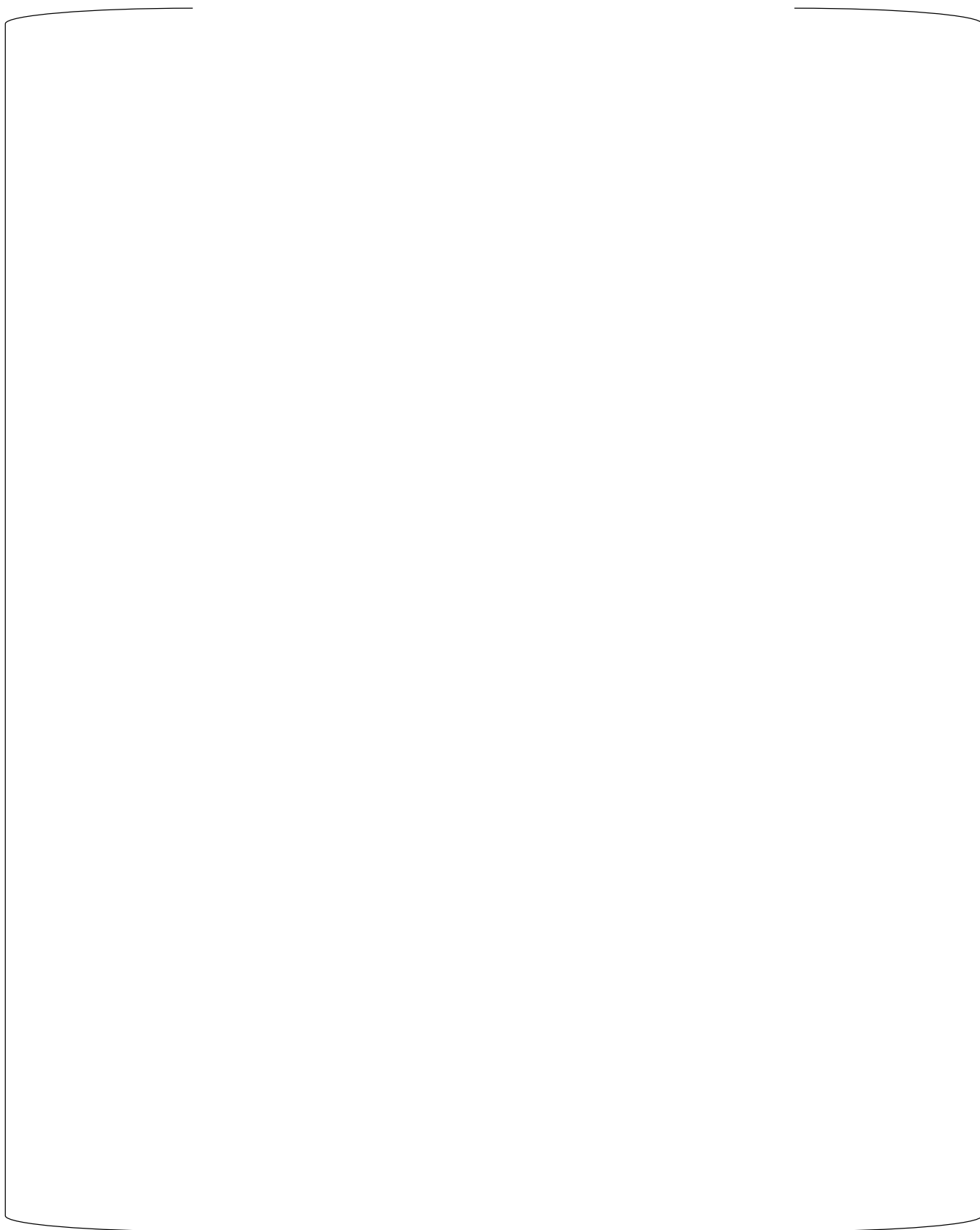
Use a page from the Free Space pages.  
Count how many times you can fold the paper in half.  
Can you beat your friend?



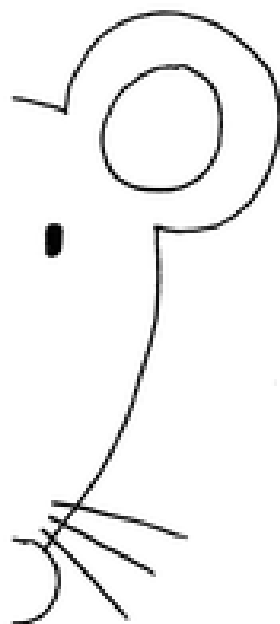
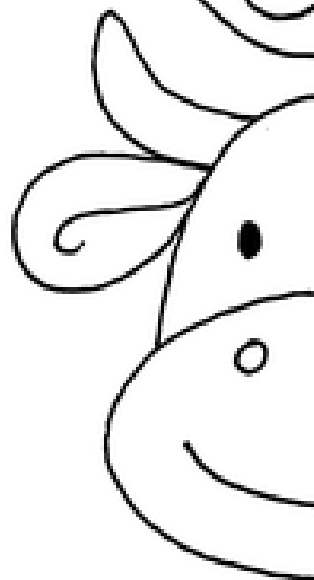
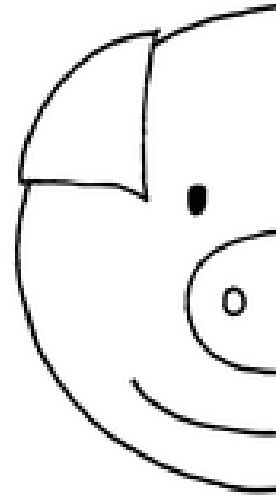


# Sketch

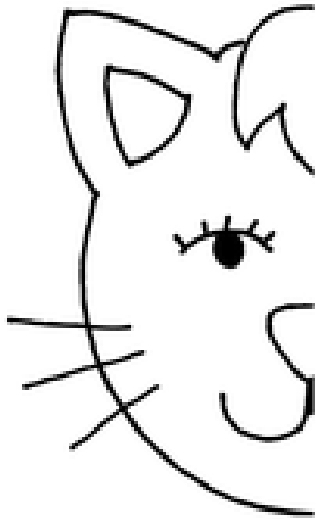
Use these as a free sketch page to draw on



# Finish the Animal

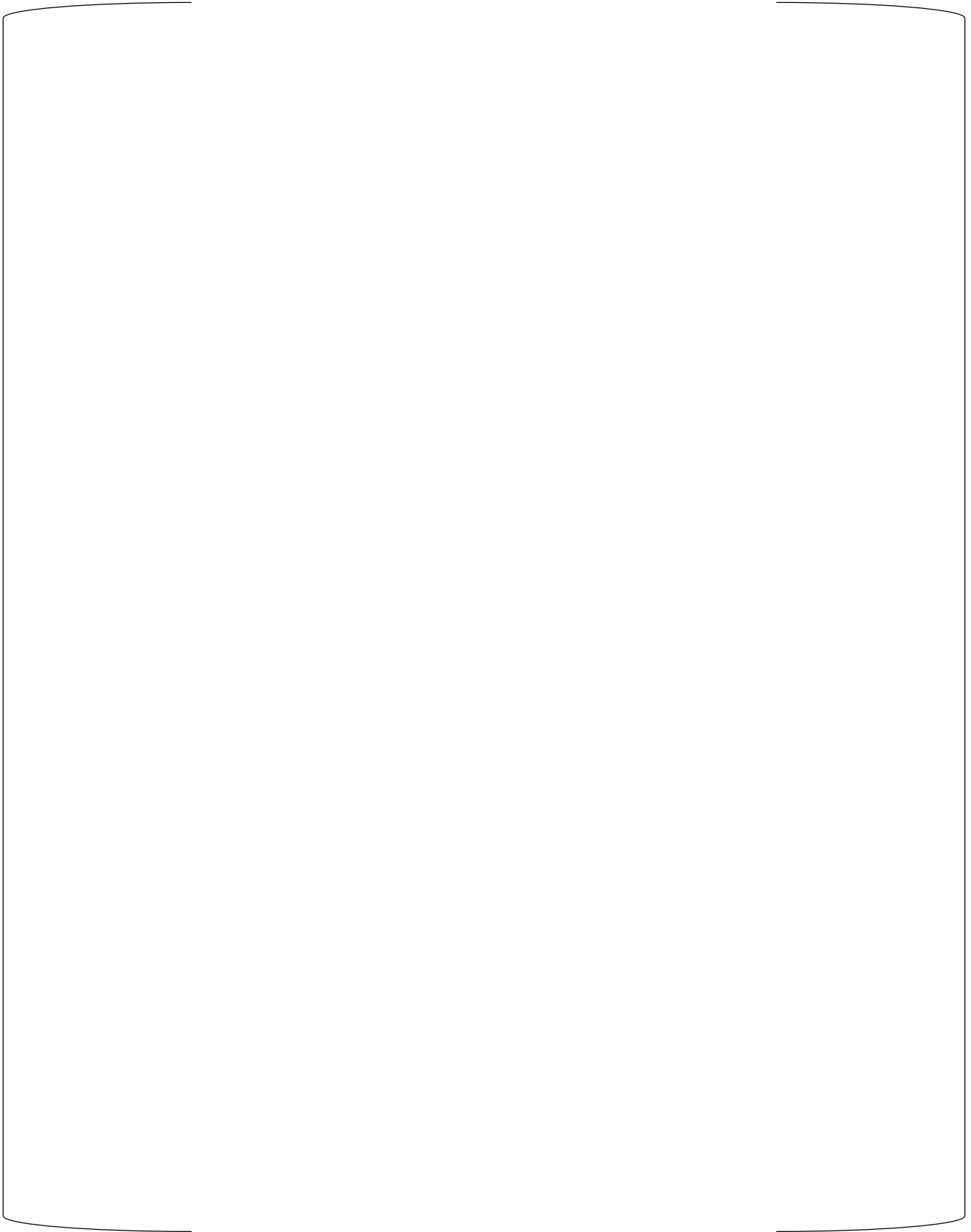


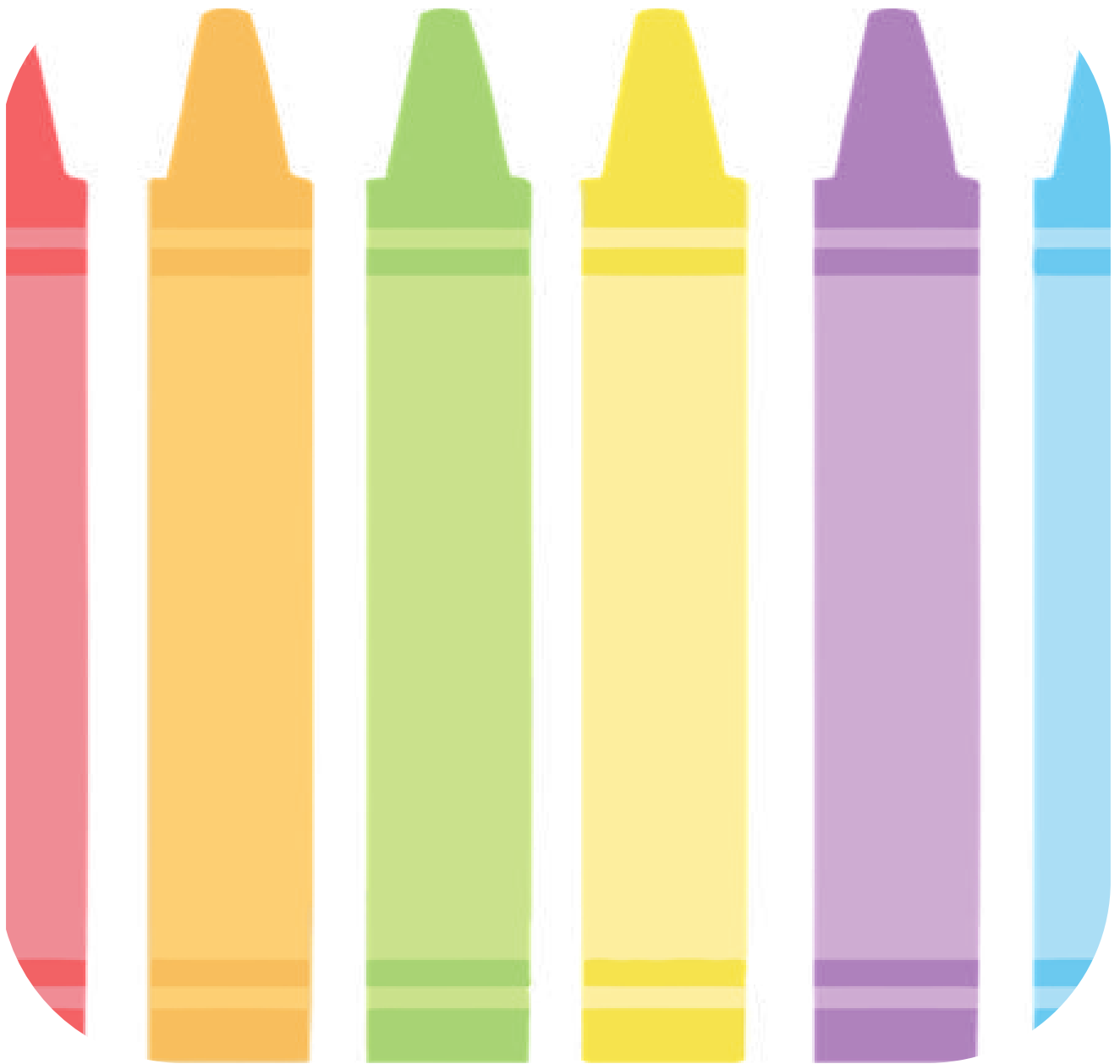
# Finish the Animal



# Animal Name

Draw an animal that matches for each letter of your name  
– C for a Cat







**COLOUR IT**

# Colour by Number

Colour the numbers that match the colour at the bottom

5	5	4	4	4	4	4	0	4	4	4	4	4	0	2	7
5	5	0	4	4	4	4	0	4	4	4	4	0	4	7	2
5	4	4	0	4	4	0	1	1	1	1	0	4	4	4	7
4	4	4	4	0	4	1	1	1	1	1	1	4	4	4	3
4	4	4	4	4	1	0	1	1	1	1	1	1	4	4	2
4	0	4	8	0	1	1	1	1	1	0	1	1	1	4	2
4	4	0	0	0	8	1	1	0	1	1	1	1	1	4	4
4	4	0	0	0	0	0	1	1	1	1	1	0	0	4	4
4	4	0	0	0	8	1	1	1	1	1	1	1	1	4	4
4	0	4	8	0	1	1	1	0	1	1	1	1	1	4	4
4	4	4	4	4	1	0	1	1	1	1	1	1	4	4	4
4	4	4	4	0	4	1	1	1	1	1	1	4	4	4	7
4	4	4	0	4	4	0	1	1	1	1	0	4	4	4	2
5	4	0	4	4	4	4	0	4	4	4	4	0	4	4	7
5	5	4	4	4	4	4	0	4	4	4	4	4	0	4	3
5	5	4	4	4	4	4	4	0	4	4	4	4	4	7	7


 0 - Black

 1 - Red

 2 - Orange

 3 - Yellow

 4 - Green

 5 - Blue

 6 - Purple

 7 - Brown


 8 - White




# Colour by Number

Colour the numbers that match the colours at the bottom

5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5	8	5	5	5	5	5	5	5
5	5	5	5	5	5	5	3	0	3	5	5	5	5	5	5
5	5	5	1	1	5	5	3	0	3	5	5	5	8	5	5
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1	3	3	1	4	5	5	5	5	5	5	6	5	5	1	5
1	3	3	1	4	5	6	5	5	5	6	2	6	5	4	2
4	1	1	5	4	6	2	6	5	5	5	6	5	1	1	5
4	7	6	6	4	5	6	5	1	1	5	4	1	3	3	1
4	6	2	2	6	7	4	1	3	3	1	4	1	3	3	1
4	6	2	2	6	7	4	1	3	3	1	4	7	1	1	4
4	7	6	6	7	7	4	7	1	1	4	4	7	7	7	4


 0 - Black

 1 - Red

 2 - Orange

 3 - Yellow

 4 - Green

 5 - Blue

 6 - Purple

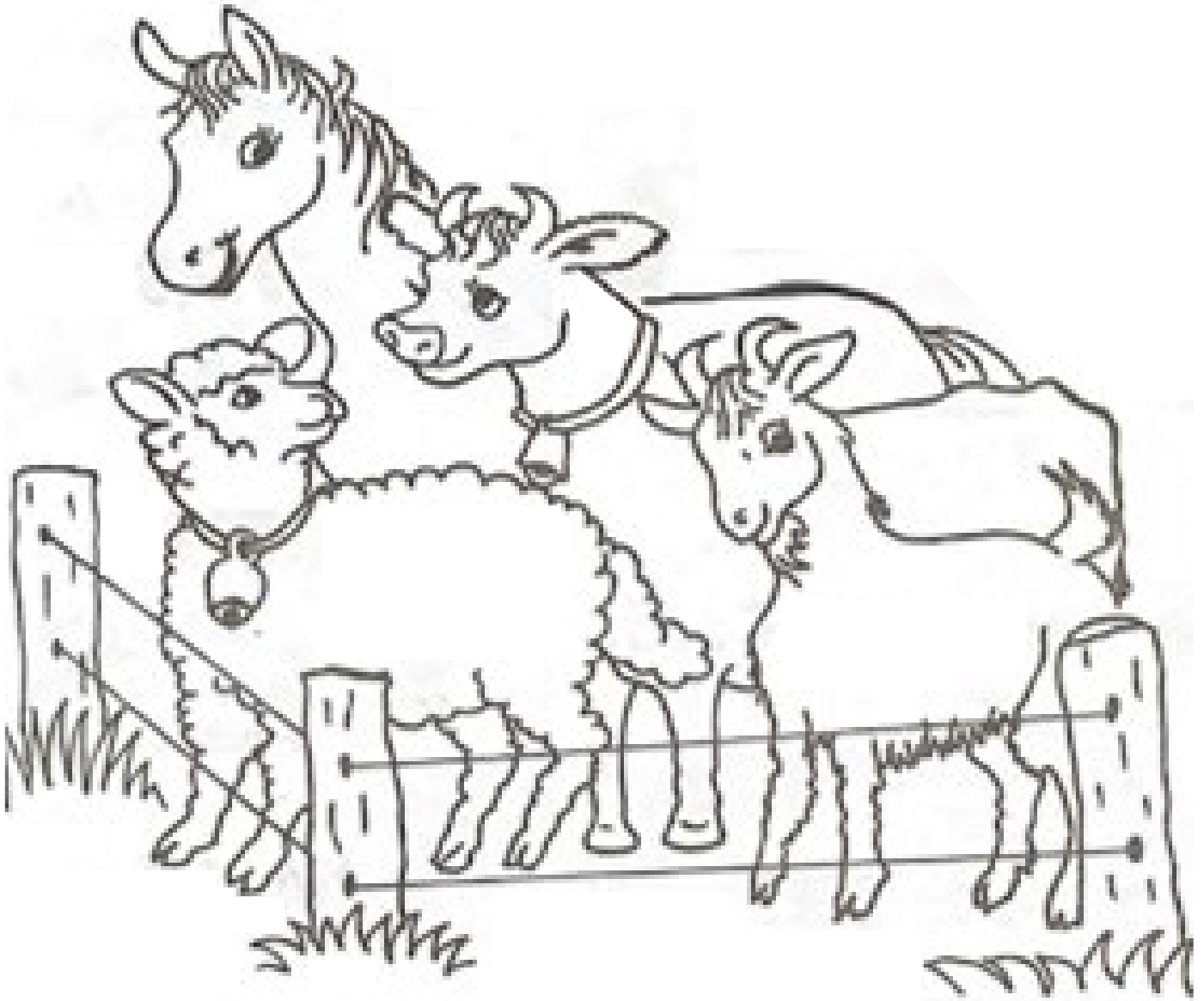
 7 - Brown

 8 - White



# Colouring It

Colour in the animals





# Can You Draw a...

**Dog**

**Cat**

**Elephant**

**Dolphin**

**Magpie**

**Kangaroo**



# Can You Draw a...

Add the animals too!

## Jungle

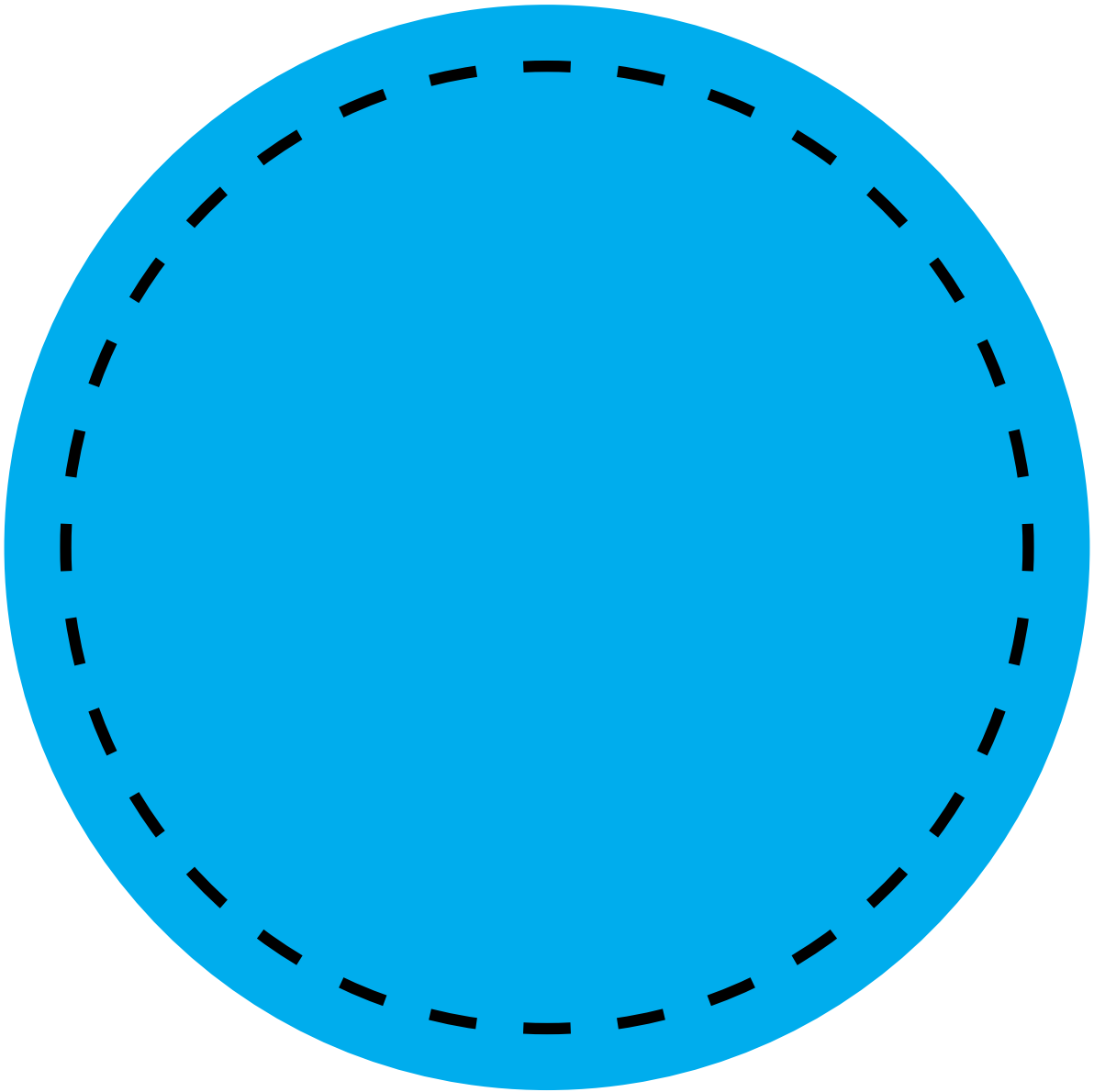
## Desert



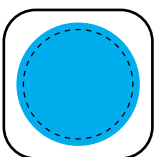
**Ocean**

**Antarctica**

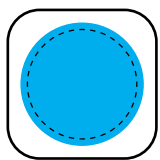




# FREE SPACE











***Because we care...***

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