

# Holiday Digital Balance Challenge

CYBER SAFETY PROJECT

	Week 1	Week 2
Saturday	<b>Train</b> Train our bodies and minds by downloading the <i>Cosmic Kids</i> App and scheduling 10 minutes of yoga each day.	<b>Design</b> Use <i>Garage Band (Keyboard)</i> and <a href="#">this tutorial</a> to learn how to play the Star Wars theme tune.
Sunday	<b>Make</b> Design a digital mindfulness colouring sheet using different shapes and patterns that you and your family can complete.	<b>Discover</b> Take a trip to <a href="#">Melbourne Zoo</a> from the comfort of your own home.
Monday	<b>Create</b> Create a Things To Do On The Holidays chatter Box.	<b>Train</b> Using only a basketball, skipping rope and piece of chalk design a 10-minute fitness circuit.
Tuesday	<b>Tech Free</b> Create your own game of "Guess Who" using <a href="#">our template</a> by designing two matching sets.	<b>Tech Free</b> Write your own song to the tune of 'Mary Had a Little Lamb' about drinking enough water everyday.
Wednesday	<b>Design</b> Research what a Rube Goldberg Machine is. Use household items to design and create your own Rube Goldberg Machine.	<b>Cook</b> Make homemade pancakes. With adult supervision find a digital recipe and prepare a delicious snack.
Thursday	<b>Tech Free</b> Create an Origami display for your dinner table using napkins or serviettes.	<b>Tech Free</b> Organise Mum or Dad's book shelf or DVD collection into alphabetical order.
Friday	<b>Explore</b> Create a time-lapse video of yourself drawing a chalk mural outside.	<b>Design</b> Use <a href="#">Kahoot</a> to create a quiz about your favourite sport or hobby and run a trivia night at home.