

EFFORT	SERVICE	MANNERS
Make a timetable for every day and try and stick to it. Factor in free play and TV time as well as exercise outside in the fresh air. Get some sunshine.		
Learn your name in sign language and share with your whanau.	Be happy to help with jobs at home. Ask your parents if there is something that they would like you to do, then do it.	Learn and practise strict handwashing techniques. Try not to touch your face or pick your nose.
Teach your whanau a song that we do at school.	Tidy your bedroom every day.	Do what you are asked to do the first time... remember 'I know it, do it, show it'
Teach your family a dance - try GoNoodle, Just Dance.	Sort out your wardrobe and make a pile of things that might be needed by others.	Be grateful and say thank you for your dinner each night.
Practise something you are trying to get better at e.g. riding your bike, roller skates, horse, motorbike or tying your shoelaces, perfecting that recipe.	Pack up your toys before bedtime. Everything back where it should be after you play with it is a good rule to go by.	Make a card or write a letter for someone in your family.
Log online to Prodigy, Prototec, Sumdog, Study Ladder or Sunshine Online and check your brothers and sisters are able to do this independently. (20 minute sessions)	Host a movie night for the family - make some tickets, see if you have popcorn, set up some chairs and turn the lights out.	Be a bucket filler - tell your family the things you love about them!
Work on your tasks from your teacher. Take regular breaks. Kahu check in with your teacher online. Do the best you can to learn and play a card or board game with your family.	When you are asked to make your parents a cup of tea, smile and make it.	Learn to answer the phone using polite greetings: Hi there, Tui speaking or Morena, Tui speaking. Ask how their day is going then "I'll get mum /dad for you!"
Put on your artist hat and create, draw, paint, cut and glue a masterpiece.	Complete a job or chore you don't normally do.	Parents model manners to the children...give them the words and have them practise. Teach table manners as well as using chopsticks.
Create a new design for your bedroom. Reorganise things.	Ring one of your older family members and ask about their day. Tell them a joke.	
Make a hut and read stories inside. (Be resilient as you are building this- if it falls rebuild it with modifications)	Bake some biscuits for afternoon tea and set the table with a nice message	
Do a scavenger hunt at home. Use the letters of your name and find items that start with the same letter.	Spend time caring for your pets and what they need.	
Read to someone in your family (or even over the phone)	Spend some quiet time, just looking after someone at home – talk together, play games.	
Do 30 minutes of exercise - walk, dance, play with a ball, bike, jump on the tramp, walk the dog.	Try something new at home - making breakfast, gardening, etc.	
Learn a new magic trick to share.		
Draw a treasure map of your house and show where you have hidden your "treasure" for a family member to find.		