

Intermediate DPA Tasks

Week 1	Activity
Option 1	Building Challenge: Using items found outside or around your house, build a tall structure. How tall and stable can you make your structure?
Option 2	Roll a dice and do the exercise that you roll (or 6 pieces of paper with numbers 1 to 6, in a cup) 1 - 25 Bicycles, 2 - 10 Jump Squats, 3 - 1 Minute of Plank, 4 – 25 Jumping Jacks, 5 – 20 Walking Lunges, 6 – 5 Push Ups. Roll the dice 10 times!
Option 3	How do you feel today? Make a list of activities that make you feel good. Choose one of these activities (keeping social distancing in mind), and do the activity. How do you feel now? What activity might you do next time?
Option 4	Making Mud Pies: Collect dirt and outdoor materials from nature. In a bake dish or metal pie plate, create a mud pie by adding some water to the dirt. Use objects found in nature to decorate your mud pie. You'll need water, soil/dirt, sticks, an old mixing spoon, a towel/rag, and natural items such as rocks, shells, leaves, grass, and flowers.
Option 5	Hide and Go Seek: Hide a "treasure" of your choosing in the house or backyard. Write clues (i.e. The object is small, the object is under something soft, etc.) that will guide your partner to the "treasure." Give them one clue at a time.