

Week 3

Weekly Activity Ideas for You and Your Children



Outdoor Activities

PAINTING WITH WATER – Fill up a bucket of water and using a paintbrush/sponge/cloth or even your hands, draw on the concrete/pavers or external walls. Join in with your child/ren with this activity and create some fun and easy art. Be quick though as this art will disappear!

FLOOR IS LAVA – The aim of the game is to get from point A to point B without touching the ground “lava”. Find something that can be a safety spot to create a path to get to the end point. You can use leaves, paper plates, paper/newspaper or placemats for players to avoid stepping in the lava. For an extra challenge you can hop on one-leg or take away some safety spots. If you fall in the lava, you have to start again.

Indoor Activities

ANIMAL YOGA – Attached to this week’s email is a poster of different yoga poses for everyone in the family to try. We suggest taking your time as you move through the different poses and feel the different sensations in your bodies. It’s also important to slow down your breathing by inhaling through your nose and exhaling through your mouth for a count of 5 seconds.

DIY PUZZLES – Using a blank piece of paper, each person draws a picture that covers the whole page. Be as creative and bright as you can. Parents/carers, take a pair of scissors and cut up the pictures to as many pieces as you think is suited to your child’s age. Now complete the puzzle!

Movies for the family

Ralph Breaks the Internet

Kung Fu Panda

Toy Story 1-4

Remember the three C's:

Keep Calm, Be Creative and Parent with Care... and Fun!

