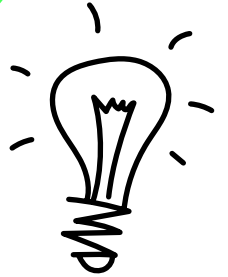


Over
40 fun
activities

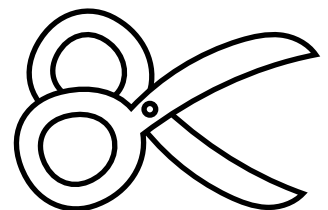
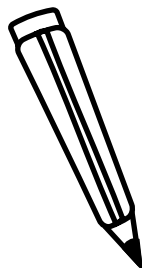
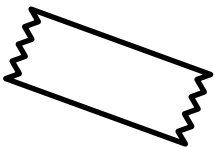
The **Mega**



Holiday

Activity Book

Activities at home



Your
OSHC.

by  Camp
Australia

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Icypole Stick Harmonica

You will need

- 2 Icypole Sticks
- 2 Rubber Bands ~ You could also use string
- A strip of paper the same size as the Icypole Stick
- 2 toothpicks cut the width or just wider than the Icypole Stick (or you can use straws if you have them)

Instructions

1. Sandwich the paper strip in between the 2 Icypole Sticks
2. Wrap a rubber band around one end until it is snug.
3. Slide a toothpick to the inside of the rubber band.
4. Sandwich the last toothpick at the other end of the Icypole sticks, and wrap with a rubber band.



Source: www.housingaforest.com

Paper Quilling

You will need

- Construction paper (coloured paper)
- Glue
- Scissors



Instructions

1. Cut a series of strips from the construction paper roughly 1cm wide
2. Cut these strips to about 10 cm's long (educators may need to do this for younger children)
3. Encourage children to pinch the ends of the rings to make either abstract shapes, or recognisable objects like flowers, leaves etc
4. Leave the rings round for things like animal bodies, the sun and other round objects
5. Children can adjust the length of strips if desired by cutting them shorter for smaller things and leaving them long (or gluing smaller pieces together) for larger items
6. Children can glue these pieces to a sheet of construction paper (coloured paper/white paper) to create images and design

Source: www.honeysquilling.com

Shadow Drawing

You will need

- Paper
- Pencils/textas/crayons
- A sunny day
- Different objects that can be traced



Instructions

1. Place the paper on the ground outside where the sun can create a shadow on the paper
2. Place an object in the way of the sun so that the shadow is projected onto the paper
3. Make sure the children are on the other side of the paper in order to draw around the shadows edge and doesn't obstruct the shadow
4. Encourage the children to use different objects to create different shapes and to colour in their objects/paint their objects and to draw more details after they have traced the shadow

Source: www.emmaowl.com/animal-shadow-drawing

Scented Playdough

Instructions

1. Mix the flour, salt, cream of tartar and oil in a large mixing bowl, if you are using a spice to scent the playdough, add this to the dry ingredients as well
2. Add food colouring to the boiling water then into the dry ingredients
3. Stir continuously until it becomes a sticky, combined dough
4. Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all the stickiness has gone.
*This is the most important part of the process, so keep at it until it's the perfect consistency!
5. If it remains a little sticky then add a touch more flour until just right
6. If you are using a herb, lavender or lemon/orange rind to scent the playdough, knead into playdough, you can use chopped herbs or leave them whole

Source: www.acraftyliving.com

You will need

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar.
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- gel food colouring (optional)
- desired scent – herb such as basil, thyme, rosemary or mint
- spices such as cinnamon, nutmeg, vanilla essence
- other scents such as lemon rind, orange rind or lavender (you can also choose your own)

Build a Safe Place

You will need

- Safe building materials such as cardboard boxes of different shapes and sizes, popsicle sticks, coloured cardboard, pipe-cleaners, colouring pens or pencils, and sequins.
- Scissors and glue
- You can tailor the materials you use; the idea is to provide them with as much as possible so they can get creative

Instructions

1. Ask the children to think about a space that makes them feel safe. Then ask them to reflect on what it is about this particular space that makes them feel safe. Is it bright and sunny or dark and calming? How does it smell? What can they see, hear, and touch when they are in their safe space? If they don't have one or can't think of one, ask them similar questions but geared towards what they think would make them feel safe.
2. Next, ask children to take a mindful minute. Close their eyes and focus on their breathing. Then bring to mind their safe space, real or imagined, and visualize what this looks like. How does it feel to be in their safe space? What emotions can they sense?
3. When children are comfortable, ask them to get stuck in with the various materials and to re-create their safe space. This could be in any format they like, whether a flat drawing or a sculpture, give them as much creative freedom as possible.
4. When they have finished and if they feel comfortable, ask them to share their creations with the group, describing the different parts of their safe space. These can be used to create an ongoing dialogue about safe environments and how they might create something like this in real life.

Source: www.positivepsychology.com/art-therapy

Words to Live By Poster

You will need

- Old magazines, newspapers, picture books, and scrap paper
- Coloured pens and pencils
- Scissors and glue
- Cardboard or thick paper for the base of the collage



Instructions

1. Asking the children to take a moment to reflect on their core values. Or what they feel good about when they see how other people behave and how they behave.
2. Once the children have a good idea of their values, invite them to take a mindful minute. Start by asking them to close their eyes and turn their focus to their breath. Now ask them to let the words associated with their values freely flow into their thoughts. What are these words? What are the related images or colours and shapes they feel connected to these words?
3. Then have children select images, words, phrases, or colours from the magazines and newspapers. They will use these to compile a collage that they feel reflects their words to live by. This can be image-based, or entirely abstract; it's all about how their words make them feel.
4. Save some time at the end of the session for them to present their collages and share with the group what they have created and what it means to them.

Source: www.positivepsychology.com/art-therapy

The Softness Project

You will need

- Various cut-offs of different fabric, textured materials, and soft textiles
- Cardboard or thick paper for the base
- Scissors and glue



Instructions

1. Start by asking the children about their sense of touch. Invite them to share their ideas around things that feel good, doesn't feel right, and why. What are some of the things they enjoy touching? What materials do they find comforting and nurturing? that touch is an important sensory experience, and we can use it to create things that bring us comfort and a sense of calm.
2. Allow children to manipulate and play with the box of different materials and to take their time selecting pieces they enjoy.
3. Next, they can create a soft collage, sticking, sewing, or tying the pieces of fabric together on the cardboard or thick paper base. Encourage them to think carefully when selecting the materials and build the collage up as much as they like, creating a pillow-like sculpture.
4. If using this activity with an older group, you could give more direct instructions

Source: www.positivepsychology.com/art-therapy

Making Stress Balls

You will need

- Balloons
- ½ cup Flour (per balloon, approx.)
- Empty Water Bottle, dry
- Funnel



Instructions

1. Put funnel into the water bottle, and pour flour through it.
2. Stretch the balloon around the opening of the water bottle.
3. Turn water bottle upside down and gently squeeze the flour into the balloon. Make sure to use some pressure because the air helps the balloon open up so the flour can all go in.
4. After the flour is all in, pinch the balloon and release it from the bottle.
5. The balloon should have a snug fit to the flour inside it. Just make sure there isn't any extra air the balloon.
6. Tie the balloon and wipe away any excess flour from the outside.
7. All ready to squeeze away stress and have fun!

Source: www.naturalbeachliving.com

Mini Guitar

You will need

- Jar lids
- Rubber bands
- Large paddle Pop Sticks
- Tape
- Coloured Paper off-cuts
- Hot Glue Gun
- Hot Glue Sticks

Instructions

1. Cover the large paddle pop sticks with paper off-cuts
2. Place 3 or 4 rubber bands around the mid section of each lid
3. Hold the lid at both sides, where the rubber bands are so they don't slip off
4. Stick the paddle pop stick to the back of a jar lid with tape
5. Use a strong tape (or a hot glue gun or superglue with parent supervision) to secure the edges of the paddle pop stick to the lid



Source: www.thesprucecrafts.com

Make a Sundial

You will need

- Low temp hot glue gun
- Cardboard cylinder
- Square piece of thick cardboard (corrugated for strength) eg. wall sections of large boxes



Instructions

1. Hold the cardboard cylinder in the centre of the square piece of cardboard.
2. Use the hot glue gun to secure the cylinder to the square piece of cardboard
3. Place the sundial out in the sun and leave it there, in the same position all day
4. Check on the sundial on the hour every hour – or on the hour every two hours
5. Use a marker pen and a ruler to draw a line along the shadow cast onto the cardboard as the sun hits the cylinder
6. Remember to write the actual time that the markings were taken directly onto the cardboard at the outer point of the marker pen

The positioning of the sun and the shadows it cast upon a sundial, used to be how time was told. Bring science and history together with this activity.

Source: www.learnplayimagine.com/2014/05/how-to-make-sundial.html

Be the household chef for today's lunch!



Making lunch for the whole family? Everyone LOVES pizza! It's simple, quick and can be modified to suit everyone's tastebuds.

*Complete steps 1-4 on your own and when it comes to cooking make sure you get an adult to supervise

Instructions

1. Start with your base: this can be any kind of bread, wrap, pita, rice cake or even a crumpet.
2. Once you have your base, pick your sauce: tomato, salsa, BBQ or a spread of any kind.
3. Pick your toppings: this is where you can get creative and use whatever you like, you could use a range of vegetables, fruits, or cooked meats.
4. Sprinkle on your cheese of choice. The cheese is the glue that holds all the toppings together.
5. *For this step you will need to be supervised by an adult. Place your Pizzas on an oven tray and pop them in the oven for 5-10 minutes. Watch closely and once your cheese is melted it should be ready to go.
6. Take out of the oven and let cool for 1-2 minutes and ENJOY!

Scavenger Hunt



How many items can you check off in your backyard? If you can't find everything at home, go for a walk and continue to check things off the list. For an extra challenge, get creative and add some harder items.

<input type="checkbox"/> Butterfly	<input type="checkbox"/> Bug	<input type="checkbox"/>
<input type="checkbox"/> Green leaf	<input type="checkbox"/> Flower pot	<input type="checkbox"/>
<input type="checkbox"/> Wild berry or nut	<input type="checkbox"/> Fly	<input type="checkbox"/>
<input type="checkbox"/> Dandelion	<input type="checkbox"/> Worm	<input type="checkbox"/>
<input type="checkbox"/> Gardening tool	<input type="checkbox"/> Brown leaf	<input type="checkbox"/>
<input type="checkbox"/> Washing line	<input type="checkbox"/> Flower	<input type="checkbox"/>
<input type="checkbox"/> Feather	<input type="checkbox"/> Hose	<input type="checkbox"/>
<input type="checkbox"/> Dog toy	<input type="checkbox"/> Bird	<input type="checkbox"/>
<input type="checkbox"/> Stick or twig	<input type="checkbox"/> Herb or vegetable	<input type="checkbox"/>
<input type="checkbox"/> A piece of bark	<input type="checkbox"/> Tree roots	<input type="checkbox"/>
<input type="checkbox"/> Ball	<input type="checkbox"/> Ladybug	<input type="checkbox"/>
<input type="checkbox"/> Bee	<input type="checkbox"/> Seed or seedpod	<input type="checkbox"/>
<input type="checkbox"/> Grass	<input type="checkbox"/> Ant	<input type="checkbox"/>
<input type="checkbox"/> Rock or pebble	<input type="checkbox"/> Spider's web	<input type="checkbox"/>
<input type="checkbox"/> Cloud	<input type="checkbox"/>	<input type="checkbox"/>



Build your own board game

1. Pick a game style

To start building your game you need to first need to decide what kind of board game you want to build. With so many board games out there, this task does seem a little daunting. However it is not impossible!

Wikipedia has a list of every board game that currently exists.

http://en.wikipedia.org/wiki/List_of_board_games

Looking at this list for inspiration you can create your own board game and even develop your own unique set of rules.

2. Personalise it

After picking the style of your board game, figure out what you want it to look like and the rules. Figuring out the look and rules of your board game will provide you with the ability to carefully craft your perfect board game.

Think about:

- does it need a Board
- do player need pieces
- are dice required
- do we need playing cards to play this game

There is no right or wrong, remember this is YOUR game!

3. Sketch it out

Using your rules and the theme sketch it out, it can be a detailed or simple as you want. But laying out your ideas on paper will make building game easier in the long run.

4. Build the board (if needed)

Not all board games need a board but many do. There are a variety of ways that you can construct your game board, some may be:

1) Drawing it out

Using cardboard or paper found around your house you can design your board using simple tools such as pens, pencils, markers, and paint. You could even use glitter!

2) Printing it out

Using a computer! You can design a board for your game using a suitable software and print it out!

6. Playing Cards

1) Hand made cards

Using paper, cardboard or any other household material you can produce your own playing cards. Simplicity at it's finest.

2) Printed Out Cards

Another option is to print out your cards. Using Microsoft word (or whatever platform you have where you can be creative) you can design your cards to be printed out on a basic.

3) Virtual Application- Flash Cards

There are a number of flash card apps designed to help people memorize a certain subject. Using this existing technology you can produce your own game cards and cut back on paper waste.

5. Find some dice

Here are some ways to get dice for your game:

- 1) Use die from existing board games.
- 2) Smart phone die: The great thing about smart phones is that there are millions of applications, that turn your smart phone into dice.
- 3) Make something that can be used as a dice. It could have 2,4,6 or however many sides as you like.



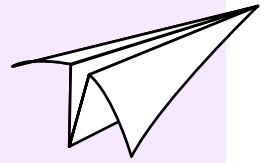
By this point you have all the pieces for making your own board game.

☐ The Rules ☐ The Board ☐ Player Pieces ☐ Dice ☐ Playing Cards

The idea is to make your own game fun and enjoyable without heading to the store. Be as creative and innovative as you can be when you build your very own board game.

Paper Plane Races

Get all the members of your household to create their very own paper plane and create a series of competitions. Fastest plane, coolest trick, most creative. The ideas are endless! Here are some suggestions to get you started, but get creative and try different things and see what works best.

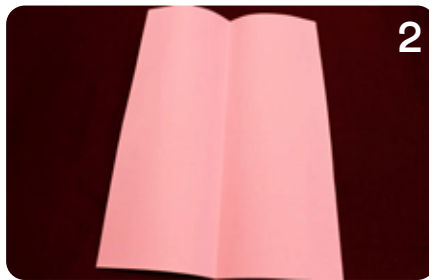


Plane 1

This paper plane flies quite a bit like a regular dart. But its striking looks make it much more fun. Plus, you get two pairs of wings – front and back – that you can modify!



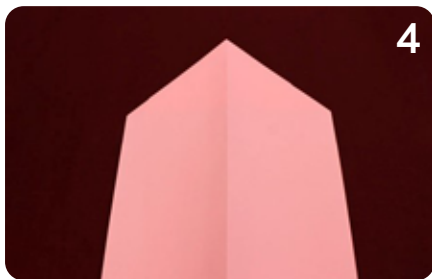
Rotate your paper so it's tall, not wide.



Fold it in half down the middle, and then unfold.



Fold the top corners down, so the top left and right edges of the paper meet the crease down the middle.



Turn the paper over.



Without creasing the paper, bring one of the diagonal folds to the centre fold. Untuck the top layer of paper so it sticks out, and then flatten the crease.



Repeat on the other side. You should now have a diagonal square at the top of your paper.



Turn the paper over.



Fold the top down, so the square gets folded in half.



Fold the plane in half and then fold the wings down and out.

In the plane photographed, wing folds run about a centimetre from the centre line at the nose, to about four centimetres at the rear of the plane. Experiment with the wing size to see what flies best!

Plane 2

This is a fun design to experiment with! You can give the plane bigger wings to float more, or fold over the front edge to make the nose heavier. Make a few adjustments and see which modifications work the best.



Rotate your paper so it's tall, not wide.



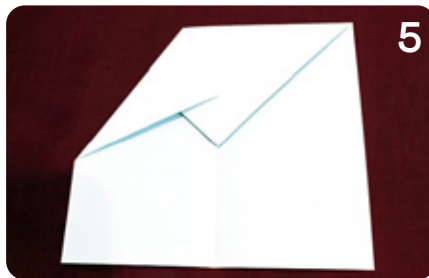
Fold it in half down the middle, and then unfold.



Fold the top corners down, so the top left and right edges of the paper meet the crease down the middle.



Your paper should look a bit like a house, with a triangle 'roof' folded on top of a rectangle. Put a fold between the triangle and rectangle sections, so the triangle is on top of the rectangle.



From the point of the triangle, go up about three centimetres, on the centre fold. You might want to mark this spot. Take the top left corner of the plane and bring it to the spot and then flatten the fold.



Take the top right corner and bring it to the spot too, to make the plane symmetrical. Flatten the folds.



Time for the lock! Take the point of the triangle, and fold it upwards to lock the last two folds in place.



Fold the plane in half along the centre line, with all the folded paper on the outside of the plane.



Fold the wings down then out. In the plane we photographed, the wings are folded with the creases about two centimetres from the centre line on each side.

Plane 3

This paper plane isn't very fast, but with practice and adjustment, you can make it do loops!



Rotate your paper so it's wide, not tall.



Fold it in half and unfold to get a centre crease.



Here's a tricky step! Fold the left top corner down so it touches the centre line. At the same time, make sure the crease goes through the bottom left corner.



Now, fold the right top corner down so it touches the centre line. At the same time, make sure the crease goes through the bottom right corner.



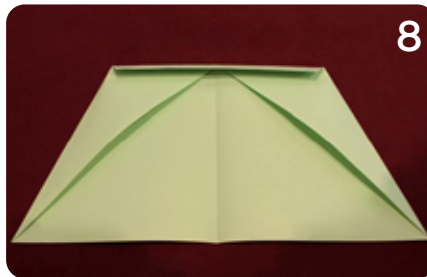
Fold the top edge over, about a centimetre down.



Fold the top edge over a second time.



And a third time.



And a fourth time.



Fold the plane in half down the centre line.



Fold the wings down, then out.

In the plane shown here, the wings are folded with creases about two centimetres from the centre line on each side. This will make the wings quite big. Try adjusting the wings to be bigger or smaller to work out which flies or loops the best!



Bend up the back edge of the wings to get some lift.

Painting using yarn

You will need

- A variety of paint colours
- Pieces of yarn
- Containers to hold your paint (plastic bowls work perfectly)
- Icopole sticks
- Art paper



image from www.buggyandbuddy.com

Instructions

1. Place a small amount of different coloured paint into small containers.
2. Cut up some pieces of yarn.
3. Dip a piece of yarn into the paint. Use a popsicle stick to push the yarn down so it gets fully covered.
4. Pull the yarn out of the paint, place it onto the art paper, and then lift it. You'll see a cool design! Repeat this step with various colours to create a work of art

Clay modelling

You will need

- Air Dry Clay
- Clay modelling tools – can use natural materials
- Water
- Variety of coloured paints
- Paint brushes

Instructions

1. Using your air-dry clay, clay modelling tool and water create any sculpture that you wish.

You could use your imagination and create something imagery.

Or you could use inspiration from around the house example a flower, car or your family pet just to name a few ideas.

2. Dip your hands into the water whenever you clay is going dry and pat it onto your clay sculpture to make the clay easier to use
3. Place the sculptures in a safe place not in direct sunlight to air dry.
4. Once dry to touch, you are now able to paint your sculpture using a variety of paints.



image from www.freepik.com

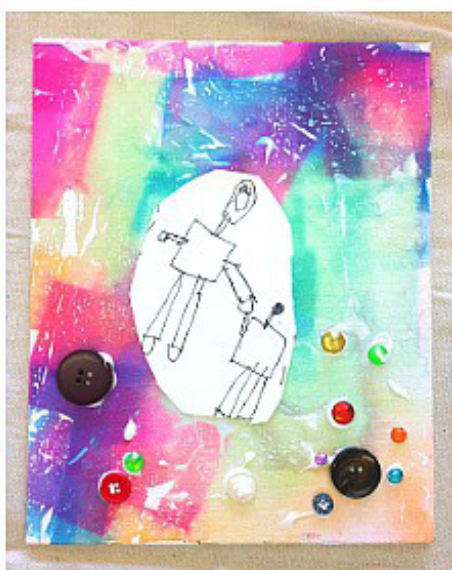
Collage Art Project using bleeding tissue paper

You will need

- Art canvas, you could also use sturdy watercolor paper.
- Bleeding tissue paper (not all tissue paper will bleed colour when wet make sure you get the one that says 'bleeding')
- Water and paintbrush
- Glue
- White art paper
- Black sharpie
- Scissors
- Assortment of craft supplies (yarn, buttons, gemstones, pom poms etc.)

Instructions

1. Cover your workspace with newspaper, or anything that you may have handy to protect your workspace.
2. Place you cup of water, bleeding tissue paper, blank canvas and paintbrush near by.
3. Ripping up the tissue paper into small pieces and place them onto the blank canvas in the spots where you want them to go.
4. Paint over the top of the tissue paper with water to ensure they stay in place continue doing this until the entire canvas is covered.
5. Once you have completed your tissue paper placements you will need to let it dry (1-2 hours).
6. Now you can start to remove the tissue paper, be careful some may be more stuck to the paper than others. Once you have removed all the tissue your canvas will now have a colourful background!
7. Now on a separate white piece of paper take your black Sharpie and draw a picture, anything you like.
8. Once you have completed your sharpie drawing, "bubble cut" out your drawing (bubble cut means imagining your picture is in a bubble and cut around it with white space a lot it, and not on the actual lines of your picture).
9. Glue your sharpie drawing onto your colourful background.
10. Now to add the finishing touches, glue all kinds of decorations onto your artwork to make it into a collage.
11. Let the artwork dry and gift it to someone special!



Homemade Kinetic Sand

You will need

- 2 cups of dry sand
- 2 tbsp cornflour
- Water
- Food coloring (optional: may stain hands)

Instructions

1. Mix the corn flour and sand together.
2. Add a little bit of water and stir.
3. Leave to dry out in the window for 2-3 hours.
4. And there you have it, a fun afternoon of sand!



Source: www.craftymorning.com/4-ingredient-kinetic-sand

Positive Words

You will need

- Canvas
- Letter Stickers or masking tape
- Different coloured paint
- Brushes

Instructions

1. Think of positive words that describe you or things that you are good at doing.
2. Spell the words out with the letter stickers on their canvas (or you can make your own letters using tape). These can be placed all over in no particular order.
3. Now, paint over the stickers on the canvas with whatever colours you want.
4. Once dry peel off the letter stickers. You will be left with a colourful art piece that has positive affirmations on how you see yourself.



Source: www.amomstake.com

Creating Stones

You will need

- flour
- salt
- warm water
- gel food colouring



Instructions

1. Mix 2 parts flour and salt in a bowl. Add 1-part warm water and stir it to create a doughy paste. If it is too dry add a little more water until a dough is formed.
2. Tint the dough with the food colouring and mix in.
3. Now turn the simple salt dough into a worry-busting tool by making the dough into small cubes and indenting the sides a little bit with their thumbs.
4. Let sit overnight or until completely hardened.

Source: www.coffeecupsandcrayons.com

Controlled Breathing Waves

You will need

- Large pieces of butcher paper
- Paint of choice
- Paint brushes
- Paper plate (for paint)
- Water to rinse brushes



Instructions

1. First, you need to practice your controlled breathing.
 - Breathe in through their mouths, slowly completely filling your lungs, noticing your chests and bellies expanding.
 - Then, slowly release the breath through your mouths, taking a few additional seconds releasing the breath.
 - You may want to get another family member to count the breaths for you (they would count to 5 as you inhale and 7 as you exhale)
2. After practicing controlled breathing, you will paint your breaths. You may choose to create an ocean and then add waves with the breaths or simply paint the rhythm of breathing. You will move your brush up as you inhale and fill your lungs and move your brushes down as you slowly exhale, releasing the air. Painting the waves will help to visualize your breathing pattern, noting that the exhale is longer than the inhale.
3. Afterwards, analyse your waves, looking for patterns or changes. You may see that one particular breath was shorter than others or that their breathing was pretty even. Imagine these painted waves as a way to use controlled breathing to calm.

Source: www.counselorkeri.com

Boding Tracing Affirmations

You will need

- Large butcher's paper
- Pack of markers



Instructions

1. Have each family member lay on their own piece of butcher's paper.
2. Trace around their body to create an outline on the butcher's paper.
3. Next, write positive words about that family member in the outline on the butcher's paper.
4. You must also write positive words about yourself
5. When you have completed, swap yours with another family member and get each other to reach out what they.

Source: www.patch.com

What's in your heart

You will need

- Paper
- Colouring pens and pencils
- Sequins, and glue (if desired)

Instructions

1. First off you need a piece of paper, you can either cut out a giant heart or draw it onto the paper.
2. Once you have your heart, take a moment to reflect on the things that make your heart happy. What things make you feel good? What words would you use to describe these things? What images and colours come to mind when you think about these things?
3. Inside the heart make different sections that represent different things that make your heart happy using whatever you have at home to fill up each section, on the back of the heart reflect in words this section means and how it makes you happy
4. Once you have completed your heart, ask your parents or guardians to make one and then at dinner time you can sit around and discuss why and what you each put on your heart.

Source: www.amomstake.com

Painting with...

Leaves, Flowers and Sticks

You will need

- Paper/cardboard
- A variety of paint colours
- Different types of leaves, flowers or sticks

Instructions

1. You will be using paint so make sure you have your painting clothes on.
2. Set out different colours of paints into plastic bowls or plates, so its easy to dip your leaves in.
3. Allow the children to express themselves.
4. Now time for the fun, using the leaves you have chosen you can be as creative as you like. Use the leaves as a stamp or you incorporate them into your art piece.

Hands and Feet

You will need

- Paper/cardboard
- A variety of paint colours

Instructions

1. You will be using paint so make sure you have your painting clothes on.
2. Set out different colours of paints into plastic bowls or plates, so its easy to dip your fingers in.
3. Now time for the fun, using your hands or feet to paint a story that you have created in your head – there is no right or wrong, be messy, be abstract and have fun!
4. When finished write a small description about what is in your painting.

Yarn

You will need

- A variety of paint colours
- Pieces of yarn
- Containers to hold your paint
- Icpole sticks
- Art paper

Instructions

1. Place some paint into containers.
2. Cut up some pieces of yarn.
3. Dip a piece of yarn into the paint. Use a icpole stick to push the yarn down so it gets fully covered.
4. Pull the yarn out of the paint, place it onto the art paper, and then lift it. You'll see a cool design! Repeat this step with various colours to create a work of art.



Source: www.buggyandbuddy.com

The Mindful Jar

You will need

- Clear jar
- Water
- Glitter glue OR Glitter and glue

Instructions

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

1. First, get a clear jar and fill it almost all the way with water.
2. Next, add a big spoonful of glitter glue (or glue and dry glitter) to the jar.
3. Put the lid back on the jar and shake it to make the glitter swirl.
4. Finally, use the following script or take inspiration from it to form your own mini-lesson:

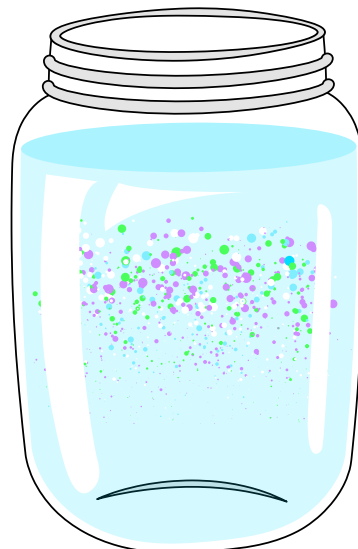
“Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).”

5. Now put the jar down in front of them.

“Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions” (Karen Young, 2017).

This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Try having the kids focus on one emotion at a time, such as anger, and discuss how the shaken verse settling glitter is like that emotion.



Functional Herb Garden Display

You will need

- Recycled Coffee Jars
- Herb Seedlings or Plants
- Potting Mix
- Wire or Zip Ties
- Pliers/grips
- Recycled Timber



Image: www.homebnc.com/best-herb-garden-ideas-indoor-outdoor/

Instructions

1. Some pre-planning is important here.
2. Measure the timber and mark three points for the jars to be attached to it with wire or a zip tie. These will need to be to one side of the middle to allow for the coffee jars to be angled on the timber
3. Drill holes through the timber for wire to be threaded. You will need two holes for each coffee jar
4. Wrap lengths of the wire or zip ties around the neck of the coffee jars.
5. Hold them on an angle against the recycled timber and thread both ends of the wire through the drilled holes of the timber (one end through one hole
6. Secure the wire together by twisting it with the use of pliers or grips
7. The coffee jars should now be held tightly in place onto the timber
8. Place a low level of pebbles into each coffee jar
9. Add potting mix and then place the herb seedlings (or small plants) into each coffee jar
10. Water just a little

Newspaper Hats

You will need

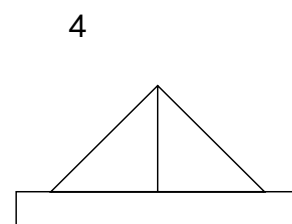
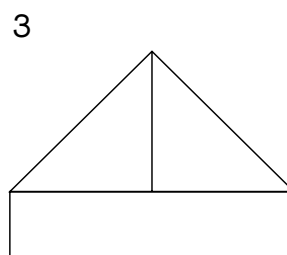
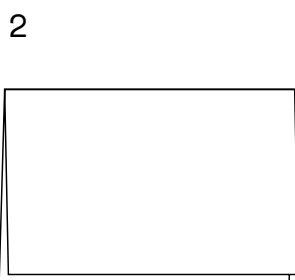
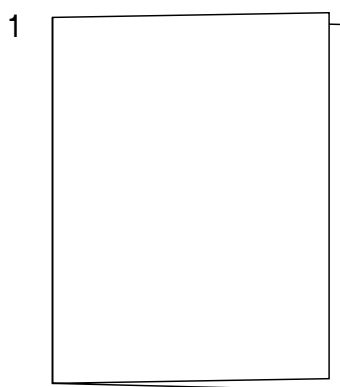
- Newspaper
- Felt Pens
- Crayons
- Sticky Tape
- String

Instructions

1. Fold newspaper spread in half, along its existing fold (as it comes)
2. Fold in half again - the top down to meet the bottom.
3. Fold top right and top left corners towards the middle to form a point at the top.
4. Open the bottom, and fold bottom up on the back and the front.

Tips

- Children could add colour to their hats prior to making them with felt pens or crayons
- Use sticky tape to secure the hat in places, and a string can be attached to hold the hat onto heads, if needed.



Recycled Felt Pen Painting

You will need

- Old felt pens
- Large rubber bands
- Several small recycled jars
- Paper
- Paint brushes



Instructions

1. Gather all old felt pens
2. Use a rubber band to tie groups of the same colour felt pens together
3. Place water into small recycled jars to approximately 2/3 full
4. Place the felt pens, tip down into the water
5. Leave for one to two days for the remaining ink to become expelled from the pen
6. Use the felt pen coloured water to paint with onto paper

Recycled Robot

You will need

- Recycled bottle lids
- Old boxes,
- Tin foil
- Ice cream containers
- Old clothing
- Various material
- Paper
- Crayons
- Glue
- Masking Tape
- Colour Felt Pens
- Plastic Bottle Caps



Instructions

1. Start with recycled boxes of all sizes
2. Add imagination and inspiration
3. Provide an array of recycled materials for the children to create with
4. Allow them space and time to create their robot

<https://nurturestore.co.uk/how-to-make-a-junk-model-robot>

Tic Tac Toe in 3D

You will need

- 10 Plastic Bottle Caps
- Paint – few colours
- 4 sticks or paddle pop sticks
- Container to store the game into



Instructions

1. Using the paint, design five of the cap tops to be the same
2. On the other five, paint a different design
3. Use paddle pop sticks or sticks to mark out a grid of nine boxes
4. Two players for each game, each with one of the two different designed caps
5. The first player places a cap in the grid
6. The second player then places a cap in the grid
7. The first player to place three in a row, including diagonally wins the game

<https://www.funwithkids.com/tic-tac-toe-three-bugs-in-a-row/>

Jar Lid Memory Game

You will need

- An Even number of jar lids
- Pairs of symbols or pictures for each lid
- Hot glue gun
- Hot glue sticks



Instructions

1. Gather the materials in their pairs
2. Add a spot of glue to each lid – on the inside (two at a time or the glue will set too fast)
3. Add the symbol or picture to the inside of the lid
4. Once all are done, you should have several pairs with different pictures or symbols
5. Turn them all over
6. One at a time, turn one lid over and then one more to try to find it's match

<https://www.notimeforflashcards.com/2011/05/jar-lid-letter-game>

Paper Roll Flowers

You will need

- Paper towel rolls
- Scissors
- Paint
- Paint Brushes
- Paper



Image: www.notimeforflashcards.com/2010/03/pop-out-flowers

Instructions

1. Cut the rolls into smaller pieces
2. Cut vertically into each piece – approximately half way through
3. Push each cut section backwards to form petals
4. Paint the petals

Paper Towel Seed Germination

You will need

- Paper towels, filter paper or newspaper
- Zip Lock Bags or Jars
- Seeds (suggested: Alfalfa, Mung beans, herbs.)

Paper towels, filter paper or even newspaper provides an excellent medium for germinating seeds - They are pathogen-free and make it easy to control the moisture content for proper germination.

Instructions

1. Fold a piece paper towels, filter paper or newspaper in half
2. Place four or five seeds onto the paper towel and fold the other half of the paper towel over the seeds
3. Place the paper towel, with the seeds inside into a recycled jar or container, or a recycled zip lock bag
4. Set the jar, container or zip lock bag into the sunlight. Choose a location that retains a fairly consistent room temperature
5. You should notice the seeds sprouting within 5 days

What do you see in your seed jar?

You are looking for a root to pop out of the side.

Next, you are looking for root to push down into the soil.

Then, you are looking for root hairs.

Next, you are looking for the seed to push up while the root hairs push down.

Lastly, you are looking for the shoots to come up!



Turn a bottle into a miniature rainforest

You will need

- Large plastic bottle
- Pebbles
- Potting Mix
- Small Plants
- Toy Figurine
- Tape
- Scissors

Instructions

Have an adult cut a recycled plastic bottle into two approximately 10cm from the bottom.

The bottom part will be the planter and the top part will be the cover.

Creating the planter (the bottom of the bottle)

1. First layer - Add 2 to 3cm of pebbles to the bottom part of the bottle
2. Second layer - Add a potting mix on top of the pebbles, approximately 2cm from the top of that half
3. Third layer - Plant tiny plants, flowers, sticks or twigs into the terrarium
4. Forth layer - Include any small toys or figurines that you may have (frogs, dinosaurs, lego)
5. And lightly water

Bringing it all together

1. Cut a short 2cm slit at the top of your planter (the base section of the bottle)
2. You will now need to put the top of the bottle on top of the bottom. Squeeze the planter together where you cut the slit so it makes a smaller opening than the top and push the top of the bottle on top of the planter.
3. Get someone to help you hold them in place and secure them with tape
4. Now you have your terrarium, move it to where it can get some **indirect** sunlight and watch it grow.

There's no need to water your rainforest in the future. Moisture will form on the inside of your terrarium and on the plants. That moisture will drip down and water the soil.



Magazine and Newspaper Flower Garden

You will need

- Recycled newspapers and magazines
- Tape
- Glue
- Card

Optional

- Pipe cleaner
- Jar

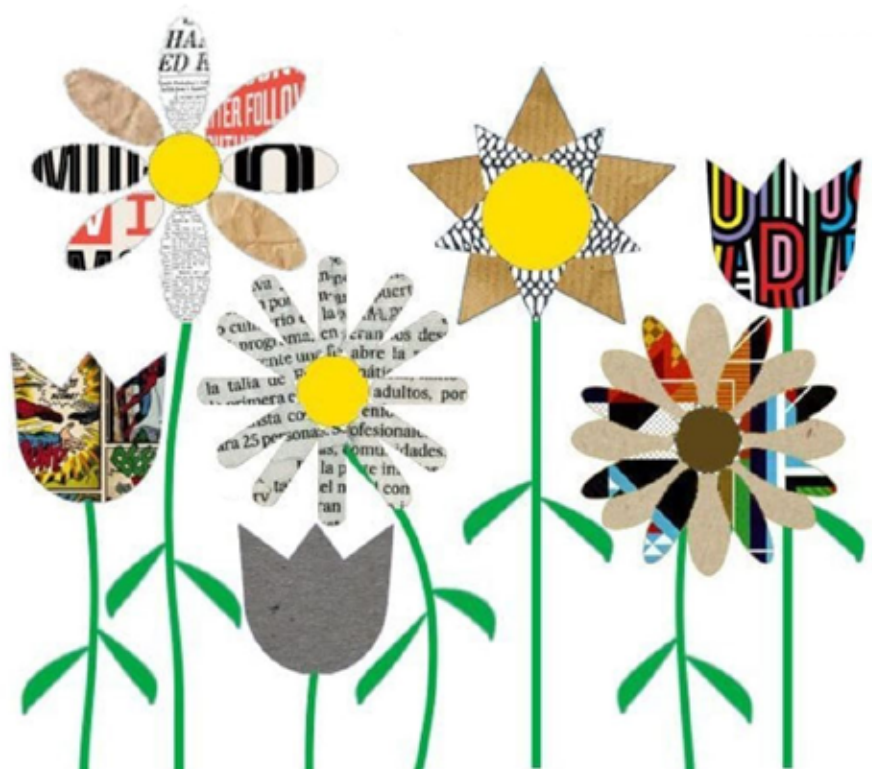
Create beautiful flower arrangements using recycled newspaper, magazines and off-cuts of coloured paper or card.

Instructions

1. Cut petals and leaves out of recycled newspapers and magazines
2. Position them on the tabletop so they are easy to pick from
3. Using the centre of the flower as the base start sticking your petals together to create your flowers

Once you've got your flower designs you can do either of the following:

- o Flower Garden Card: using a piece of paper or card stick the cuttings directly onto the paper to create some different flower designs which make a beautiful front to a card
- o Flower Garden Jar: use sticky tape to secure the flower designs onto the pipe cleaner stems and then place them into the jar. The pipe cleaners will allow them to stand up in the jar which make a great gift.



Hold a fashion show!

3
different
ideas

Create the ultimate Fashion Show experience using:

- a backdrop
- spotlights
- make up or face paint
- hair accessories
- dress ups (these could just be clothes from around the house)
- a camera (real or fake)
- prop microphone
- anything else you can think of - get creative!

Part 1

Putting on a fashion show can be fun for all players, especially if everyone gets to choose the role they will play.

1. In the planning stages, have participants decide on a theme for the show (such as fall fashions or holiday outfits); and plan music to suit.
2. Get children to choose what roles they will play, you'll need:
 - **Models** – you will be the star of the show, trying on different outfits and walking the runway
 - **Designers** – you will come up with the outfits that the models will wear
 - **Presenters** – the host, the voice and the one in charge of narrating the event
 - **Journalists** – come up with a list of questions to ask the designer and the models, examples; what inspired this outfits? Where have you modelled before? Paris? London?
 - **Photographers** – capture all the moments on the runway. Using a camera, you may already have or you can use pretend camera,
 - **Audience** – clap, cheer and support all the models and designers on their amazing efforts on the runway
3. Plan the set
 - a. Stage, including the entry and exit
 - b. Where the audience will sit.
4. Make a list of special clothing to wear during the show and any other props you may need.

Part 2

Hair, accessories and Make Up

1. Take it in turns to create each other's look, it doesn't matter if you are the model or the photographer everyone needs to get into character.
2. Leave your look totally up to the other people playing, getting them to do your hair, make up and of course any accessories that add to your look!

Part 3

Rehearsals:

1. Everyone will need to get into character, whether they are photographer, the model, the designer or just in the audience. Once in positive it is time to do a run through of the show,
2. Once you nail your rehearsal it is now time for some fun! Do a rehearsal where EVERYTHING GOES WRONG! (On purpose) It's fun but not easy to do. Example: The presenter trips over the microphone cord, or models wear things that don't go together. Think of all the silliness you can!



image from www.freepik.com

Ribbon of sound

1. Sit in a circle with the people in your household
2. One person starts by making a musical sound with their mouth,
3. After a few seconds the person next in the circle starts to make the same sound as person who started, once they get the sound correct the third person will then start and so on
4. Each person should pick it up and pass it on as quickly as possible.
5. Once the sound makes it all the way around the person who went second is to transform it into another sound, and start the ribbon again.

inspired by: www.kidactivities.net/drama-games-and-activities



image from www.freepik.com

Strike a pose

1. Sit in a circle with your household
2. Each person in the circle chooses another person in the circle to secretly watch.
3. Everyone closes their eyes and strikes a pose.
4. On "GO" — everyone opens their eyes and begins to copy the person they chose to watch. (In posture, pose, stance, etc.)
5. Watch as the whole team morphs into the same pose!



image from www.istockphoto.com

inspired by: www.kidactivities.net/drama-games-and-activities

Safari

The Safari exercise is a great way to help kids learn mindfulness. This activity turns an average, everyday walk into an exciting new adventure.

You will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as you can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of their senses to find them, especially the little ones.



image from www.freepik.com



image from www.freepik.com

Coin Game

This can be played one-on-one or with a group.

All you'll need to play is a different coin for each player and a basket.

Here's how to play:

1. Give everyone a coin and allow them one minute to study it, focusing on the small details that makes their coin unique. (colour, shape, size, markings)
2. Put all the coins in the basket.
3. Have each player pick their coin out of the basket.
4. Once a player chooses their coin from the basket, have them explain how they knew it was their coin.

The coin game can be played with other objects too; the important part is focusing in on something and paying attention to all small detail.

Hopscotch

You will need

- Hopscotch grid
- Rock or beanbag

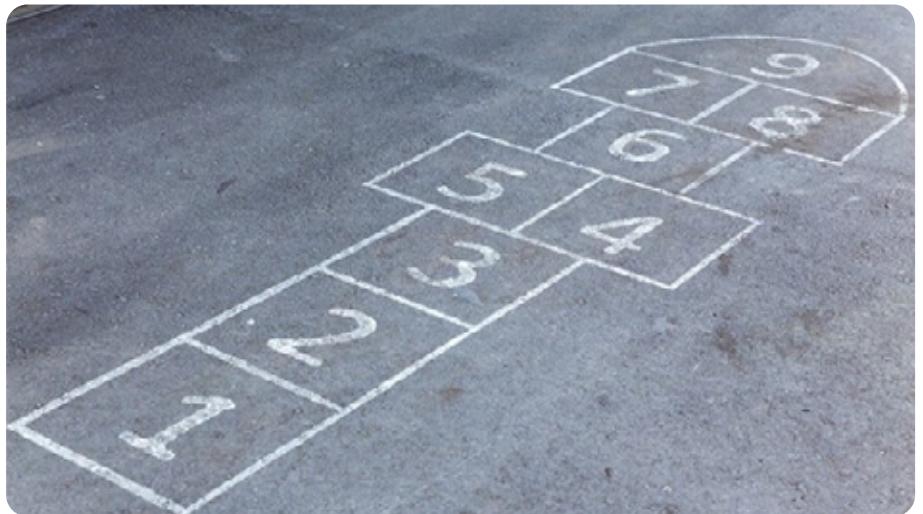
Number of Players

- As many as you would like but only one can go at a time

Instructions

1. Use some chalk and make a hopscotch grid. Number the squares from one to nine.
2. Pick a rock that is good for tossing (small ones can bounce too much, and larger ones are hard to throw)
3. Start by tossing the rock onto Square 1. Hop over the rock using either a single foot or both feet (to follow the hopscotch pattern) all the way to the end.
4. Turn around and come back, stopping on Square 2. Balancing on one foot, pick up the rock in Square 1 and hop over Square 1 to the start.
5. Continue this pattern with Square 2. And so on. If you toss your rock and miss the correct square, your turn is over. This game can be played with any number of people, but only one person can go at a time.

(If it's raining or dark or too cold, you can get indoor hopscotch mats or foam pieces, or just find a pattern on the floor to follow, perhaps using a beanbag instead of a rock)



Bean Bag Toss

You will need

- White plastic plates
- Something to use to write on the plastic plates - coloured permanent markers or coloured paint
- Something to identify each player –beanbags, stones, pebbles (use colours or numbers to help identify each player)

Instructions

1. On the 6 plastic plates you need to write the following 10, 20, 30, 40, 50 and 100.
2. Each person needs an individual piece to play with, if you do not have coloured beanbags, you can paint numbers onto pebbles, coloured stones, you can use pretty much anything that is not going to bounce.
3. Once you have your playing pieces set the plates as far apart as you like, (at least two hand lengths apart)
4. Create a line that players must stand behind when they throw their beanbag
5. Each player is to line up behind the line, and take it in turns throwing their beanbag. They get 3 goes each, each throw adding up their score.
6. The player with the highest score wins!
7. You can play with as many people as you like and play as many rounds as you like!

