

OSHC AT HOME

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WEEKLY PLANNER

-  Activity Sheet
-  Video Activity
-  Reading Corner
-  Challenge
-  Live Stream
-  STEM
-  Art & Craft
-  Mindfulness
-  Physical Activity
-  Cooking
-  Hands On
-  Hands Off
-  All Ages
-  Ages 5-7
-  Ages 8-12



MONDAY

NATURE WEAVING

Head outside to collect some natural materials and join Tiarnah for some nature weaving craft.



TUESDAY

7 MIN HIIT WORKOUT

Set a timer and get moving with an animal inspired workout. Complete all 7 movements in 7 minutes.



WEDNESDAY

QUICK AS LIGHTNING MOOVOSITY

Challenge your family to some active games before finishing off with some mindfulness drawing.



THURSDAY

MILK ART EXPERIMENT

Ready for some kitchen chemistry? Find out what happens to milk when you add a mystery ingredient.



FRIDAY

7 MIN HIIT WORKOUT

Set a timer and get moving with an animal inspired workout. Complete all 7 movements in 7 minutes.



BUBBLE MONSTERS

It's time for some art and craft with Vashti. How many bubble monsters can you make?



PRESSURE CARS SUPREME INCURSIONS

Pressure cars use air pressure to push themselves forward. Make your own and see how far you can go!



HOMEMADE MUESLI BARS

Chop, mix, bake and create your own healthy muesli bars for your afternoon snack time.



RESCUE ME DANCE CLASS BY CDI

Get your Hip Hop moves happening as Creative Dance Industries take you through a routine.



ANIMALS @ HOME SEALIFE

Ever wanted to see what happens under the water? Take a VIP Virtual tour of SEA LIFE Melbourne.



RECYCLED BOTTLE HEDGEHOG PLANTER

Using plastic bottles, create your own planters that can be used either as an indoor or outdoor garden.



ANIMALS @ HOME TARONGA TV

Peek into the enclosures of the Taronga zoo, see what the animals are getting up to on the Animal live-cams.



MOVEMENT MEDITATION

Christine will take you through a short meditation to ground yourself and allow stillness back into your body.



AFFIRMATION CARDS

Create your very own affirmation cards to bring some positive energy into your day with Christine.



KID'S KITCHEN: NICE CREAM

Mmmm who doesn't love "Nice Cream". Join Christine in the kitchen to make yum Banana Choc Nice Cream.

