

# 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
- All Ages
- Ages 5-7
- Ages 8-12
- Hands On
- Hands Off

### MONDAY

#### NATURE WEAVING

Head outside to collect some natural materials and join Tiannah 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.

