

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

OSHClub
Outside School Hours Care



All Ages



Ages 5-7



Ages 8-12

MONDAY

KIDS KITCHEN: BANANA MUFFINS

Calling all young bakers! Time to get baking. Let's make some delicious banana muffins to warm up our bellies in this cooler weather. You will need help from a grown up for this activity.



TUESDAY

WORLD OCEANS DAY ACTIVITY PACK

It's World Oceans Day today! Grab your pencils and let's colour in all your favourite sea animals and ocean life. Print off your activity pack here.



WEDNESDAY

QUICK AS LIGHTNING MOOVOSITY

Grab a partner, a ball and let's work on agility and reaction times with this Moovosity Challenge before we finish up and cool off with some mindfulness colouring in sheets.



THURSDAY

DIY INVISIBLE INK

Spy hats on, please. In this activity sheet, we'll be sharing the secret to making invisible ink. Write classified messages to your family or friends. How will they be revealed? Find out.



FRIDAY

ORIGAMI TULIP FLOWERS

It's origami time! Our educator Jie will show you how to make your very own origami tulip flowers. You'll need a paper straw, coloured paper and a glue stick for this awesome activity.



KARATE BASICS

Educator Danielle is going to show you the basics of karate: ready stance, punches & kicks. At the end you can put your new skills to the test with a series of combos - kiai!



SALT & ICE CHEMICAL REACTION

Want to know what happens when salt and ice collide? Let's find out in this colourful STEM experiment. You may need an adult to help you with this activity. What do you think will happen?



LEAF ANIMALS ART

Want to learn how to make some cool leaf animals? Head out into nature and collect some natural materials, then join our educator Tiarnah in this video to create some realistic animals.



KINDNESS CHECKLIST

Introduce some positivity and kindness into your day with this activity. Tick off as many kind actions as you can or sit down and create your own list. Always be kind and keep smiling.



AT-HOME SCAVENGER HUNT

Are you ready for a fun at-home scavenger hunt? Click here to load the list of items you need to find around your house. How many can you find? Want more of a challenge? Time yourself!

