



Boredom Buster Series

#01 – Get Moving!

Activity idea: Obstacle Course

What You Need:

- Chairs
- Blankets
- Cushions
- Rope
- Outdoor play equipment
- Household items

What to do:

This activity can be done indoors or outdoors. For indoors you can use the kitchen chairs to climb over or under. Use a blanket over the table for a tunnel. Cushions can be jumped over. Rope (or masking tape) can be used to balance on. For outdoors, incorporate any existing play equipment. Use balls to bounce five times. Plastic cups can be used like witches' cones, creating a weaving course. Sticks are great for jumping over (on the ground or balanced on something to make them a little higher). Make sure you let the children help you set it up or adapt it as they to keep challenging themselves.

Younger children (Under 2) can also play with this activity, just make it simple. They love tunnels and balancing on low things or rolling balls through pipe off-cuts!

What Learning Is Happening?

Children love to challenge themselves during their physical play. They problem solve. They experiment. They persist. Their enthusiasm builds as they can make their own decisions.

Cooking Together: Pumpkin Soup

2kg pumpkin, peeled and pips removed
1 brown onion, peeled and chopped
400g tin pie apples (or 3-4 peeled, cored & chopped apples)
1 tsp nutmeg
1 – 2 litres chicken stock
Cream or Greek yoghurt
Salt and pepper, to taste

Chop pumpkin and onions roughly and place in a heavy based saucepan. Add chicken stock to just cover pumpkin and onion. Add apples & nutmeg. Bring to the boil, then simmer until pumpkin and onion are very soft. Blend in a blender or with a stick mixer until smooth. Add cream or yoghurt, as much as needed to keep the consistency thick. Add salt and pepper to taste.

What your child can help with:

- Putting ingredients into the pot
- Weighing pumpkin

Website Suggestion

Playschool has made an episode to answer some of the big questions around Coronavirus:

<https://www.abc.net.au/abckids/shows/playschool/covid-19/12114308>

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#02 – Use your voice

Activity idea:

Why not brighten your day with some singing?

If you know some children's songs and nursery rhymes, sit with your child and sing together. You could even add in some instruments if you have them, or make some instruments using kitchen utensils.

If you don't know any children's songs, you can find animated videos with the words and tunes of popular children's favourites like Baa Baa Black Sheep, Rock-a-Bye Baby and Old MacDonald

at <https://raisingchildren.net.au/guides/baby-karaoke>



Cooking Together: Beef Curry

500g beef mince
1 small onion finely diced
1 small jar fruit chutney (like Rosella)
1-2 tsp curry powder (more if you prefer it spicy)
4tbs tomato paste
1-2 cups water
Fry onion in a little oil, add mince, cook for 2 minutes until browned.

Add curry powder and cook for a further minute.

Add chutney, tomato paste and water. Stir and cook until boiling and simmer until thick.

Serve with rice and vegetables.

What your child can help with:

- Putting ingredients into the pan (before it's hot)
- Serving themselves once it's cooled down
- Choosing which vegetables to have on the side

Website Suggestion

Go on a soundwalk and let your ears take you on a wonderful journey across Australia with ABC

Kids <https://www.abc.net.au/kidslisten/soundwalks/>



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#03 – Get Messy!

Activity idea: Goop

What You Need:

- Cornflour
- Water
- Food Colouring or cocoa
- Container/tray/plastic tub

What to do:

Sorry parents, this is going to get messy! What a great activity for the backyard. Add cornflour to a tub or bowl. SLOWLY add a small amount of water and start mixing either with a spoon or your hands. Make sure you involve the children in this step. It's quite hard at first to get the right consistency but keep adding the water a SMALL amount at a time. Be careful to not add too much water to begin with. It's all too easy to end up with a very watery consistency.

You should end up with something you can squeeze into a ball but then you can open your hand and it oozes over your fingers. You can leave it white or add some food colouring.

What Learning is Happening?

Children learn through their play. They will explore the consistency of the goop. They'll watch it fall through their hands. They'll be curious. They'll imagine they're in a mud pit. They will experiment with pouring and holding and mixing colours. *You* will see their joy at just playing with it and getting messy. They will talk to and engage you in it too. Let *yourself* go and enjoy it with them.

Cooking Together: Mexican Savoury Mince

1 large onion finely diced
1tsp garlic
500g mince beef, chicken, turkey or pork
2 cups frozen pea, carrot and corn mix
1 red or green capsicum, diced
410g tin diced tomatoes
410g tin 5 bean mix
1tbsp ground cumin
1tbsp sweet chilli sauce
2 beef stock cubes, crumbled
1 jar mild salsa
100g tasty cheese

1. Cook onion in 1tsp oil in a large pan and cook until translucent, add garlic, cook 1 minute, add mince. Cook until browned.
2. Add 3 veg mix and capsicum, cook for 5 minutes, stir.
3. Add tomato paste, tinned tomatoes, and salsa, bring to a simmer then add 5 bean mix.
4. Reduce heat and cook uncovered for 20 minutes or so, stirring occasionally. Add cumin and stock.
5. Add cumin and stock cubes
6. Cook for a further 10 minutes, stirring often.
7. Sprinkle with cheese and serve with rice.

Website Suggestion

Dreaming of a trip to the zoo? Check out the Zoos Victoria's livestreams and see if you can spot your favourite animal! <https://www.zoo.org.au/animal-house/>



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#04 – Time to think

Activity idea: What's Missing?

What you need:

- Various small items from around the house like....
 - A peg
 - Texta
 - Block
 - Toy animal

Any small object will do. Remember the more the objects the harder the game!

- A baking tray/serving tray
- A small blanket/tea towel

What to do:

Start the game by talking to the children about all the items. "What's this?" "What colour is it?" "What is it made of?" Prompt the children for as much info as they can see. This will help them remember each item. Cover the tray with the blanket, sneak your hand underneath and grab one item.

Then lift the blanket away, still covering the item in your hand. "What's missing?" Sometimes they work it out straight away. If they can't remember, prompt them with a description of the item. "It's yellow!" or "It's made of wood!" Try to remember to place them back into the same place on the tray. This can help with remembering what the item was.

As the children become more familiar with the group of items, take two objects away at a time or take them all away and place them back as they remember each one. You can always change the items or increase the number of items, (especially for older children!)

What your child is learning:

They become aware of fairness through taking turns with their siblings/parents. Children resource their own learning through connecting with their family and are developing their learning with confidence and enthusiasm.

Cooking Together: Helen's Slice

2 cups coconut

2 cups milk (use rice milk for dairy free option)

2 cups SR flour

1 cup dried fruit medley

1 cup brown sugar

1 cup sugar

1. Combine all ingredients in a large bowl
2. Place in a greased loaf or square cake tin, lined with baking paper
3. Bake at 180oC for 20 to 25 minutes

What your child can help with:

- Measuring
- Pouring
- Stirring
- Pressing the mixture into the tin

Website Suggestion

The Melbourne Museum shares with us the Koorie tradition of the Creation Story, including an animated creation:

<https://museums victoria.com.au/bunjilaka/about-us/creation-stories/>



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#05 – Music time

Activity idea: Making Instruments

There are lots of things around your house that can become instruments and it's fun to experiment with sounds.

You could:

- Fill some clean glass jars with different amounts of water and add a little food colouring to make the water level easy to see. Let your child experiment with the different sounds the bottles make when they tap them with a spoon. Talk with your child about 'high' and 'low' sounds. To make it interesting – have them close their eyes and see if they can guess which one you're tapping!
- Find some clean and empty tins, bottles or cardboard tubes. Pop in some things that you have around that fit – like rice, buttons, dried lentils, small stones. Seal up the end and shake! (Always supervise your child with this activity as the contents can be a choking hazard).
- Grab the pots and pans and some wooden spoons and make a drum kit.
- Take any utensil and tap it on objects around the house or in the yard, talk with your child about the different sounds it makes. Do you hear a sound when you hit a pillow with a spoon?

What your child is learning:

- Creativity
- Curiosity
- Science (cause and effect)

Cooking Together: Chocolate beetroot cake

$\frac{3}{4}$ cup plain flour
 $\frac{1}{2}$ cup wholemeal SR flour
 $\frac{1}{2}$ tsp bicarb soda
 $\frac{1}{4}$ cup sifted cocoa
 $\frac{1}{2}$ cup castor sugar
2 eggs, lightly beaten
 $\frac{1}{2}$ cup canola, rice bran or olive oil
 $\frac{1}{2}$ tsp vanilla essence
1 x 420g tin beetroot, drained and pureed

$\frac{1}{4}$ cup choc chips

1. Pre-heat oven to 160c
2. Sift plain flour, bicarb and cocoa.
3. Add wholemeal SR flour and sugar, stir.
4. Lightly mix together eggs, oil and essence.
5. Stir into dry ingredients.
6. Stir through choc chips and beetroot until combined.
7. Bake until the cake is firm to touch

What your child can help with:

- Measuring
- Pouring
- Stirring

Website Suggestion

Stay at home story time with Oliver Jeffers:

<https://www.oliverjeffers.com/books#/abookaday/>

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#06 – Creepy Crawlies

Activity idea: Going on a Bug Hunt

Search your yard for insects.

Spend time watching the insects you find together – where do they go? How do they move?

You could grab some paper and pencils and try drawing the insects you find or look them up on a computer or smart phone to learn more about them.

If you come across an ant's nest, try feeding the ants tiny crumbs of bread or other food and watch them to see what happens.

As well as learning about insects, your child can learn about colour, number (counting how many bugs they find, counting their legs or other body parts). They can develop their pencil control as they draw what they see. There is a lot to learn from the simple act of watching insects.



Cooking Together: Mexican Hot Pot

400 -500g small shell pasta or macaroni pasta

500g beef mince

1 diced onion

Oil

1 packet taco seasoning

1 tin Mexican style chilli beans (near red kidney beans in supermarket)

1 tin condensed tomato soup

3 tbs sweet chill sauce

½ to 1 jar mild salsa (optional)

1 cup grated tasty cheese

Cook pasta. Heat a little oil, cook onion until transparent, add mince. Cook until brown, breaking up any lumps. Stir in taco seasoning. Add tin of Mexican chilli beans and tomato soup, stir, bring to the boil, add chilli sauce. Add salsa if using.

Stir in cooked pasta and cheese. Heat until cheese has melted and hot through.

Website Suggestion

What bug is that? A guide to Australian insect families:

<http://anic.ento.csiro.au/insectfamilies/>

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#07 Green Day (not the band)

Activity idea: Everything is green today!

This is a fun way to teach your child about colour, and you can do this activity with any colour.

Tell your child in the morning that you are going to have a 'green day' (or whatever colour you've chosen).

Select green clothes for everyone to wear.

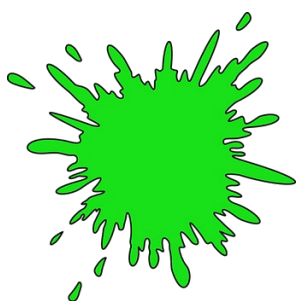
Find and try as many green foods as you can – avocado, kiwi fruit, snow peas, broccoli, green apple, honeydew melon.

Cook something green – green jelly, 'hulk' muffins, broccoli soup.

Make a batch of playdough and colour half yellow and half blue so your child can see it turn to green as they play.

Add some yellow and blue food colouring to their bath water and watch it turn green.

Go on the hunt for 'green' items around the house and count how many you can find.



Cooking Together: three ingredient cheese muffins

2 cups self-raising flour

2 cups grated cheese

2 cups milk

Preheat oven to 180°C

Mix together all ingredients in a bowl. Spoon into greased muffin tins or muffin cases.

Bake for around 25 to 30 minutes until golden.

You could add some finely chopped ham and pineapple to make them pizza muffins, or finely chopped spinach for 'hulk' muffins.

What your child can help you with:

- Putting ingredients into the bowl
- Mixing
- Putting batter into the tin or cases
- Counting out muffin cases and putting them in the tin

Website Suggestion

You may not be able to visit the National Gallery of Victoria in person right now, but you can use their fantastic kids' activity sheets at home!

<https://www.ngv.vic.gov.au/kids/>



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#08 – Target Practice

Activity idea: Box or Chalk Target

Draw a circle on the ground with chalk or find a large box and cut some holes in it – big enough for your sock bean bag or ball to fit through.

Fill some old socks with rice, dried beans or sand – or use a ball.

Mark a spot on the floor with a piece of masking tape or chalk to show your child where to stand. If you have a hoop, have your child stand inside the hoop.

Have children practice throwing the bean bag or ball into the target, practising their hand-eye coordination.

You can introduce maths by keeping score or using shapes as the target (e.g. throw the bean bag into the triangle).

You can also give children a variety of different objects to try and throw into the holes to develop their aiming skills. You could do an experiment – are some objects easier than others to get into the target?

Once they are able to hit the target easily, move the marker further away from the target and make it more challenging.

Cooking Together: Nasi Goreng

- 500g pre-cooked microwave rice
- 1 tablespoon canola oil
- 2 (about 275g) chicken thigh fillets, cut into 2cm pieces
- 175g shortcut bacon, thinly sliced
- 5 spring onions, thinly sliced
- 2 tsp minced garlic
- 1 tsp minced ginger
- 2 cups frozen peas, carrots, corn mix
- 1 celery stick, trimmed, finely diced
- 1 cup finely shredded cabbage
- 80g bean sprouts
- 2 tablespoons Kecap Manis
- 1 tablespoon soy sauce

1. Heat rice as per instructions.
2. Heat a large wok or fry pan over medium heat, cook half the chicken until browned then transfer to a bowl and repeat with remaining chicken.
3. Add the bacon, garlic and ginger to the wok and fry for 2 minutes.
4. Add celery and frozen vegetables and stir fry for 3 minutes until tender.
5. Return chicken to the pan with cabbage and stir fry for 3 minutes.
6. Add rice, bean sprouts, spring onions, kecap manis and soy sauce. Stir fry until heated through.

Website Suggestion

12 World-Class Museums You Can Visit Online including The Louvre and NASA! There are online tours and fascinating collections to see:

<https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>

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#09 Family Connection

Activity idea: Photo Albums

Pull out your family photo albums and look through them together.

Talk about who you can see, ask children if they remember some of the things you did. Talk through what you're looking at.

You may even be able to show children family members or friends they haven't met before.

If you don't have any physical photo albums, you can use social media too.

What your child will be learning:

- A sense of belonging
- Language
- Connection to family
- Recognition



Cooking Together: Mexican Lasagne

500g beef mince

Oil

1 packet taco seasoning

1 jar mild salsa

½ cup water

1 x 6 pack burritos

1 jar mild taco sauce

Grated cheese

Heat oil, add beef mince, brown and cook for 2 minutes. Add taco seasoning, stir, then add jar of salsa and about ½ cup water. Bring to boil, turn off heat.

In a round ovenproof dish, layer, mince mix and burritos alternately, putting a little grated cheese in each layer also.

Place last burrito on top, pour jar of taco sauce on top, rinse out bottle with a little water and pour on also.

Place grated cheese on top.

Put in a 180°C oven and cook until bubbling.

Sit for 10 – 15 minutes before serving.

Website Suggestion

For lots more play ideas as well as information about parenting from pregnancy through to adulthood visit raisingchildren.net.au

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#10 – Splish Splash

Activity idea: Water Play

Water play is one of the simplest things you can do and is always enjoyed.

You'll need:

- A container, bowl, tray or bathtub
- Cups, spoons, containers, waterproof toys, jugs, shells, stones, sponges, anything really.

Fill your bathtub or container with water (use warm water on a cool day) and different things that children can use.

Water play encourages the development of a range of skills through pouring, squeezing, stirring, painting, scrubbing, and squirting.

Remember – Always supervise your child around water.

What your child will be learning:

- Exploring using their senses
- Cause and effect
- Volume (full and empty)
- Language
- Hand/eye coordination



Cooking Together: Dairy and egg free cupcakes

Ingredients

- 1 1/2 cup self-raising flour
- 1/3 cup custard powder (dairy and egg free)
- 1/2 tsp salt
- 1 cup caster sugar
- 1 cup water
- 1/3 cup canola oil
- 1 tbs lemon juice
- 1 1/2 tsp vanilla essence

Method

1. Preheat oven to 180C (160C fan forced).
2. Sift dry ingredients.
3. Mix wet ingredients in a separate bowl.
4. Combine dry and wet ingredients and beat with an electric mixer until smooth.
5. Pour into patty cases and bake for 25 minutes.

To make frosting, mix 1 cup Nuttalex or another dairy free spread with 1tsp vanilla using electric beaters or a whisk. Sift 3 cups of icing sugar well and slowly add to the Nuttalex until all incorporated.

Website Suggestion

The ABC Kids website has not only your favourite ABC Kids shows to watch, but a range of games, printable crafts, and lots to listen to like Story Time and Let's Pretend. Visit abc.net.au/abckids/