# OSHC AT HOME

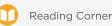
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**WEEKLY PLANNER** 





Video Activity





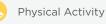




















Ages 5-7 Ages 8-12

All Ages

## MONDAY

## 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

## **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

#### 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.















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?





#### 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.

















#### **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!



















### 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 athome 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!







