

# ACTIVITIES FOR CHILDREN TO DO AT HOME

HOLISTIC MANAGEMENT & CONSULTANCY

IDEAS AND SUGGESTIONS



## MELBOURNE MUSEUM

Museums Victoria has put together a number of YouTube videos that can guide you and your child through some fun science experiments and crafts. Make slime, dye some eggs, craft an air cannon or learn to tie-dye some masks. Between activities, the team has also included educational videos that explain concepts like why bubbles are so colourful and how our lungs work. [www.youtube.com/playlist?list=PLDP58nenCzbTjYm04gdF33NP2YmaNsAQg](https://www.youtube.com/playlist?list=PLDP58nenCzbTjYm04gdF33NP2YmaNsAQg)

## BOOK WEEK 2021

National Science Week 2021  
Ideas To Celebrate Book Week at home

- Create a cosy book area
- Explore books through sensory trays
- Construction play with a book
- Retelling The Very Hungry Caterpillar
- Exploring Fairy Tales



*We're Going on a Bear Hunt*





## CHILDREN'S BOOK WEEK

The City of Sydney Library is celebrating Children's Book Week in 2021 with a great line-up of online book readings and activities.

The Children's Book Council of Australia (CBCA) brings children and books together each year for Children's Book Week. Book Week recognises the work of quality Australian authors and illustrators. Join City of Sydney Librarians live online for this special reading of a book from the Children's Book Council Australia shortlist.

This free fun session of singing, learning and storytelling for children ages 3-5 and will be delivered live on ZOOM. Book to receive the Zoom link. Children's Book Week at City of Sydney Library | City of Sydney - What's On ([nsw.gov.au](https://nsw.gov.au))



## 3D MELBOURNE GAOL

For a fun but educational virtual excursion, take an online 3D tour of the Old Melbourne Gaol. You'll be able to explore all three levels of the gaol and spend time in an old cell. It's completely interactive, so you can toggle through the building like you would on Google Maps. You can read the text panels on the walls and learn about the many felons and convicts who spent time there, including Ned Kelly. [www.timeout.com/melbourne/news/you-can-now-do-a-3d-virtual-tour-of-the-old-melbourne-gaol-042020](https://www.timeout.com/melbourne/news/you-can-now-do-a-3d-virtual-tour-of-the-old-melbourne-gaol-042020)



## DISNEYLAND VIRTUAL TOURS

Disneyland have put together a list of all these ride-through virtual videos from all six Disney parks around the world, Disney games you can access online, as well as Disney board games for the entire family.

Geared with the above, you're sure to be able to bring some magic into the household and experience the Most Magical Place on Earth - right from your couch!

[www.klook.com/en-AU/blog/destination-isolation-recreate-disney-magic-at-home/](https://www.klook.com/en-AU/blog/destination-isolation-recreate-disney-magic-at-home/)



# VIRTUAL - OPAL MINE TOUR



Go underground and explore the Umoona Opal Mine and Museum virtual tour.

Its a fascinating place to discover amazing things as well as a underground cinema.

# VIRTUAL MELBOURNE AQUARIUM



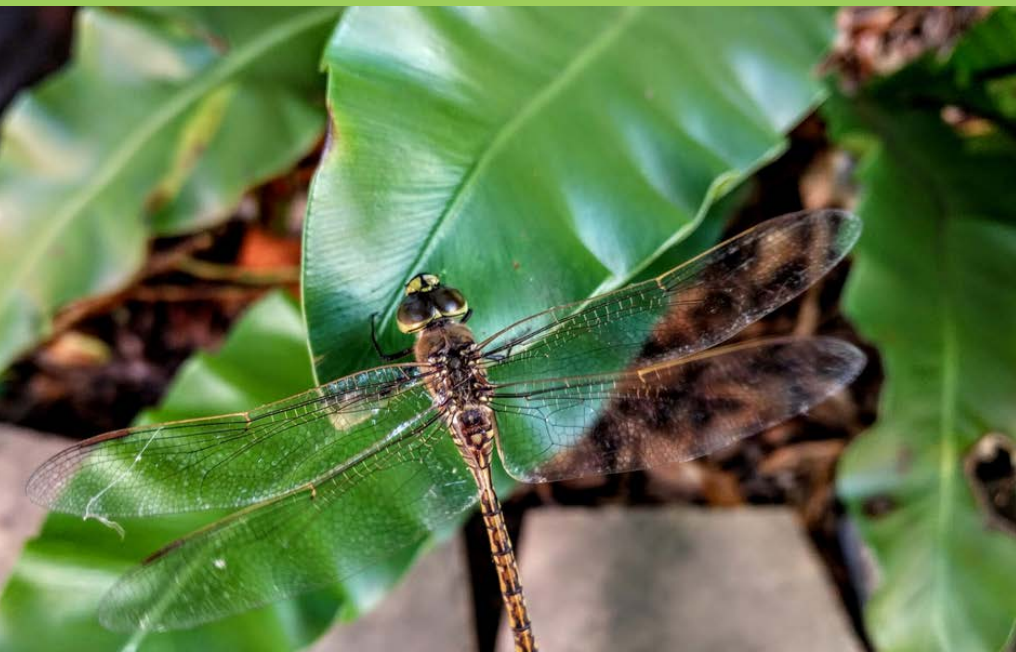
Sea more sea life!

Dive into Sydney's only virtual aquarium right here!

Below is the link, where you can find a range of resources for you and your family to use while staying home. Join us for live streams of our keepers, aquarists and our star sea creatures. Get exclusive activity sheets, craft activities and downloadables! Whether you're looking for things to do with your family or a unique craft activity, you'll love a trip to the virtual aquarium.

[www.visitsealife.com/melbourne/whats-inside/virtual-aquarium/#gref](http://www.visitsealife.com/melbourne/whats-inside/virtual-aquarium/#gref)

# KIDS VIRTUAL ADVENTURE- WHATS IN MY BACKYARD



Sci Fest 2021: What's in my Backyard

Discover some of the amazing animals that live in your backyard. Explores the diversity of animals that lives in your local area by looking for the clues that are left behind. Children will look at local animals and find out what they can do to protect them.

[www.dartlearning.org.au/excursion/whats-in-my-backyard/](http://www.dartlearning.org.au/excursion/whats-in-my-backyard/)



# HEALTHY HUNNY BUNNY BISCUITS

life education - recipe

They can take any shape your children desire but cut into the shape of bunnies, these biscuits are a great alternative to chocolate at Easter. Read our 4 tips for a healthier Easter.

## Ingredients

- 250g butter at room temperature
- 1/2 cup honey
- 1 egg
- 1 teaspoon vanilla extract
- 2 ½ cups plain flour
- 1/2 teaspoon salt

## Method

1. In a medium-sized mixing bowl, beat butter and honey until thoroughly combined.
2. Mix in egg and vanilla.
2. Mix in flour and salt until combined.
3. Split mix into two, wrap in plastic wrap and refrigerate for thirty minutes.
4. Preheat oven to 180C.
5. Remove first portion of dough from fridge and roll out on a floured surface to under a cm.
6. Cut dough into bunny shapes with cookie cutters (works equally well in other shapes)
7. Arrange biscuits on a baking tray lined with parchment paper. They won't rise very much, so they can be placed close together on the sheet.
8. Bake for 13 minutes or until the edges of the cookies begin to brown.
9. Cool biscuits on a cooling rack.
10. Roll out, cut, and repeat with the second half of the dough.

This dough can be frozen for later use (up to 3 months). Wrap tightly in plastic wrap and thaw 1-2 hrs before using.

## Fueling healthy bodies

Our All Systems Go module explores the human body helping children to understand healthy fuel and why food and nutrition is so important in our lives.

[www.lifeeducation.org.au/parents/sugar-freehoney-bunny-biscuits](http://www.lifeeducation.org.au/parents/sugar-freehoney-bunny-biscuits)

# CRAFT AT HOME USING BACKYARD LEAVES

Make crowns, leaf patterns with paint and tracing with leaves.





## Tips for surviving extended home stay with children



**Divide your home up: quiet/noisy/school**



**Make a loose schedule for the AM and PM**



**Plan rewards/discipline to manage behaviour**



**Hold a family meeting to brainstorm and decide on the points 1, 2 and 3 above**



**Schedule in 30 minutes of one-on-one time with each child individually**



**Don't referee children's fights**



**Re-discover the love and remember why you wanted a family in the first place!**



EVEN  
APART,  
WE CAN  
STILL FIND  
WAYS  
TO BE  
TOGETHER



*#socialdistancing*



