

OSHC AT HOME

Powered by Helping Hands Network

WEEKLY PLANNER

- Activity Sheet
- Video Activity
- Reading Corner
- Challenge
- Live Stream
- STEM
- Art & Craft
- Mindfulness
- Physical Activity
- Cooking
- Hands On
- Hands Off
- All Ages
- AGES 5-7
- AGES 8-12



MONDAY

NAUGHTS & CROSSES MOOVOSITY

Challenge your family to a larger than life game of naughts and crosses, let the race begin.



TUESDAY

BALLOON CAR SUPREME INCURSIONS

Create a balloon car and watch the car move forward as you release the air from the balloon.



WEDNESDAY

PEG TIGGY MOOVOSITY

Collect the most pegs to win! Try this active game with your family for some movement fun.



THURSDAY

MOVEMENT MEDITATION

Christine will take you through a short meditation to ground yourself and allow stillness back into your body.



FRIDAY

AFRICAN DANCING

Join Fil and Ty as we Safari through Africa and learn some energetic new dance moves.



MAKE YOUR OWN CLOUD DOUGH

Dip your hands in for some guaranteed sensory fun with some silky touch dough.



LOOSE PARTS PLAY

Gather up household objects for some loose parts play with Chantelle - bring your creativity and imagination!



KID'S KITCHEN: NICE CREAM

Mmmm who doesnt love "Nice Cream". Join Christine in the kitchen to make yum Banana Choc Nice Cream.



BOTTLE FLIP CHALLENGE MOOVOSITY

Can you complete the challenge? Flip the bottle and land it on your target.



LAVA LAMP CREATION

Bring out your curiosity today as you make your own lava lamp. What do you think makes the bubbles?



GLITTER TORNADOES IN A JAR

How does a tornado move? Join Dave and make your own glitter tornado in a jar.



ALL OF US DANCE CLASS BY CDI

Join Creative Dance Industries as we learn all the moves to the song "All of Us".



WILDLIFE SCIENTISTS LONE PINE KOALA SANCTUARY

Join Wildlife educator Kayla as we explore all the different body coverings that animals have.



LEAF ANIMALS

Let's head out into nature and collect some natural materials to create some realistic animals.



ZULA PATROL STARR'S PLANETARIUM

Hop on board the time machine for an outer space adventure brought to you by Starr's Planetarium.

