

BOREDOM BUSTERS

Activities for you and your family



HELP LINES

	Kids Help Line	1800 55 1800
	Parents Help Line	13 43 25 84
	Beyondblue	1300 22 4636
	headspace Toowoomba	07 4639 9000
	Life Line	13 11 14
	QLIFE	1800 184 527
	DV Connect	1800 811 811
	13-Family	13 32 64
	1800 Respect	1800 737 732
	ADIS	1800 177 833
	Policelink	131 444
	Crime Stopper	1800 333 000
	National Coronavirus Helpline	1800 020 080
	Queensland Community Recovery Hotline	1800 173 349



Having trouble navigating services? **Contact YouthConnect!**

☎ **131 872** @ **Youth.Support@tr.qld.gov.au**

BABY/EARLY YEARS



PEELING TAPE BABY ACTIVITY

What you need:

- Masking tape (use coloured masking tape or if you're feeling creative, colour some in).

What to do:

Stick it to the high chair or floor like pictured and let your baby learn how to take it off. **watch your baby, don't let him/her eat it.*

www.pinterest.com.au/pin/721701909020889266/



JELLO DIG

What you need:

- Jello

What to do:

Buy some gelatine, make it as instructed on the package and add some toys in before refrigerating!



DIY SENSORY BAGS FOR TUMMY TIME

What you need

- Zippered bag, zip it up, and tap it shut for good measure.

What to do:

Fold the edge down and tape it to the back. Then, you can either place the bag in front of your baby during tummy time or tape it to the floor.

Ideas for Sensory Bags:

- wooden beads
- bells
- paint
- foam shapes
- googly eyes
- glitter & water
- baby oil & water
- cereal

<https://joyfulbunny.com/10-diy-gross-motor-baby-activities-0-6-months/>



TAPE LINES

What you need

- Masking tape

What to do:

With the tape make six lines of tape about a 40cm apart from each other.

Just six simple lines of tape can lead to a lot of fun while you develop fine motor skills, too!

What can be done with some lines of tape?

1. Jump, of course!
2. Jump backward
3. Jump with one foot (parent tip – maybe hold their hand while they try)
4. How far can you stretch – Starting with your foot on the first line, see how far you can stretch with your other foot while keeping your first foot in place.
5. How far can you reach – Start by standing on the first line and then bending over to touch the next line with your hands. Then walk forward with your hands, seeing how far you can reach.
6. Measure yourself – Lay down and see how long you are.

<https://handsonaswegrow.com/5-different-activities-for-6-lines-of-tape/>



FOR THE TODDLERS & KIDS



BUBBLE COLOUR WHISK

What you need:

- A few medium wash bowls/tubs or a large water play trough/tub
- Whisks or small sieve
- Dishwashing detergent or hand soap
- Warm or cold water
- Paint powder dyes or food colouring (optional)

What to do:

1. Half fill your tubs or trough with water, we used warm as it was a cool day and it added to the sensory experience.
2. Squirt in a little soap or dishwashing liquid
3. Hand the whisks out and first watch to see what they do. I like to ask a simple question like "How could we make bubbles in the water?" or "What can we do with the whisk?"
4. Help them whisk to create bubbles and encourage them to use the whisk to create the bubbles.

Add in some colours and let the children mix the colours in with the whisk or their hands

www.theempowerededucatoronline.com/2014/07/toddler-fine-motor-whisk-and-sieve.html/

STUCK IN THE MUD

Suitable for kids 4 years +

If you know tiggly, stuck in the mud is real easy. The only difference? Freeze in place when you're tagged. You can only unfreeze when someone crawls between your legs.



ONLINE SCIENCE ACTIVITIES

For those who can, jump onto 'Science Kids' to check out some of the online science activities and experiments you can do at home.

www.sciencekids.co.nz/experiments.html



PLAYDOUGH

Ingredients:

- 1 cup salt
- 3 cups plain flour
- 60ml (1 tbsp) vegetable oil
- food colouring
- 250ml (1 cup) water

Method:

1. Mix all the dry ingredients and add oil.
2. Add the food colouring to water.
3. Slowly add the water until the desired consistency is reached.
4. Kneading will help to improve the texture, so let your kids get into it!

Notes: Wrap the play dough up well after your child has finished playing with it in a ziplock



EDINBURGH ZOO LIVE WEBCAMS

Check out the Edinburgh Zoo Live Webcams (remember the time zone differences, best time for us to watch is after 3pm).

You can see:

- Panda Cam
- Koala Cam
- Penguin Cam
- Rockhopper Penguin Cam
- Tiger Cam

www.edinburghzoo.org.uk/webcams/



ART ATTACK

Check out the Art Attack series on YouTube www.youtube.com/results?search_query=art+attack



ABC KIDS LISTEN

www.abc.net.au/kidslisten/ideas/health-and-wellbeing/



SHADOW DRAWINGS

What you need:

- Pencils, pens, crayons
- Paper, cardboard (whatever you may have)
- Toy animals (you could even experiment with some other toys eg Truck)

What to do:

Place the paper next the toy in the sun, ensuring it creates a shadow on the paper (as pictured below). Trace the animal on the paper. You can now add eyes, colour etc to the animal that has been traced.

** Best time of day is early morning or afternoon when the sun creates a shadow. Remember to always put sunscreen on and a hat when out in the sun.*



HOPSCOTCH

What you need:

- Chalk
- Concrete/cemented path or driveway

What to do:

Play some old-fashioned Hopscotch or create a Chalk Obstacle Course - Make it as long and as creative as you like! Could be on a driveway, patio or footpath and it washes off!



FOAM PAINT

What you need:

- shaving cream
- craft/school glue (optional – keeps it firm after 24 hours)
- food colouring

What to do

Mix equal parts shaving cream and glue into a ziplock bag, add your desired food colouring and then, with the bag sealed, squish the bag together until all your ingredients are nicely mixed together.

Have your little artists create a layout for their design on a semi-rigid material (I used large white cardboard envelopes) and when they're ready for the foam simply cut off a corner at the bottom of the bag and use like you're piping icing. Once the art has been completed, set aside so the foam can dry and solidify overnight.

<https://dabblesandbabbles.com/3-ingredient-diy-foam-paint/>



CLOUD DOUGH

Ingredients:

- 2 cups of corn starch/corn flour
- 1 Cup of baby lotion
- Food colouring

Method:

1. In a bowl, mix the lotion and corn-starch together until combined.
2. Separate and add food colouring to make different colour dough! (optional)



KITCHEN VOLCANOES

What you need:

- Vinegar
- Bi-carb soda/ baking soda
- Food colouring and or glitter
- Paper/plastic cups
- Large container or dish

What to do:

1. Cut your paper cups in half
2. Fill the cups with vinegar and place them in a large container/dish
3. Put drops of food colouring in the vinegar
4. Put heaped teaspoon or bi-carb soda in each



SIMON SAYS, DRAW!

What you need:

- Paper
- Pencils/crayons

What to do:

Simon says, "draw circles," and the artists draw circles.

Simon also says things like, "trade pastels," "draw dots," and "draw a face."

It's great fun! Don't make it competitive — more like drawing prompts.

<https://artfulparent.com/simon-says-draw/>



CRAFTY NATURE MASKS

What you need:

- Mask template (at back of book)
- Glue
- String or elastic
- Leaves, flowers, feathers etc

What to do:

- Cut out masks at the back of this book (more masks available from the website to print) or create your own!
- Glue to cardboard (you can use an empty cereal box)
- Cut around the mask template, cut out the eyes and punch the holes.
- Head outside to collect your decorations.
- Use glue or tape to stick them on.
- Add a splash of colour with paint or pencils.
- Wait to dry.
- Fasten string or elastic to the holes with glue or staples, then wear!

EXTRA ACTIVITY: Once you're done, why not make up a story or role-play using your masks? Bonus points if you play outside. Don't forget to slip, slop, slap, seek and slide if you do!

<https://www.healthier.qld.gov.au/healthy-families/getting-active/crafty-nature-masks/>

DRESS TO IMPRESS

Suitable for kids 3 years+

Raid your wardrobes for old clothes, accessories and funny shoes.

Who can create the best outfit? Ask Mum and Dad to help you take a photo and send to your friends. You can have a virtual competition!

Once you've made one, act out your character's story!



BUBBLE SNAKES

What you need:

- empty water bottle
- duct tape,
- a sock that is missing its match (which we seem to have an abundance of)
- dish soap
- food colouring.

What to do:

1. Cut the bottom of the water bottle off
2. Slide the sock over the bottom of the bottle. Use duct tape to secure the sock (you could use a rubber band as well)
3. Put some dish soap into a shallow container with a little bit of water and gently mix. Dip the sock covered bubble blower into the soapy water and gently blow. c
4. Put some drops of food colouring onto the sock covered end (may be messy, but will be fun)

*Remind your kids to blow air out NOT suck it in!

<http://www.housingaforest.com/rainbow-bubble-snakes/>



PAINT WITH TOYS

What you need:

- Paint
- Washable toys

Get out the paint and explore. It's texture exploration time! Use toys you can wash, things from the garden/recycling bin.



FUNNY FACE FLIP BOOK

What you need:

- cardboard/paper
- 3 metal book rings
- hole punch
- markers
- scissors
- glasses stickers or googly eyes (optional)

What to do:

Cut your paper into 3 sections. One for the eyes, one for the nose and one for the mouth.

Place a few pieces of each section onto the rings.

Use your markers to draw facial features on your pieces of paper

In the top sections draw eyes, in the middle sections draw noses and in the bottom sections draw mouths. You can get extra creative by adding details like eyelashes, eyebrows, teeth, tongue, etc.

When you are all finished drawing out all of your different facial features flip through your DIY funny face flip book to combine different features together to make silly faces.

<https://iheartcraftythings.com/diy-funny-face-flip-book.html>



TOOTHPICK TOWERS

What you need:

- Toothpicks
- Playdough

It's a construction project that can be as simple as poking a bunch of toothpicks in playdough for young children or as challenging as building a geodesic dome or tower for older kids and adults.

<https://artfulparent.com/toothpick-sculptures-kids-13-fun-toothpick-construction-ideas/>



POTATO PRINTS

What you need:

- Paper or fabric, a few potatoes, metal cookie cutters, craft knife, normal kitchen knife, paper towel, sponge cloth or roller, acrylic or fabric paint.

What to do:

Cut a large potato in half and carve your stamp design. Let your potato dry. Press your potato stamp down on the paper. A few prints and you will know exactly how hard to press to get the effect you desire.

FLOOR IS LAVA



How to Play:

1. Pretend the floor is lava.
2. Place pillows or cushions across the floor as pretend safe zones.
3. Move yourself from object to object or pillow to pillow safely around the room avoiding the floor. If you touch the floor you are out!
4. If you want to turn the heat up some more, turn it into a race by creating an obstacle course. You can even add a timer


Suitable for kids 5 years+. Adult supervision required.

The floor is lava! You're a ninja who needs to get from one side of the room to the other. But the floor is lava! Clamber your way from rugs to chairs, and don't touch the ground!

www.healthier.qld.gov.au/healthy-families/getting-active/boredom-busters/

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

			Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pick up truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Jack needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are imprisoned by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile.	 <p>What was your favorite day?</p>	

65 FUN THINGS TO DO WITH KIDS AT HOME

 teachstarter

<p>1</p> <p>Count all the light switches in your house. How many are on and how many are off?</p>	<p>2</p> <p>Learn a short passage from your favourite book off by heart. Perform it for the people in your house.</p>	<p>3</p> <p>Build a blanket cubbyhouse. Draw up a plan for your cubbyhouse and create a list of the items you will need.</p>	<p>4</p> <p>Write a letter to a friend or family member you haven't seen in a while.</p> 	<p>5</p> <p>Go on a nature scavenger hunt outside and sketch each item on paper.</p>
<p>6</p> <p>Build an outdoors obstacle course for your family. Draw up a plan and create a list of items you will need.</p>	<p>7</p> <p>Find different 3D objects around the house and draw them on paper.</p>	<p>8</p> <p>Play hide-and-seek as a family.</p>	<p>9</p> <p>Dress up and perform a play for your family.</p> 	<p>10</p> <p>Go on an alphabet scavenger hunt. Can you find an object that starts with every letter of the alphabet?</p>
<p>11</p> <p>Do some mindful colouring as a family.</p> 	<p>12</p> <p>Cut out letters from a magazine to make your name.</p>	<p>13</p> <p>Create a colour wheel by cutting out bits of coloured paper from a magazine.</p>	<p>14</p> <p>Using the food you have at home, create a dinner menu. Try to include descriptive language that will make your menu sound delicious!</p>	<p>15</p> <p>Use items found in your garden to make nature faces.</p>
<p>16</p> <p>Create a musical instrument from recycled items you find around the house.</p>	<p>17</p> <p>Draw a maze with a start and end point, and ask each family member to try to navigate it.</p>	<p>18</p> <p>Organise the books on your bookshelf into rainbow colours or alphabetical order.</p> 	<p>19</p> <p>Learn magic tricks and perform a magic show for your family.</p>	<p>20</p> <p>Teach your family how to create some origami.</p>
<p>21</p> <p>Start a gratitude journal. Every morning when you wake up, write about something you are grateful for.</p>	<p>22</p> <p>Interview members of your household, or your grandparents, other family, or friends on Skype and record what they are thinking.</p>	<p>23</p> <p>Play book bingo! Make a list of common words for each family member and see who can find them the fastest on the titles in your bookshelf.</p>	<p>24</p> <p>Create a Joy Jar. Each day, write a sentence on a piece of paper about what made you joyful that day</p>	<p>25</p> <p>Start a squiggle on a piece of paper and place it on the fridge. During the day, family members take turns to add a little more squiggle to the picture.</p>
<p>26</p> <p>Paint the driveway, fence or deck with water – or with paint if you are allowed.</p> 	<p>27</p> <p>Design a piece of furniture built from paper straws, masking tape, cardboard and a hole punch.</p>	<p>28</p> <p>Use sidewalk chalk on the driveway to create a hopscotch pattern or to draw an obstacle course.</p>	<p>29</p> <p>Have some messy fun, using shaving cream and food colouring on a tray.</p>	<p>30</p> <p>Create a dinosaur city from sticks, dirt, rocks and whatever you can find outside.</p>

<p>31</p> <p>Learn Morse code and use it to communicate to your family members.</p>	<p>32</p> <p>Sit quietly and write about what you can hear, smell, see, touch and taste.</p>	<p>33</p> <p>Graffiti your fence with uplifting messages or bright artwork in chalk.</p>	<p>34</p> <p>Write a short story that includes a giraffe, a panda and a yo-yo.</p>	<p>35</p> <p>Have a paper-plane flying competition!</p> 
<p>36</p> <p>Stick masking tape to the floor to create a racetrack around the house!</p>	<p>37</p> <p>Do some cloud-spotting! Write about or draw the different shapes you can see.</p>	<p>38</p> <p>Have an online playdate with a friend, using Skype, Zoom, Google Hangouts or Facetime.</p>	<p>39</p> <p>Transform an empty shoebox into a setting from one of your favourite storybooks.</p>	<p>40</p> <p>Draw a floor plan of your bedroom and show the outlines of all of your furniture.</p>
<p>41</p> <p>Design your 'dream house' floor plan, complete with measurements.</p>	<p>42</p> <p>Collect 10 different leaves on an afternoon walk and put them in order from darkest to lightest.</p>	<p>43</p> <p>Use bark or leaves to create a rub picture.</p> 	<p>44</p> <p>Choose a famous person to research.</p>	<p>45</p> <p>Play a board game.</p>
<p>46</p> <p>Sort your toys into groups. Get people to guess which sorting rule you used.</p>	<p>47</p> <p>Learn to say the alphabet backwards.</p> 	<p>48</p> <p>Play a game of charades with your family.</p>	<p>49</p> <p>Make up a dance routine to go with your favourite song.</p>	<p>50</p> <p>See who can build the largest structure using a deck of cards.</p>
<p>51</p> <p>Pick an exercise move for each number on a dice. Take turns rolling the dice for some movement fun!</p>	<p>52</p> <p>Paint some rocks and create a kindness garden in your backyard.</p>	<p>53</p> <p>List all the different colours you can see outside, and tally how many items you can see in each colour.</p>	<p>54</p> <p>Using recyclable items, design and create a boat that can float on water.</p>	<p>55</p> <p>Learn how to read a map.</p> 
<p>56</p> <p>Hide some 'treasure' and create a treasure map for someone in your family to follow.</p> 	<p>57</p> <p>Make your own pet rock.</p>	<p>58</p> <p>Play a game of I Spy.</p> 	<p>59</p> <p>Go on a bug scavenger hunt around the yard. Take photos of interesting bugs you see.</p>	<p>60</p> <p>Explore the world with Google Earth.</p>
<p>61</p> <p>Learn about a famous artist and use their art as inspiration for your own creation.</p>	<p>62</p> <p>Construct your own sundial.</p>	<p>63</p> <p>Learn the alphabet in sign language.</p> 	<p>64</p> <p>Learn how to say hello in 5 different languages.</p>	<p>65</p> <p>Make some homemade playdough.</p>

OLDER KIDS/TEENS



ZENTANGLE

What you need

- Ultra-fine sharpie, pen or pencil
- White paper
- Something round to trace

What to do:

Trace circles all over the paper, overlapping some. Then draw patterns inside the resulting spaces.

<https://craftwhack.com/zentangle/>



ANIMAL TRACING

What you need

- Ultra-fine sharpie, pen or pencil
- Animal print (some for you at the back of this book!)
- White paper

What to do:

Tracing the animal shape gives you a good feel for the animal's proportions, and then you can doodle or draw on your tracing to take it in any direction you wish.

You can trace over your animal printouts by holding (or washi taping) them up to a window.

<https://craftwhack.com/animal-tracing-a-fun-drawing-exercise/>



TIE DIE

What you need:

- Apron/smock to wear over clothes
- Cotton t-Shirt or pillow case
- Whatever you want to Tie Die (socks, cotton T-Shirt, pillow case)
- Bucket or bowl (can also be done in a sink)
- Something to mix with (spoon)
- Rubber Bands
- Rubber Gloves
- Colour Dye
- Salt

What to do:

To prepare the dye, all you really need to do is follow the instructions, most will be the same though, so just pour the satchel of dye + a cup of salt in some boiling water and stir. Use an adult to assist with the boiling water.

For a swirl pattern, you will need to start in the centre and twist the fabric around your finger. Once it's fully rolled-up tie the rubber bands around the middle in a star shape.

If you're doing a swirl think of it like a pie diagram; split the shirt into however many colours you want and only dip each section in that colour.

To avoid tie-dyeing your hands, use gloves to remove the rubber bands and then rinse the clothes in some cold water. Hang to dry.



DIY HANGING PHOTO FRAME

What you need:

- Used frame
- Wooden pegs
- String/wire/fishing line
- Fun coloured tape (optional)
- Eyelet hooks

What to do:

1. Clean up your used frame..
2. Paint the frame. The next step is to paint the frame. I wanted something bold, to pop against our white walls, but if this isn't your thing you could treat the wood by staining or varnishing it for a more subtle look.
3. Add hooks to the inside edge of your frame, so you can tie on a washing line of string to hang your photos from. Make sure each hook matches up to the one opposite or you'll end up with a wonky washing line. We used eyelet hooks.
4. Tie a length of string or wire across the frame to each set of hooks. We used brown string to add to the rustic feel, but you could use fishing wire, bright ribbon or black thread depending on the look you're going for.
5. Optional: cover a selection of wooden pegs with washi tape or paint them fun colours.

www.mothersalwaysright.com/how-to-make-a-diy-hanging-photo-frame/

FOOD GUIDE

SERVE SIZES

A standard serve of vegetables is about 75g (100-360kJ) or:

- 1/2 cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- 1/2 cup cooked, dried or canned beans, peas or lentils*
- 1 cup green leafy or raw salad vegetables
- 1/2 cup sweet corn
- 1/2 medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato

*yogurt with no added salt

	Serves per day			
	2-3 years	4-8 years	9-11 years	12-13 years
Boys	2½	4½	5	5½
Girls	2½	4½	5	5



Vegetables and legumes/beans

A standard serve of fruit is about 150g (360kJ) or:

- 1 medium apple, banana, orange or pear
- 2 small apricots, low fruits or plums
- 1 cup dried or canned fruit (with no added sugar)

Or any combination:

- 125ml 1/4 cup fruit juice (with no added sugar)
- 30g dried fruit (for example, 4 dried apricot halves, 1/2 tablespoons of sultanas)

	Serves per day			
	2-3 years	4-8 years	9-11 years	12-13 years
Boys	1	1½	2	2
Girls	1	1½	2	2



Fruit

A standard serve (500kJ) is:

- 1 slice (10g) bread
- 1/2 medium (100g) roll or flat bread
- 1/2 cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, amaranth, polenta, bulgur or quinoa
- 1/2 cup (120g) cooked porridge
- 1/2 cup (50g) wheat cereal flakes
- 1/2 cup (50g) muesli
- 2 (50g) crispbreads
- 1 (80g) crumpet
- 1 small (55g) English muffin or scone

	Serves per day			
	2-3 years	4-8 years	9-11 years	12-13 years
Boys	4	4	5	6
Girls	4	4	4	5



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

A standard serve (500-600kJ) is:

- 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo (about 70-100g raw)*
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw weight) or one small can of fish eggs
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)

*weekly serve of 450g

	Serves per day			
	2-3 years	4-8 years	9-11 years	12-13 years
Boys	1	1½	2½	2½
Girls	1	1½	2½	2½



Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans

A standard serve (500-600kJ) is:

- 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk
- 1/2 cup (120ml) evaporated milk
- 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar
- 1/2 cup (120g) soft cheese
- 1/2 cup (200g) yoghurt
- 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 150ml

	Serves per day			
	2-3 years	4-8 years	9-11 years	12-13 years
Boys	1½	2	2½	3½
Girls	1½	1½	3	3½



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

EASY RECIPES AT HOME



TROPICAL PIZZA

Ingredients

- 25cm pizza base – You can use a number of different bases, why not try:
- Thin Sandwich Bread
- Tortillas
- Pita Bread
- English Muffins

Toppings

- ¼ cup tomato pasta sauce
- 100g ham, chopped
- 225g can pineapple pieces (in natural juice), drained
- 1 medium red or green capsicum, seeded and chopped
- 100g mushrooms, sliced
- 100g grated Mozzarella cheese
- 1 tablespoon chopped herbs (parsley, oregano and/or basil) or a pinch of dried mixed herbs

**Toppings are optional, you can swap and change for what you like.*

Method

1. Preheat oven to 200°C.
2. Spread pizza base with pasta sauce.
3. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs.
4. Bake for 10-15 minutes until heated through and browned.

Recipe thanks for Healthier.Happier

www.healthier.qld.gov.au/food/recipes/tropical-pizza/



FOUNDATION BISCUITS

Ingredients

- 125g Butter
- 1/2 cup caster sugar
- 1 1/3 Cup Self Raising flour
- 1 egg
- 1 teaspoon vanilla extract

Method

Preheat oven to 160°C, line a baking tray with baking paper or spray some cooking oil on tray.

Using a hand beater, cream butter and sugar

Add egg and vanilla and beat well

Gradually add sifted flour and mix to a stiff paste

Roll into balls and place on a greased tray, allowing room for the biscuits to spread as they cook.

Flatten with a fork

Bake in oven until golden brown.

How to mix it up a bit

Add a packet of chocolate chips to make Chocolate Chip Biscuit

Or, rather than flattening with a fork, slightly push the center of the ball with your thumb and add some jam to make Jam Drop Biscuits.



PANCAKES

Ingredients

- 1 cup self-raising flour (sifted)
- 1 tbs sugar
- 1 egg (lightly beaten)
- 3/4 cup milk
- 50 g butter (melted)

Method

In a bowl, whisk flour and sugar. Beat in the egg and then milk a little at a time until batter is smooth and lump-free.

In a hot pan or flat grill over medium heat, spread butter over cooking surface and pour 1/4 cup measures for each pancake (you can make the pancake a big or as small as you like – why not experiment).

When large bubbles form on the surface, flip the pancake over and cook until lightly golden on the other side.

How to mix it up

To make banana pancakes, mash up a banana and mix through your pancake batter

Or add some chocolate chip!

www.kidspot.com.au/kitchen/recipes/basic-pancakes-recipe/ss561z69



SIMPLE MAC AND CHEESE

Ingredients

- 350g macaroni (If you don't have macaroni, you can use any pasta)
- 1/4 cup butter
- 1/4 cup plain flour
- 1/2 teaspoon salt
- ground black pepper to taste
- 2 cups milk
- 2 cups grated cheese

Method

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain.

Melt butter in a saucepan over medium heat; stir in flour, salt, and pepper until smooth, about 5 minutes. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes. Add Cheddar cheese to milk mixture and stir until cheese is melted, 2 to 4 minutes.

Fold macaroni into cheese sauce until coated.

www.allrecipes.com/recipe/238691/simple-macaroni-and-cheese/



BANANA & CARROT MUFFINS

Ingredients

- 1 cup Self Raising Flour
- 1 banana, mashed
- 1 egg
- 1/3 cup full cream milk
- 2 tbs honey
- 1 carrot, grated

Method

Place 1 cup wholemeal self-raising flour in a large bowl. Combine 1 banana, mashed with 1 egg, 1/3 cup milk and 2 tbs honey. Add to flour mixture with 1 grated carrot and stir to combine. Divide between cases. Bake for 15 minutes or until golden. Cool

www.woolworths.com.au/shop/recipes/meal-types/kids



CORNFLAKE HONEY JOYS

Ingredients

- 90g butter or margarine
- 1/3 cup sugar
- 1 tablespoon honey
- 4 cups Corn Flakes

Method

1. Preheat oven to 150°C.
2. Line 24 hole patty pan with paper cases.
3. Melt butter, sugar and honey together in a saucepan until frothy.
4. Add Corn Flakes and mix well.
5. Working quickly spoon into paper patty cases.
6. Bake in a slow oven 150°C for 10 minutes. Cool.

www.kelloggs.com.au/en_AU/recipes/honey-joys.html



ANZAC BISCUITS

Ingredients

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup coconut
- 125 g butter
- 2 tablespoons golden syrup
- 1 tablespoon water
- 1/2 teaspoon bicarbonate of soda

Method

Sift the flour into a mixing bowl. Add the sugar, rolled oats and coconut. Mix well.

Melt the butter in a saucepan at low heat. Add the golden syrup and water. Stir the bicarbonate of soda into the liquid mixture. Remove the saucepan from the heat.

Add the wet ingredients to the bowl of dry ingredients and mix thoroughly.

Place teaspoon-sized balls of the mixture onto a greased baking tray. Allow room for the biscuits to expand. Bake at 175°C for 15-20 minutes. Allow to cool on a wire rack.



GINGERBREAD STARS

Ingredients

- 1/2 cup (110g) margarine spread
- 1/4 cup raw sugar
- 2 tablespoons golden syrup
- 1 large egg
- 1 1/2 cups wholemeal flour
- 1 tablespoon ground ginger
- 1 teaspoon mixed spice
- 1/4 teaspoon bicarbonate of soda
- 1 cup (100g) ground almonds
- 2 teaspoons icing sugar, to dust (optional)

Method

1. Beat margarine, sugar and golden syrup in a bowl with an electric mixer until smooth and creamy.
2. Add egg and beat until combined.
3. Sift flour, ginger, mixed spice and bicarbonate of soda into a bowl, adding any husks left in sieve to the bowl.
4. Mix the sifted flour and ground almonds into the creamed margarine to form a dough. Divide dough in two, wrap each piece in plastic wrap and chill in refrigerator for 1 hour.
5. Preheat oven to 180°C (160°C fan-forced).
6. Roll out one portion of the chilled dough between 2 sheets of baking paper until about 4mm in thickness. Cut into shapes with 7cm star cutter and place on baking paper-lined oven trays. Repeat step with remaining chilled dough portion.
7. Bake in preheated oven for about 10 minutes or until cookies are golden around edges. Stand on trays for a few minutes then transfer to a wire rack to cool. Dust with a little sifted icing sugar, if desired.

Recipe thanks for The Heart Foundation: www.heartfoundation.org.au/recipes/gingerbread-stars



APPLE & CINNAMON MUFFINS

Ingredients

- Oil spray
- 2 1/4 cups wholemeal self-raising flour
- 2 teaspoons cinnamon
- 3/4 cup sultanas
- 2 apples, peeled and grated
- 2 tablespoons reduced fat margarine, melted
- 1 1/4 cups reduced fat milk
- 4 tablespoons honey
- 1 egg, lightly beaten
- 1 teaspoon vanilla essence

Method

Preheat the oven to 180°C. Lightly grease with oil spray a 12 hole non-stick muffin pan or line with paper cases.

Sift flour and cinnamon into a large bowl. Stir in sultanas and grated apple.

In a separate bowl, whisk the margarine, honey, milk, egg and vanilla. Add to the flour mixture and stir gently until the mixture is just combined; don't overbeat or the muffins will become tough.

Spoon mixture into prepared muffin tins. Bake for 20 minutes or until lightly browned.

Recipe from The Heart Foundation: www.heartfoundation.org.au/recipes/apple-and-cinnamon-muffins



PUMPKIN MAC AND CHEESE WITH BACON

Ingredients

- 2 bacon rashers, trimmed of fat and thinly sliced
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 400g butternut pumpkin, peeled and chopped
- 1 1/2 cups water
- 2 cups pasta (macaroni, penne, shells or spirals), cooked according to instructions on packet and drained
- 1 medium zucchini, chopped
- 2 tablespoons Parmesan cheese, finely grated
- freshly ground black pepper
- 1/2 cup dried breadcrumbs
- parsley for garnish (optional)

Method

1. Preheat oven to 220°C.
2. Heat a small non-stick fry pan over high heat. Add the bacon and cook for 3 minutes until crispy. Set aside.
3. In a large pan, heat the olive oil over a medium heat, add the onion, garlic and cook until soft.
4. Add the pumpkin and 1 1/2 cups of water to the pan and allow pumpkin to cook until soft.
5. Remove from heat and blend until smooth.
6. Stir through the cooked pasta, pumpkin, bacon, zucchini and half the parmesan cheese and freshly ground black pepper.
7. Pour the mixture into a baking dish, spread with remaining parmesan and breadcrumbs.
8. Cook in oven for 15 minutes or until top is golden and crunchy.
9. Garnish with parsley and divide among bowls.

Recipe thanks to Healthier.Happier: www.healthier.qld.gov.au/food/recipes/pumpkin-mac-and-cheese-with-bacon/



APPLE & BANANA HOTCAKES

Ingredients

- 2 eggs
- 2 teaspoons margarine, melted
- 2½ cups low-fat milk
- 2 cups self-raising flour
- 2 tablespoons sugar
- 3 medium apples, peeled, cored & grated
- 1 teaspoon vegetable oil
- 4 ripe bananas, sliced
- 2½ tablespoons honey

Method

1. In a large bowl beat eggs, margarine & milk.
2. In a separate bowl mix flour and sugar and gradually stir

3. into wet mixture until smooth.
 3. Fold in apple.
 4. Heat oil in a non-stick pan over medium heat.
 5. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown.
 6. Serve with banana and drizzled honey.
- Makes 15 pancakes.

Recipe from Healthier.Happier: www.healthier.qld.gov.au/food/recipes/apple-banana-hotcakes/



BERRY & YOGHURT ICE BLOCKS

Ingredients

- 500g mixed berries (fresh or frozen)
- 500g reduced fat Greek yoghurt

Method

1. Place ingredients into a food processor and blend until mixed (Hint: if you don't have a food processor use a fork to mash the thawed berries then mix in the yoghurt).

2. Divide mixture into 6 ice block moulds (Hint: if you don't have ice block moulds use cups and place a popsicle stick in the top).
3. Freeze overnight.

Recipe thanks to 'Growing Good Habits: <https://www.growinggoodhabits.health.qld.gov.au/recipe/berry-greek-yoghurt-ice-blocks/>



DRINK ENOUGH WATER

Keeping hydrated is essential for overall health and it helps us to function at our best. If you have access to safe tap water, this is the healthiest and cheapest drink. The amount of water you need every day is dependent on your age, gender, physical activity levels and the climate you live in. Here is a guide of how much you should aim for every day. For a refreshing boost, you can add slices of lemon, cucumber, mint or berries. Try to limit intake of sugar sweetened beverages such as soft drink, cordial, fruit juice concentrate and flavoured milk as much as possible.

www.eufic.org/en/healthy-living/article/10-tips-to-eat-healthy-during-quarantine-or-isolation-covid-19

FRUIT AND VEGETABLE ACTIVITY:

Match the food items to their names by drawing a line between the two of them.

HEALTHY EATING GAMES AND ACTIVITIES

Using games and activities is a great way to help children learn about healthy eating while having fun at the same time! The ideas below can be used to engage children in healthy eating experiences, teach them to recognise different foods and encourage them to experiment with new foods, tastes, flavours and textures.

The veggie guessing game:

Try this activity to increase children's recognition and awareness of different vegetables. Place some vegetables (real or plastic) in a bag (e.g. pillow slip). Ask children to feel inside the bag and guess which vegetables are there. As a variation, blindfold children and place a vegetable in their hands. Ask them to guess what the vegetable is by feeling, smelling and even tasting it.

Create a vegetable person:

Create a 'vegetable person' using real vegetables or pictures of vegetables. Help children use toothpicks to make their vegetable person stand up and be three dimensional. If using real vegetables, encourage children to eat their vegetable person for morning or afternoon tea.

Have a theme tasting day:

Offer different kinds of healthy foods to try on a special theme day. For example, on healthy apple day offer green apples, red apples, dried apples, pureed apple and canned apples.

Sing a song about food and nutrition:

Try these fun food songs from Australian performers: Watermelon (Justine Clarke), Fruit salad or Hot potato (The Wiggles), Wash your face in orange juice (Peter Combe). You can search 'fun food songs for children' on the internet for more ideas.

We are yummy snack makers:

Use flash cards or cut out pictures of foods from brochures to make a healthy, tasty snack. Some examples are toast, cheese and tomato, fruit with yoghurt, capsicum and carrot sticks with mashed avocado, scrambled eggs with English muffins.

<https://heas.health.vic.gov.au/early-childhood-services/curriculum-activities/healthy-eating-games-and-activities>



Apple
Carrot
Mushroom
Grapes
Pumpkin
Watermelon
Celery
Broccoli
Pineapple
Corn
Banana
Avocado
Lettuce
Orange
Strawberry
Tomato
Mango
Kiwifruit
Blueberry
Zucchini
Passionfruit



GET ACTIVE/OUTDOORS

It is important for us to be active everyday to promote good physical and mental health. Exercise can be anything that makes our breathing quicker and our heart beat faster. You can go for a walk or bike ride, kick a ball in the backyard or dance to some music. There are many different things we can do to keep moving and to have fun.

AT-HOME ACTIVITY CARDS

Sport Australia's Playing for Life Activity Cards provide game-based activities and are easily adapted to play at home to help create a safe, inclusive and challenging environment for children. There are activities for all age groups and focus on a variety of focus areas including warm up, skill development, and game concepts. Personalised activity cards can be found here www.sportaus.gov.au/p4/

Sport Australia has also developed a series of fun and creative ideas of how to keep children active and healthy at home. The 'Tiny Trainers' encourage you to complete a series of 'challenges' related to numerous different sports and activities. For example:

The 'Go Walkies' challenge: walk with your furry friend

Instructions: You know who gets excited at the mention of "walkies". You should too and take your furry friend out for 30 minutes of fun.
Step it up: Build up to a jog and then run.

The 'Pedal Power' challenge: Ride your bike

Instructions: This is a fun one. Find your local bike path and see just where it can take you by following its twists and turns. Who knows where you'll end up. A 30 minute ride with a drink stop is a great way to find your 30. Mix up this challenge by taking a different bike path each time.

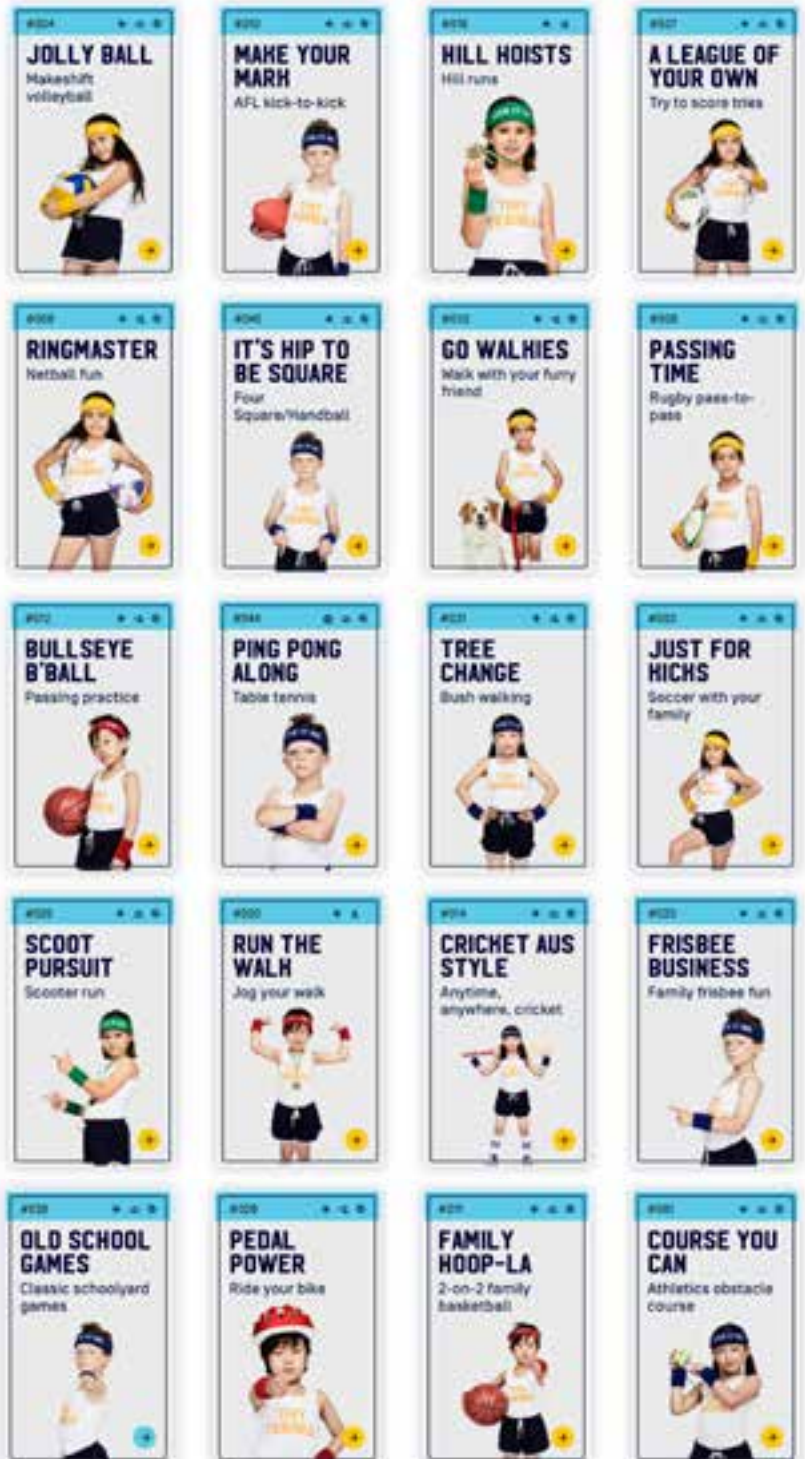
Step it up: Increase your heartrate by doing short bursts of faster and slower pedalling. Add some hills into the ride. Create a circuit and try to beat your time on each attempt.

The 'Course You Can' Challenge: Athletics Obstacle Course

Instructions: Almost anything can be a station for this obstacle course. Skipping ropes, balls, cones, anything you can dodge, lift, jump or crawl under. Then simply race against each other or try to beat your own time, keep it going for 30 minutes.

Step it up: Time each other and see who can complete the course in the fastest time. Create a longer course. Add more challenges. Make a regular day and time to complete the course.

www.sportaus.gov.au/findyour30/challenge





YOGA

Yoga is great for adults and children alike. It gets us moving and helps us to be more mindful and manage our stress.

Try these Yoga poses at home. When you're getting active and trying something new, it might be a good idea to talk to your health professional to ensure what you're doing is right for you.— to check out some more poses, go to <https://www.healthier.qld.gov.au/guide/easy-yoga-can-home/>



Downward Facing Dog

Stand in an upside down 'V' shape, with your palms spread on the floor, knees bent and your heels lifted. Breathe out, straighten your knees and push your heels toward the floor.



Low Lunge Pose

From the Downward Dog, move your right foot forward so that it's between your hands, drop the knee of your left leg to the ground, then place your hands on your right knee. After three to five breaths, switch legs.



Reclining Big Toe Pose I

Lying on your back, hook a strap or towel over your right foot and push your foot upwards while pulling the strap down to increase pressure, drawing your shoulder blades into your back. After five breaths, repeat with your left leg.

Reclining Big Toe Pose II

Start with the Reclining Big Toe Pose I (the pose above) with your right leg in the air. But as you exhale, move your leg sideways towards the floor. After five breaths, repeat with your left leg.



Seated Forward Fold Pose

Start off sitting on the ground with your legs crossed in front of you, bend forward from the hips, walking your fingers along the ground as far forwards as is comfortable. Hold this position for five breaths, then swap the fold of your legs and try again.

Images from: www.yogajournal.com/poses/reclining-big-toe-pose

KIDDO has designed this balance dice for a fun way to try different Yoga Poses.

A downloadable version can be accessed here: <https://kiddo.edu.au/promote/balance-dice-make-your-own-or-use-the-one-we-have-include-at-the-back-of-the-booklet>.

PLAYING FOR LIFE

Playing for Life activity cards are designed for everyday use by teachers, coaches, out of school hours care staff and parents. Aligned with the Australian Curriculum and the Australian Physical Literacy Framework, these game based activities are easily adapted to different sports and help create a safe, inclusive and challenging environment for children.

<https://www.sportaus.gov.au/p4/>

playing for life

STRIKING & FIELDING

SPORTING
Schools

SPORTAUS



Catching challenge

Players try progressively harder catching challenges and tricks on their own, in pairs and in groups of 3.

What you need

- > 1 ball per player



What to do

- > Players spread around the playing area with their ball.
- > On your call, issue different catching challenges such as:
 - how many times can you clap your hands while the ball is in the air?
 - throw the ball between your legs and catch it.
 - bowl the ball overarm into the ground and catch it after it bounces.
- > Ask players to come up with their own challenges.
- > Form pairs or groups of 3 and create new challenges.

Change it

- > Vary the size and weight of the ball according to players' ability.
- > Act as a judge and give scores out of 10 for each trick.
- > Provide discrete coaching on the side.
- > Introduce different skills like hopping, jumping or clapping while players are throwing their balls.

Safety

- > Check there is enough space between players and away from walls or other obstacles.

Ask the players

- > How high can you throw the ball in the air and then catch it?
- > Where is the best place to aim to throw the ball to your partner so they can catch it?
- > How do you need to position your hands ready to catch the ball?
- > What is the best technique to use to throw the ball as high as possible?

Teaching tips

- > Keep your eyes on the ball when it is in the air.
- > Throw the ball using an underarm throw to get it as high as possible above your head.
- > When throwing to a partner aim for the ball to reach them at chest height to make it easier to catch.

LEARNING INTENTION

Catching challenge is a fun cooperative activity that develops the fundamental movement skill of catching.

PHYSICAL
LITERACY
ELEMENTS

OBJECT MANIPULATION

ENGAGEMENT AND ENJOYMENT
MOTIVATION

COLLABORATION
REASONING

ACHPE
CONTENT
DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43

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Sporting Schools

COSMIC KIDS YOGA

If you're looking for a fun, interactive yoga class online, try Cosmic Kids Yoga. This is yoga, mindfulness and relaxation designed specifically for kids aged 3+, used in schools and homes all over the world. Jaime takes kids through interactive adventures which build strength, balance and confidence. New videos are uploaded regularly and are available for free on YouTube.

www.youtube.com/user/CosmicKidsYoga/featured

KIDDO WEBSITE

A huge variety of activities and resources for kids can be accessed from the Kiddo website including:

- At home scavenger hunt
- At home activity pack full of games, challenges and activities
- At home mini-golf
- At home Dance Party
- At home masking tape balance course
- Have a look and see what you think would be best!

<https://kiddo.edu.au/>

THE BALLET COACH

Sarah Du-Feu, The Ballet Coach streams LIVE ballet classes for all ages as well as fun & imaginative ballet story videos for children to practice dance at home. Her aim is to keep us all dancing from our living rooms and help children build self-confidence, creativity and increase their physical activity through dance.

<https://www.youtube.com/channel/UCjoXKtJLuyb6gAG3sQIlyq0Q>

MORE FOR ADULTS

HEALTHY ADULTS

KEEP IT *moving!*

How to stay active during COVID-19

With unprecedented changes in the way we live our lives, it is important to be aware of how this impacts your activity levels. Being active is critical for maintaining both physical and mental health, and can reduce your risk of many common chronic health issues (such as diabetes and heart disease). Regular physical activity may also help prime our immune system to lessen the risk of infection.

Start 10min

Warm up / Cool down

Start and finish your workout with a 5 minute gentle warm up/cool down

Cardio

10 minutes of cardio at an intensity that makes you huff and puff (brisk walk around the block, skipping, marching on the spot)

FOR EACH OF THE 7 EXERCISES

10-12

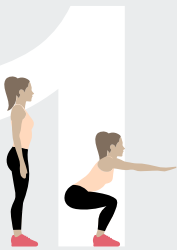
START WITH 10-12 REPETITIONS AND PROGRESS UP TO 15 AS THE EXERCISE BECOMES EASIER

Tempo

PERFORM EXERCISES AT A CONTROLLED RATE

Repeat

REPEAT THE CYCLE OF 7 EXERCISES 3 TIMES



Squats

(sit to stand with a chair, progress to full squat)



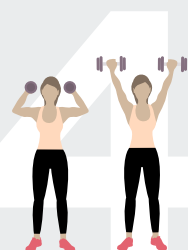
Push ups

(against wall, progress to on your knees, full push up)

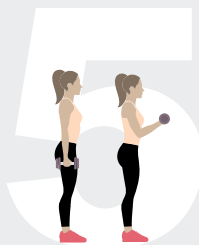


Step ups

on a step (alternate which leg leads)



Shoulder press



Bicep curl



Bent over row



Plank

(rest on elbows, hold for 10 seconds, progress to 30 seconds)



Stay hydrated



Wear appropriate footwear



Use a theraband, light dumbbells or bottles of water/ cans of soup



Try to exercise at the same time of day, so that it becomes routine

Try this workout from the Baker Institute for Hear and Diabetes.

https://baker.edu.au/-/media/documents/fact-sheets/baker-institute_keep-it-moving.pdf

HOW TO GROW FRUIT FROM A SEED



MANDARIN

1. SAVE THE SEED

Keep a few seeds from a large, juicy mandarin. Gently wash the seed clean, allow it to dry on a paper towel and then sow the seed or store it. Fresh seed is more viable (that is more likely to grow) than older seed. Seeds are best planted in spring or early summer. If seed has to be stored keep it in a labelled envelope in an airtight container.

2. SOW THE SEED

Sow the seed into a container filled with seed-raising mix (available in bags from garden centres or hardware

stores). Seeds can be sown in a small (10cm) pot with one seed per pot. Moisten the mix before sowing the seed then gently push the seed about 5mm deep into the mix and cover it over. After sowing, water the pots with a seaweed solution (follow application rates on the container).

3. KEEP IT WARM

Keep the pots warm either in a glasshouse or place them in a foam box covered with a sheet of glass or plastic to form a mini glasshouse. Keep the box in a warm well-lit spot but not in direct sunlight.

4. KEEP MOIST

Mist the seed-raising mix so it doesn't dry out (it should be moist but not soaked). Water gently using a rose attachment on a watering can or hose once the shoot appears. Germination normally takes around seven to 10 days.

5. ALLOW TO GROW

When the seedling is about 5cm high, water with a dilute liquid plant food. Repeat the fertiliser application every 14 days during the warmer months of the year (follow directions on container). At this stage, if the weather is warm, the

pot can be moved into a sheltered but sunny spot. Outside it will need extra water as it will dry out more quickly than in the sheltered glasshouse.

6. PROTECT FROM PESTS

Snails and slugs may attack seedlings. Protect the little plants with a few pellets of iron-based snail and slug bait. Check the leaves for other pests including aphids and caterpillars. Squash any that are found.

7. REPOT

When the seedling is about 10-15cm high with a well-developed root system it is ready to go into a larger container (15cm diameter) with fresh potting mix. Continue to repot into larger containers as the plant grows and its roots begin to fill each new pot.

8. PLANT IN THE GARDEN

After about two-year's growth the seedling should be a robust shrub, which can survive in the garden. If in doubt, continue to grow it in a container until it is around 30cm high or larger.

www.homestolove.com.au/how-to-grow-a-mandarin-from-seed-12329



LEMON TREE

1. Gather the seeds

Cut the lemon and gather its plumpest seeds. Keep in mind some of them might not germinate so you'll need more than one; I recommend trying this with a minimum of 5 seeds.

Clean off the pulp from the seeds, then rinse them with warm water and dry them with a paper towel.

2. Peel off the white skin from the seeds (OPTIONAL)

This accelerates germination since

the tiny sprout doesn't have to break through the skin anymore – makes sense, right?

Be careful, though, not to cut through the seeds or you might puncture the sprout inside.

3. Wrap the seeds in a moist paper towel & seal them in a bag

Place the seeds about one inch apart on a paper towel and carefully cover them with another paper towel. Wrap them up gently and spray the paper towel until it's wet.

Then, seal the whole thing in a plastic bag and write down the current date on the bag. It's okay to leave some air inside the bag as the seeds need moisture, warmth, and air to sprout.

Day 7

4. Place the bag in a warm, shaded spot

Your lemon seeds don't need light at this stage, but they do need plenty of warmth and moisture, as mentioned before. Keep them out of cold or drafty

spots in your home to accelerate the sprouting process.

After 2-4 weeks or when the roots are at least 1.5-2 inches long, the seeds are ready to be planted in soil.

Day 14

5. Prepare soil and one pot for each seedling

Plant the seedlings about one inch deep. When making the holes in the soil, also take the length of the roots into account. When covering the seedlings, gently pat down the soil. Do not press too hard or you might break off the roots. Allowing the soil to be a bit loose gives proper access to nutrients, moisture, and air and helps the plants develop healthy root systems.

Keep the soil permanently damp until 4-5 leaves appear on each plant

<https://youhadmeatgardening.com/lemon-tree-from-seed/>

AVOCADO

STEP 1 – REMOVE & CLEAN PIT

You'll need to start by removing the pit from the avocado carefully (without cutting it), and then washing it clean of all the avocado fruit (often it helps to soak the pit in some water for a few minutes and then scrub all the remaining fruit off). Be careful not to remove the brown skin on the pit – that is the seed cover.



STEP 2 – LOCATE WHICH END IS 'UP' AND WHICH IS 'DOWN'

Some avocado pits are slightly oblong, whereas others are shaped almost like perfect spheres – but all avocado pits have a 'bottom' (from where the roots will grow), and a 'top' (from which the sprout will grow). The slightly pointier end is the top, and the flat end is the bottom. In order to get your pit to sprout, you will need to place the bottom root end in water, so it's very important to figure out which end is the 'top' and which is the 'bottom' before you go piercing it with toothpicks.



STEP 3 – PIERCE WITH FOUR TOOTHPICKS

Take four toothpicks and stick them at a slight downward angle into the avocado seed, spaced evenly around the circumference of the avocado. These toothpicks are your avocado scaffolding, which will allow you to rest the bottom half of the avocado in water, so therefore the toothpicks need to be wedged in there firmly. I recommend sticking them in at a slight angle (pointing down), so that more of your avocado base rests in the water when you set this over a glass.



STEP 4 – PLACE AVOCADO SEED HALF SUBMERGED IN A GLASS OF WATER

And set on a quiet windowsill with sunlight. It's helpful to use a clear glass so you can easily see when roots start to grow, and also when the water needs to be changed. Many guides recommend to change the water every day, but I found, through trial and error, that it is better to change the water every five days to a week or so. You do want to make sure you change the water regularly, to prevent mold, bacteria and fungus growth, which can doom your little avocado sprout.



STEP 5 – WAIT FOR YOUR AVOCADO SEED TO SPROUT!

Many online guides I have read say that sprouting can take anywhere from 2-4 weeks, but in my experience, it usually takes at least 8 weeks to get a sprout, so be patient. Here is the process you will witness:

1. The top of the avocado pit will dry out and form a crack, and the outer brown seed skin will slough off.
2. The crack will extend all the way to the bottom of the avocado pit, and through the crack at the bottom, a tiny taproot will begin to emerge.
3. The taproot will grow longer and longer (and may branch), and eventually a small sprout will peek through the top of the avocado pit.
4. Do not allow your taproot to dry out unsubmerged EVER – doing so will be the death of your plant.



STEP 6 – POT IN SOIL WHEN TREE IS ABOUT 6" TALL

When the stem is 6-7 inches long, cut it back to about 3 inches, this will encourage new growth. When it hits 6-7 inches again, pot it up in a rich humus soil in an 8-10" diameter pot, leaving the top half of the seed exposed. Place on a sunny windowsill. Avocados love sun – the more sun the better.



STEP 7 – WATER & WATCH IT GROW

Give it frequent waterings with an occasional deep soak. The soil should always be moist, but not saturated. Yellowing leaves are a sign of over-watering; let the plant dry out for a few days.

<https://inhabitat.com/how-to-grow-an-avocado-tree-from-an-avocado-pit/>



OTHER ACTIVITIES

Healthy Foods Word Search



APPLE

BANANA

BEANS

BLUEBERRIES

BROCCOLI

CAPSICUM

CARROT

CAULIFLOWER

LETTUCE

MANGO

ORANGE

PASSIONFRUIT

PEACH

PEAR

PUMPKIN

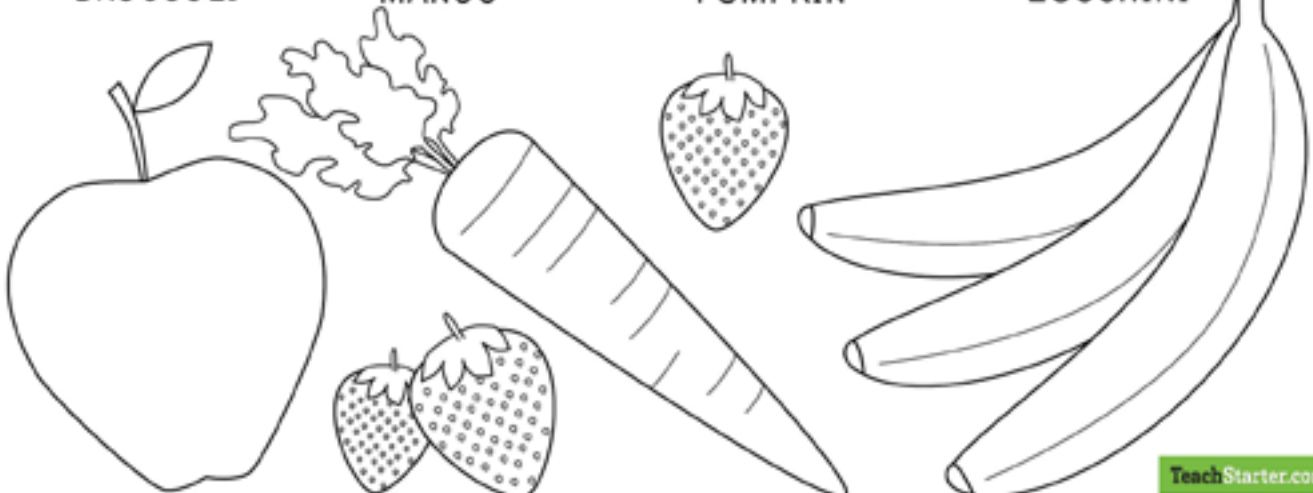
RASPBERRIES

STRAWBERRY

TOMATO

WATERMELON

ZUCCHINI



Name _____

Date _____

SORRY DAY WORD SEARCH

V	Q	T	L	B	H	D	V	X	E	K	J	E	I	L	A	Q	Y
I	X	W	L	C	S	D	Y	F	Q	J	L	N	Q	L	X	A	S
P	N	X	P	Q	J	G	W	L	U	X	U	O	T	U	U	U	N
F	Z	D	E	J	V	J	N	N	A	W	R	S	H	U	V	S	N
P	W	S	I	T	J	C	B	D	L	U	J	A	T	N	W	T	A
J	E	U	C	G	R	X	Q	H	I	V	O	E	B	I	J	R	T
S	Q	A	K	H	E	A	G	O	T	G	C	S	M	T	A	A	I
Q	O	M	C	U	I	N	C	M	Y	H	E	D	D	E	X	L	O
O	W	R	B	E	O	N	O	E	H	N	M	H	C	N	W	I	N
J	V	R	R	F	N	X	K	U	G	V	F	K	C	F	F	A	A
D	B	E	Z	Y	E	C	K	A	S	E	L	S	H	R	Q	N	L
R	F	A	I	R	I	V	E	T	U	D	M	C	R	O	Z	P	V

AUSTRALIAN
EQUALITY
FAIR
INDIGENOUS

JUST
NATIONAL
ONE
PEACE

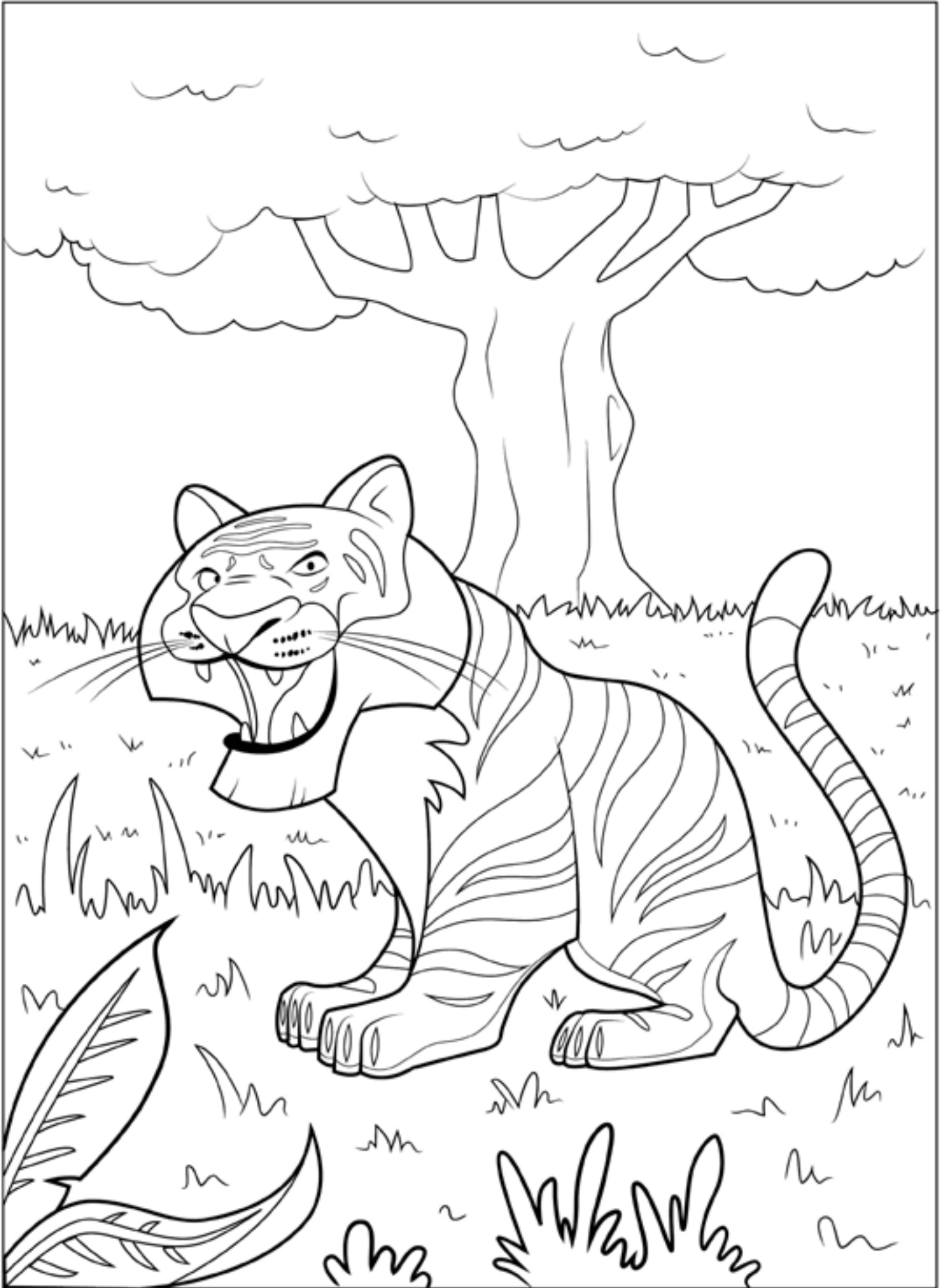
SORRY
UNITE





They shall grow not old, as we that are left grow old;
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.

from "For the Fallen" Laurence Binyon 1914



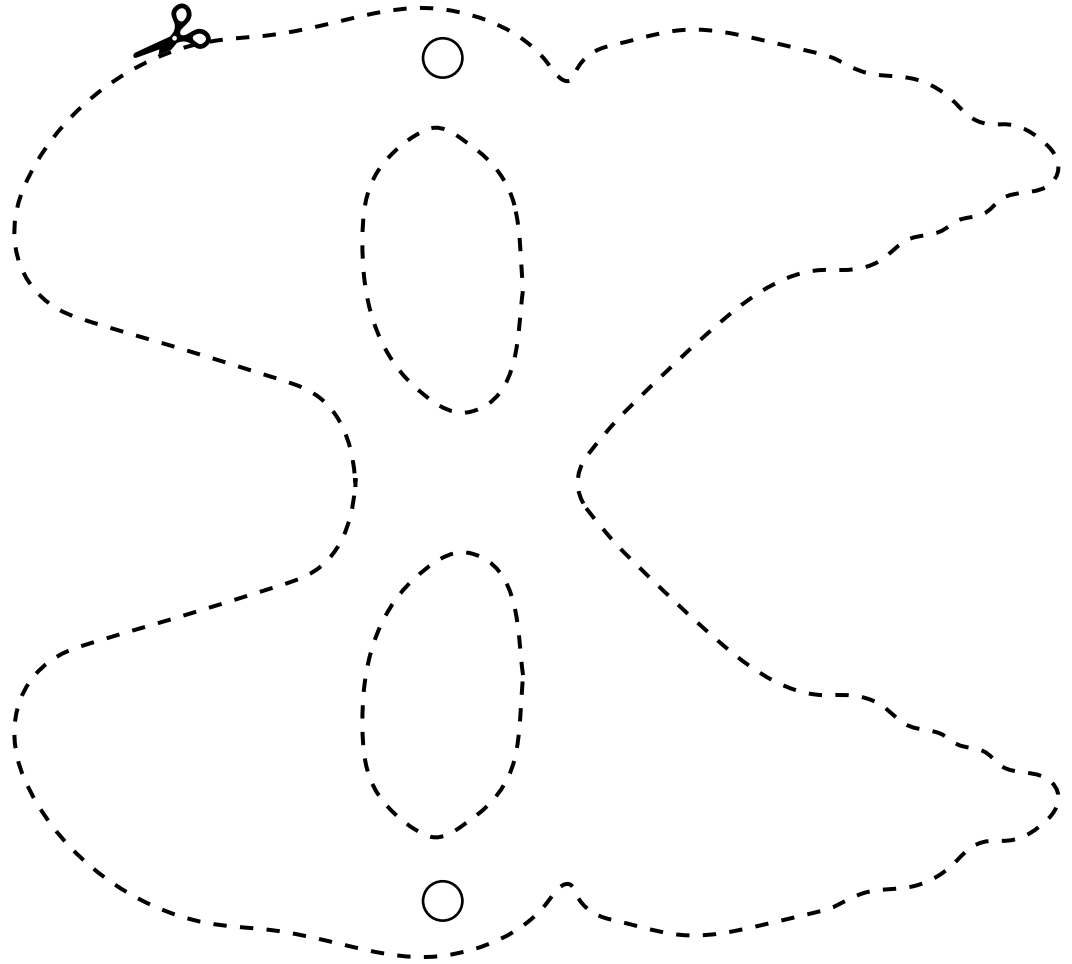
Make your own nature mask

Butterfly

1. Cut around the mask template, cut out the eyes and punch the holes.
2. Head outside to collect your nature decorations.
3. Use glue or tape to stick them on.
4. Add a splash of colour with paint or pencils.
5. Wait to dry.
6. Fasten string or elastic to the holes with glue or staples, then wear!

EXTRA ACTIVITY:

Once you're done, why not make up a story or role-play using your masks? Bonus points if you play outside. Don't forget to slip, slop, slap, seek and slide if you do!



Visit healthier.qld.gov.au to download more nature masks.



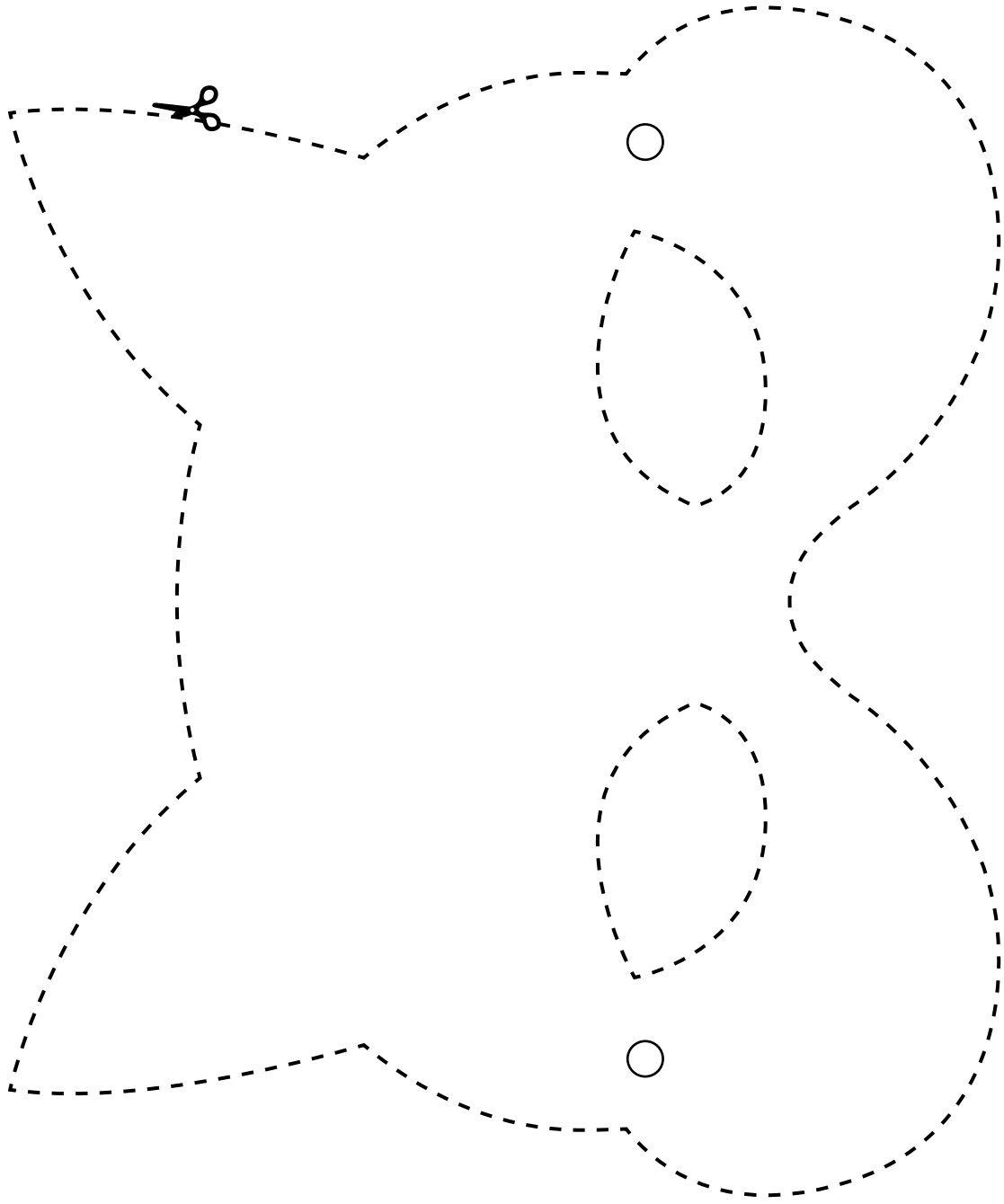
Make your own nature mask

Cat

1. Cut around the mask template, cut out the eyes and punch the holes.
2. Head outside to collect your nature decorations.
3. Use glue or tape to stick them on.
4. Add a splash of colour with paint or pencils.
5. Wait to dry.
6. Fasten string or elastic to the holes with glue or staples, then wear!

EXTRA ACTIVITY:

Once you're done, why not make up a story or role-play using your masks? Bonus points if you play outside. Don't forget to slip, slop, slap, seek and slide if you do!





Make your own nature mask

Superhero

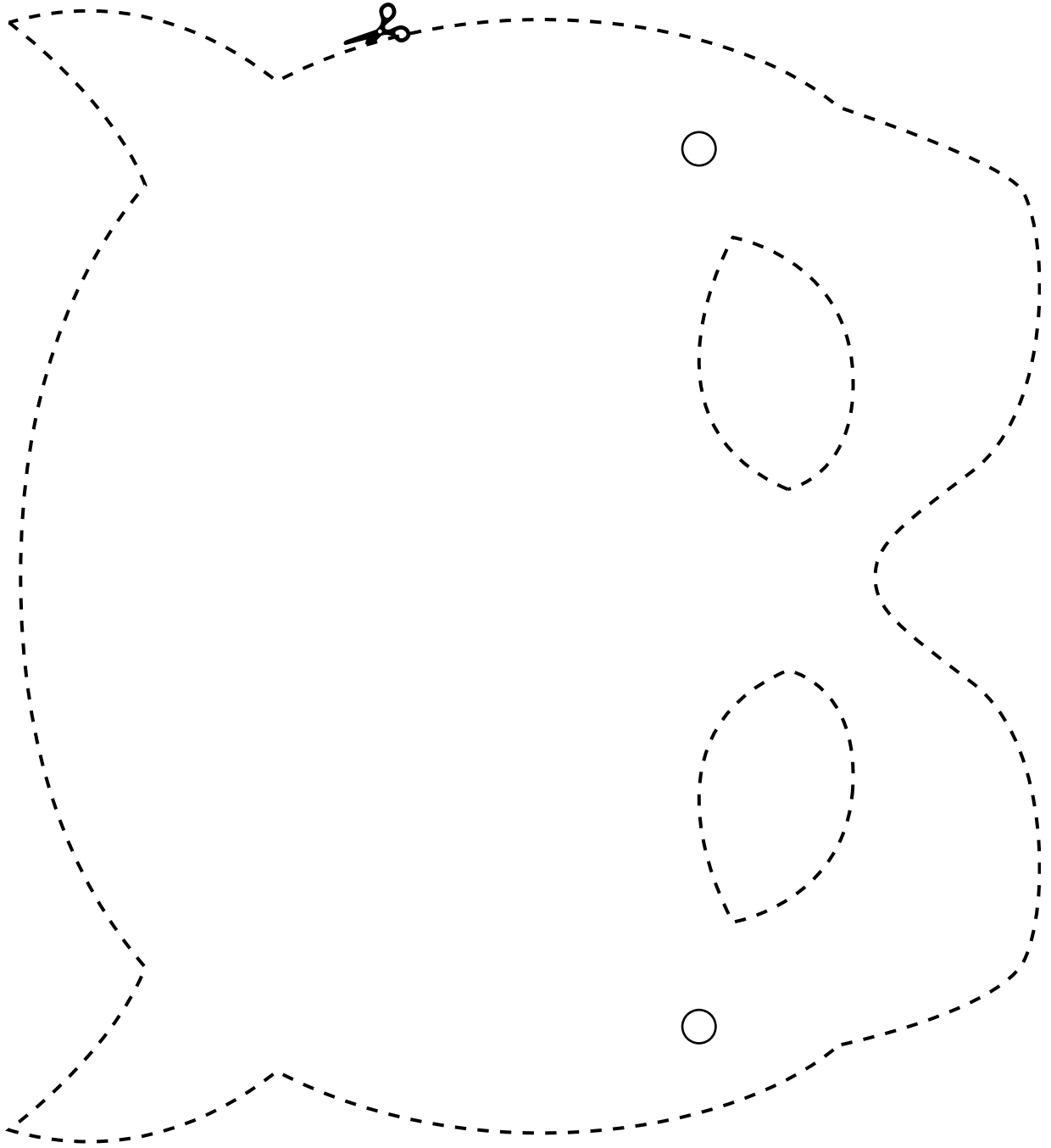
1. Cut around the mask template, cut out the eyes and punch the holes.
2. Head outside to collect your nature decorations.
3. Use glue or tape to stick them on.
4. Add a splash of colour with paint or pencils.
5. Wait to dry.
6. Fasten string or elastic to the holes with glue or staples, then wear!

EXTRA ACTIVITY:

Once you're done, why not make up a story or role-play using your masks?

Bonus points if you play outside.

Don't forget to slip, stop, slap, seek and slide if you do!



Visit healthier.qld.gov.au to download more nature masks.

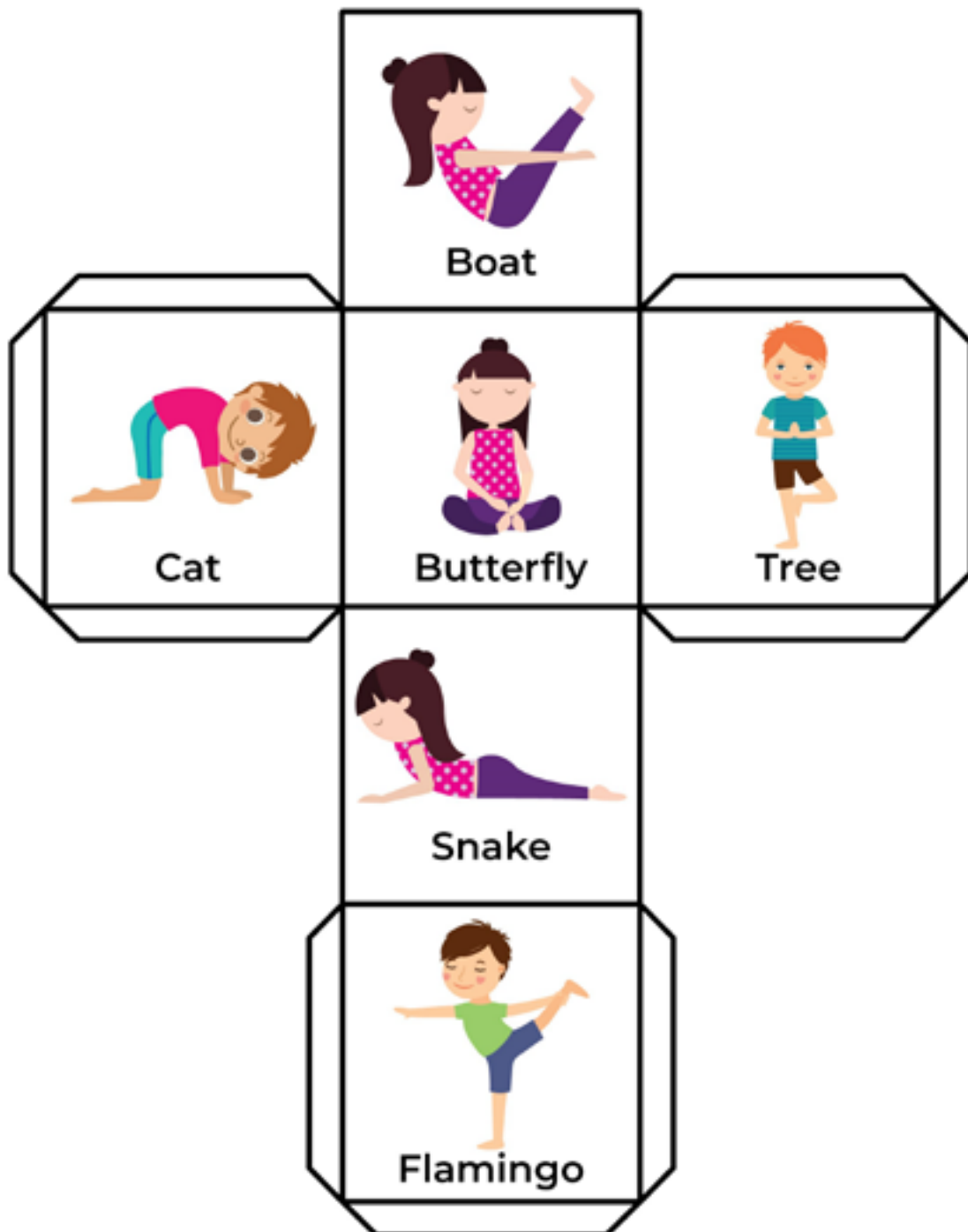




Improve your Move

www.kiddo.edu.au

KIDDO BALANCE DICE





HOME CHALLENGE: UNO™ MOVE

Turn your UNO™ game into UNO™ Move

You'll need a deck of UNO™ cards.

How to Play

- ✔ Choose a movement you are going to do for each colour and write them in the boxes (e.g. Star jump, push up, bounce & catch)
- ✔ Play your UNO™ game as normal
- ✔ Each time a coloured card is put down, opposing player must perform the movement as many times as the number on the card

Write your movements in
the boxes

And the winner is...

Draw a picture of yourself
playing UNO™ move

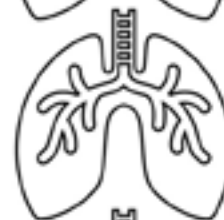
How puffed out did you get?

Colour in the lungs

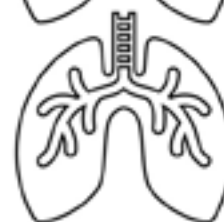
HEAPS!

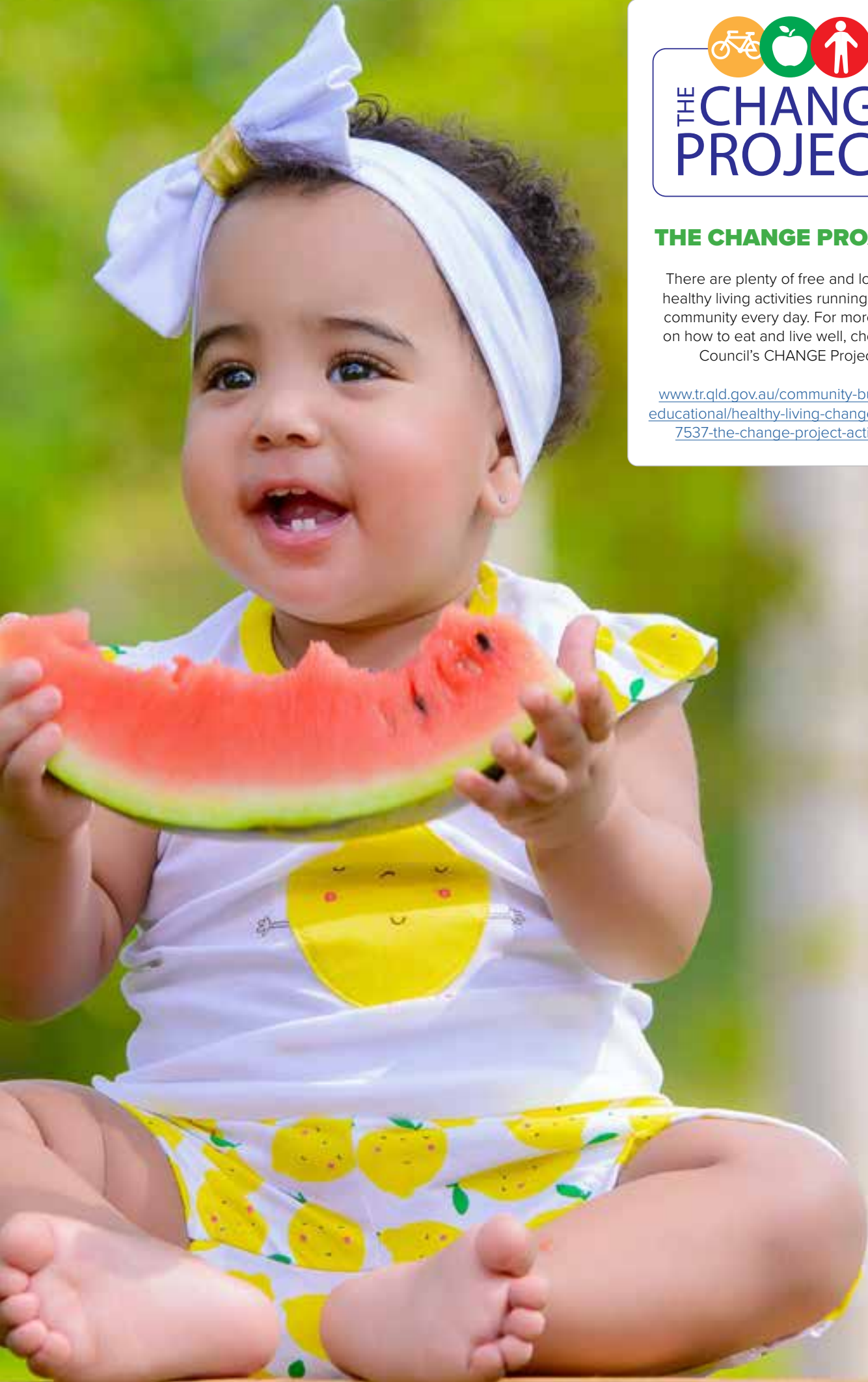


A FAIR BIT



A LITTLE





THE CHANGE PROJECT

THE CHANGE PROJECT

There are plenty of free and low cost healthy living activities running in your community every day. For more ideas on how to eat and live well, check out Council's CHANGE Project.

www.tr.qld.gov.au/community-business/educational/healthy-living-change-project/7537-the-change-project-activities