

# Activities

Monday 13th April

Outside  
yoga



Tuesday 14th April

Backyard  
scavenger  
hunt



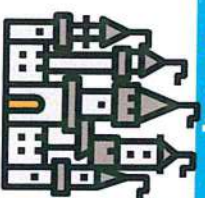
Wednesday 15th April

Play noughts and  
crosses



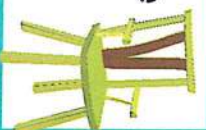
Thursday 16th April

Mindful  
colouring



Friday 17th April

Make an  
obstacle course  
outside with  
anything you  
have



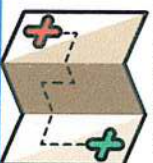
Saturday 18th April

Go for a walk to  
collect Autumn  
leaves to stick  
on your tree



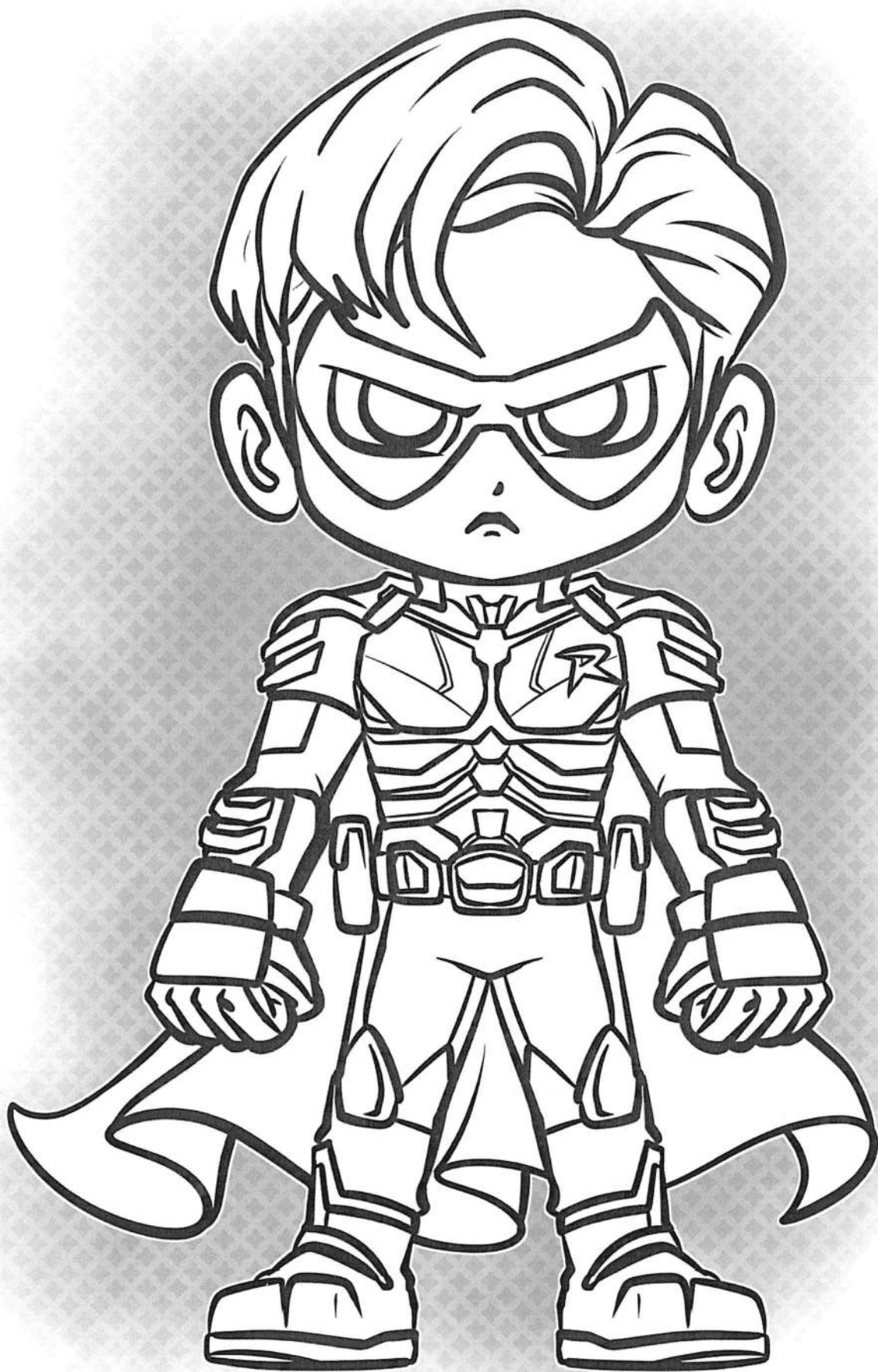
Sunday 19th April

Create a treasure  
map

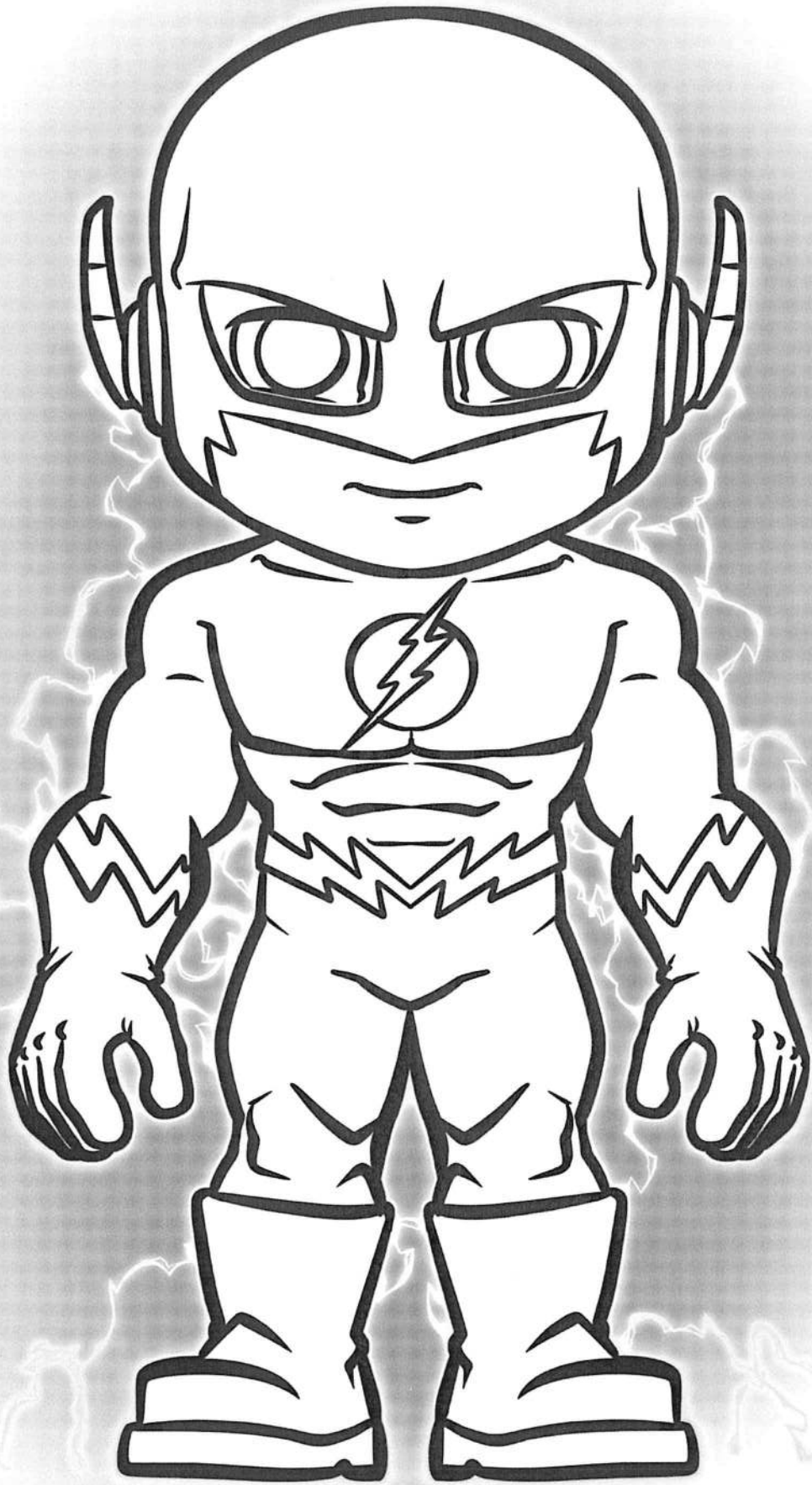


Stay  
strong!

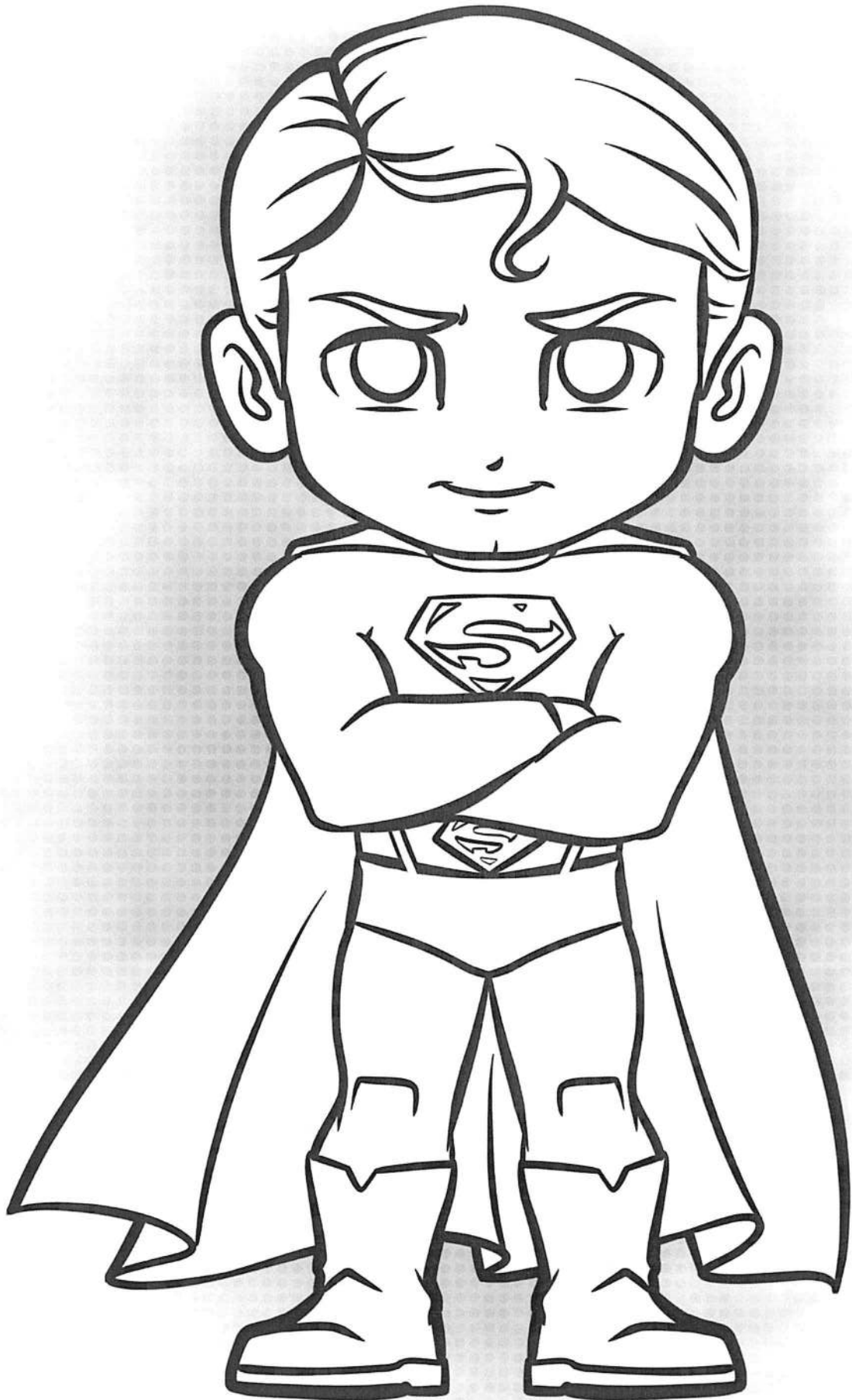
**Remember we are just  
a call/message away if  
you need anything.  
0428 736 961**



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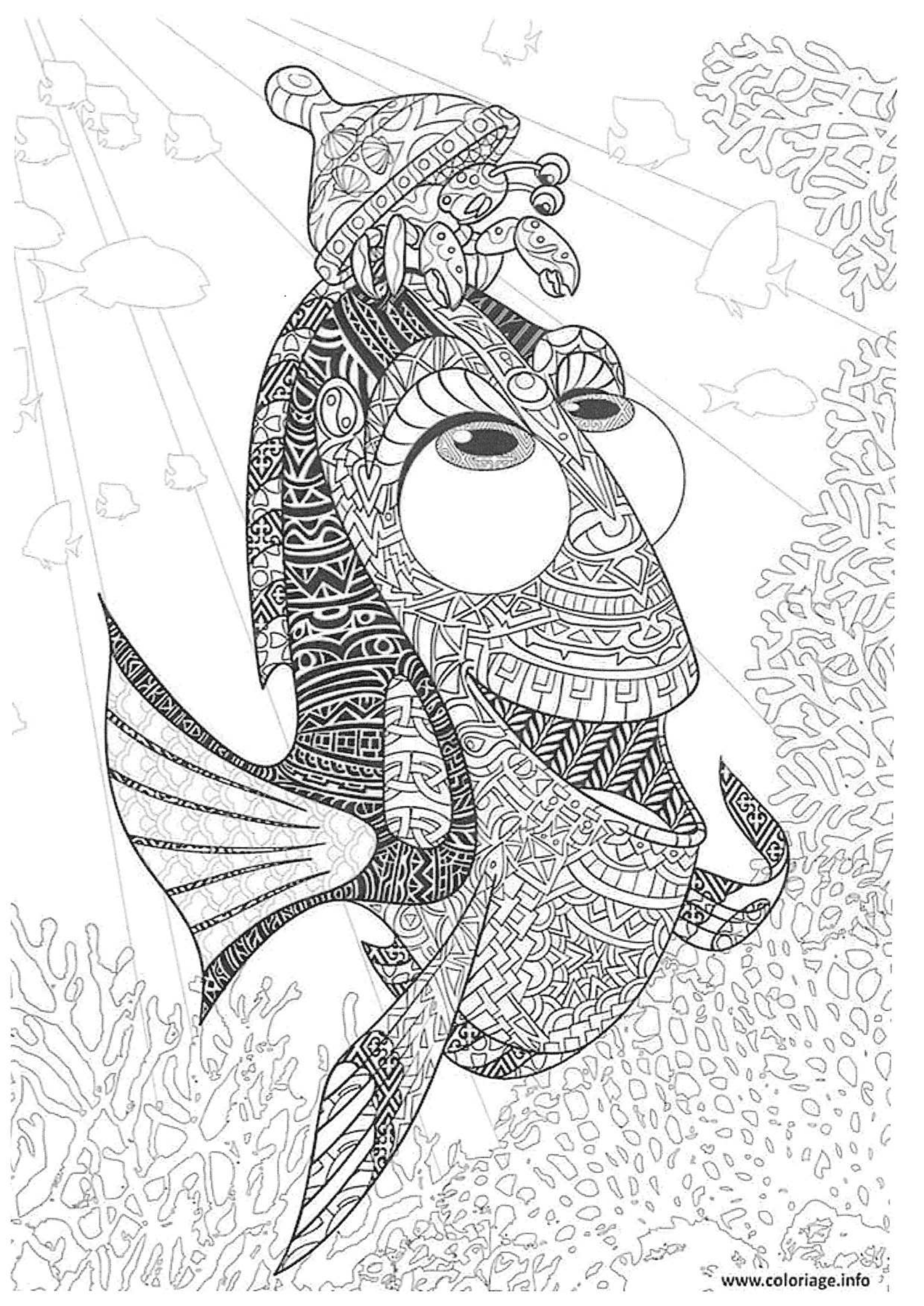


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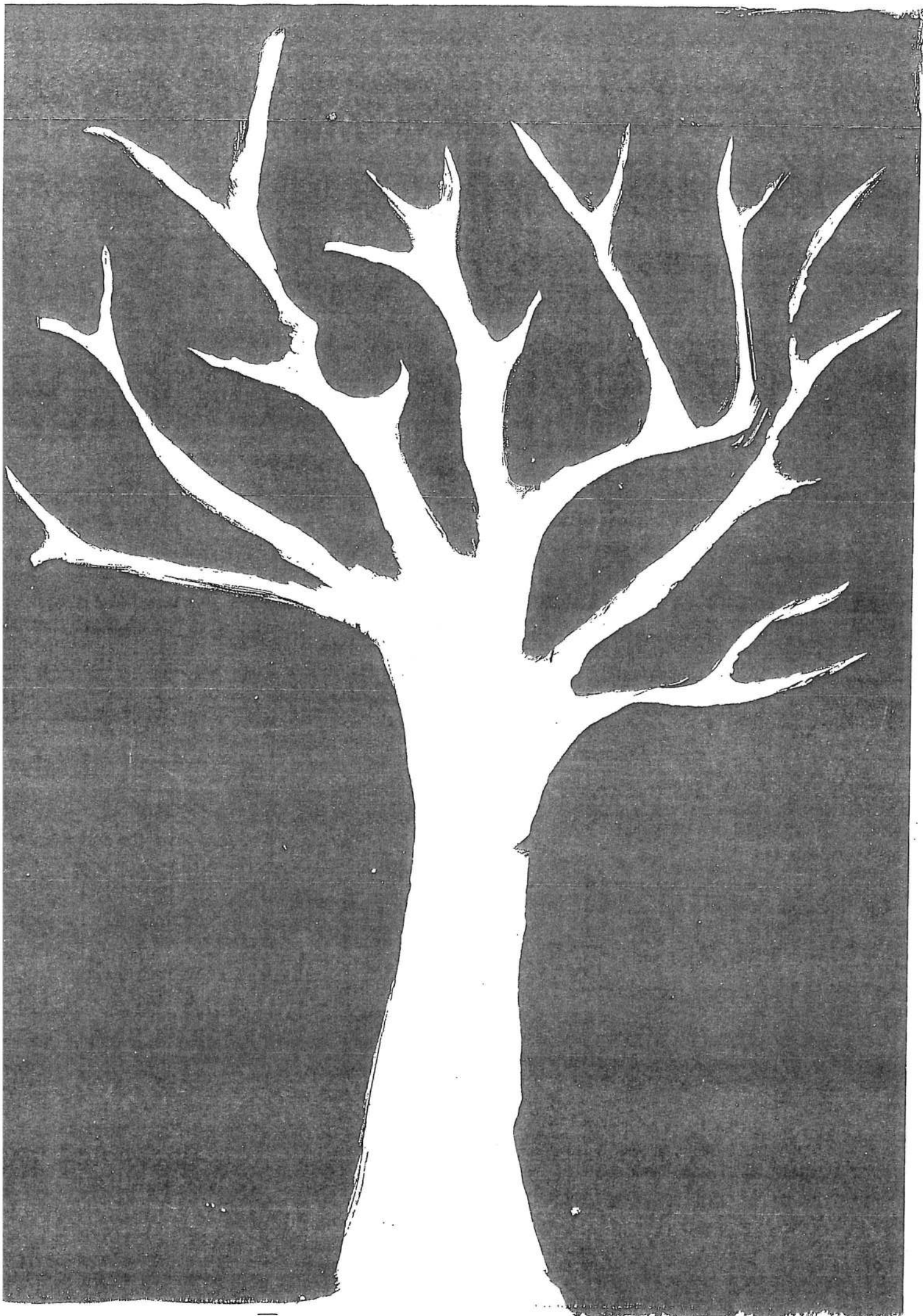


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# GARDEN YOGA FOR KIDS



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



## Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.















## Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



# BACKYARD SCAVENGER HUNT

primary  playground

-  Find 3 kinds of leaves..
-  Find something yellow.
-  Name a bug that is red.
-  Find 2 sticks.
-  Find something that smells good.
-  Name something you see in the sky.
-  Find something that is round.
-  Find something that grows that is green.
-  Find a bird.
-  Find 3 different colored rocks.
-  Find something purple.
-  Find a bug.



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