

# Activities

There are adult  
colouring sheets  
included in this  
pack

Monday 24th August

Practise self  
regulation  
work out



Tuesday 25th August

Mindful  
colouring  
in



Wednesday 26th August

Home  
scavenger  
hunt



Thursday 27th August

Walk & chalk



Friday 28th August

Colour and create  
finger puppets  
(sheets provided -  
colour, cut out, stick  
the rectangle part  
together to fit your  
finger)



Saturday 29th August

Go for a walk and  
draw/write what  
you  
remember  
(sheet)



Sunday 30th August

Ocean  
yoga



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

Don't  
worry, be  
happy!



# KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



## FROG JUMPS

Hop, hop, back and forth like a frog



## BEAR WALK

Hands & feet on the floor, hips high - walk left and right



## GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



## STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide



## CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



## CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.

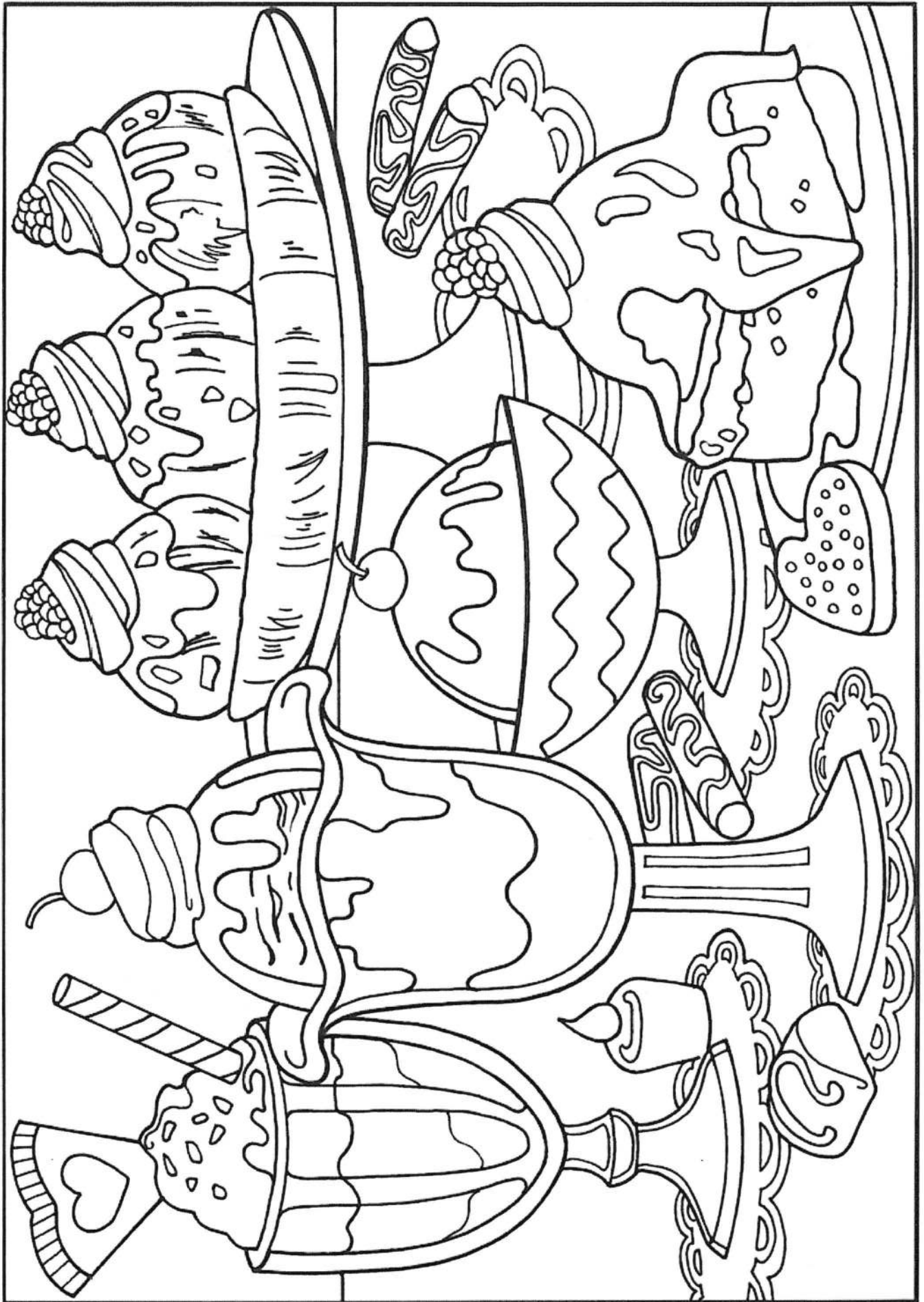


## ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!









# OCEAN YOGA



**I am a jellyfish.**  
STANDING FORWARD BEND



**I am a shark.**  
LOCUST POSE



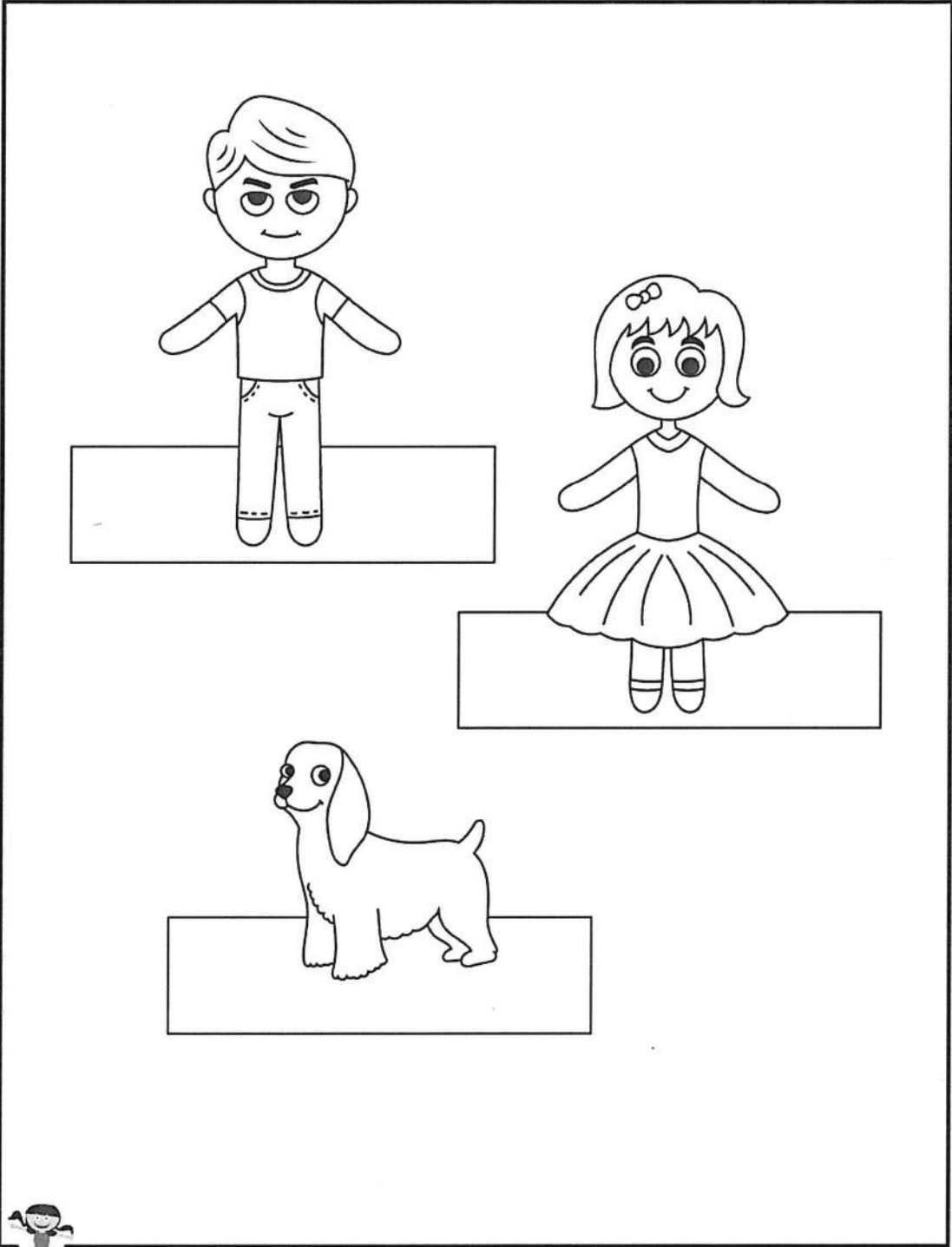
**I am a dolphin.**  
DOLPHIN POSE



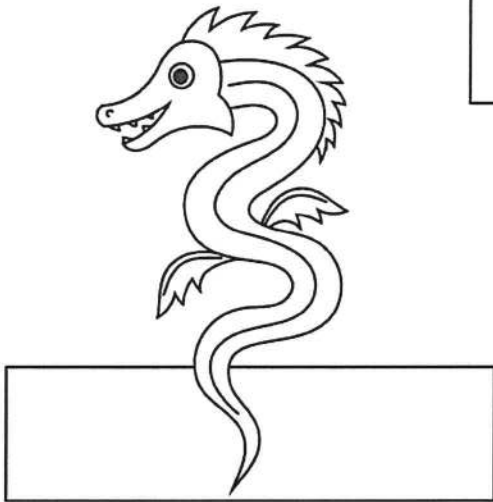
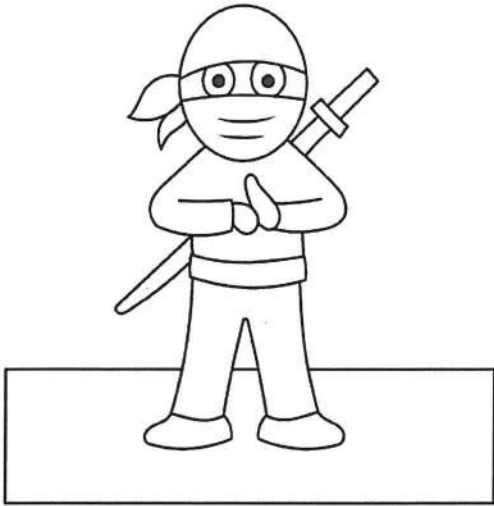
**I am a crab.**  
TABLE TOP POSE

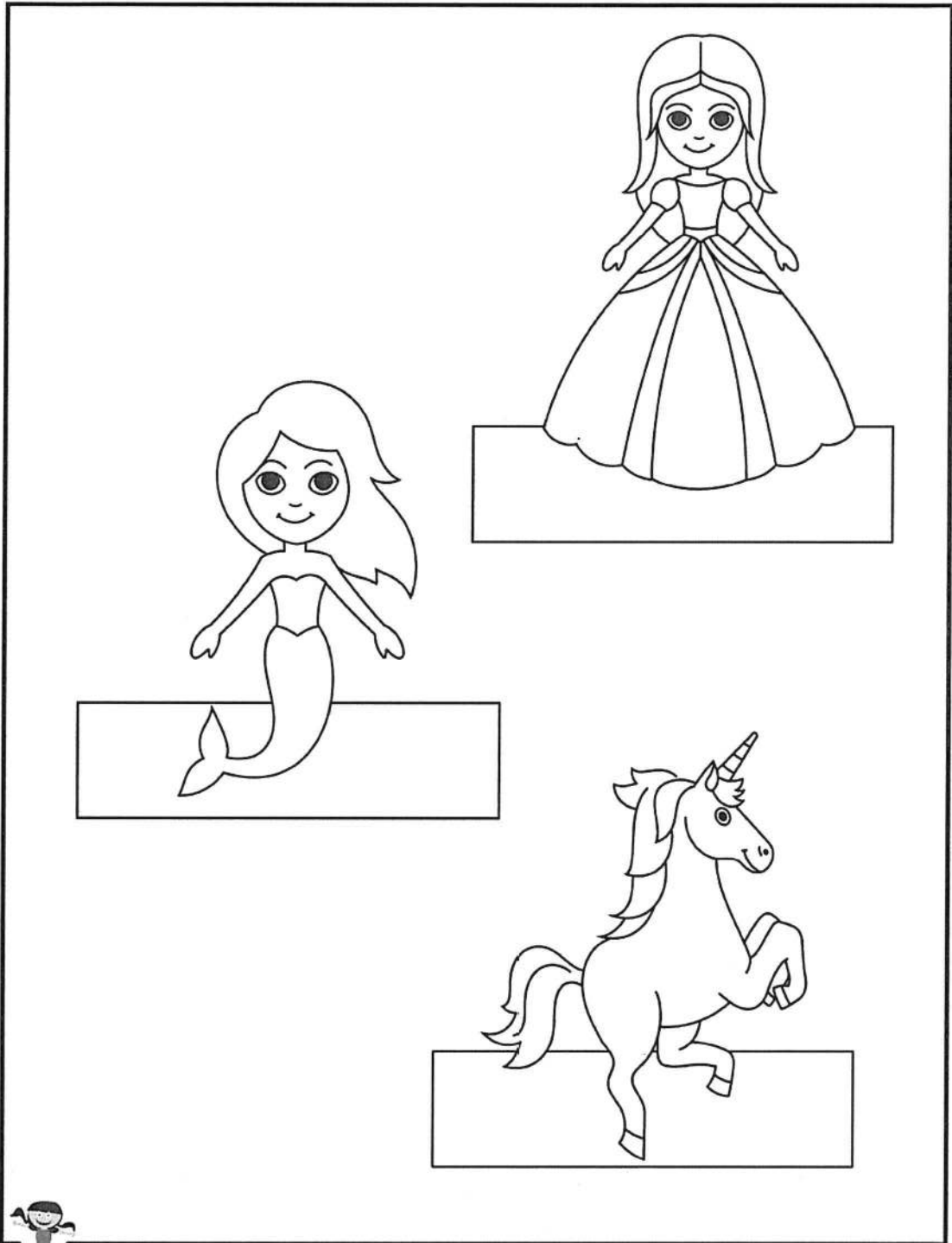


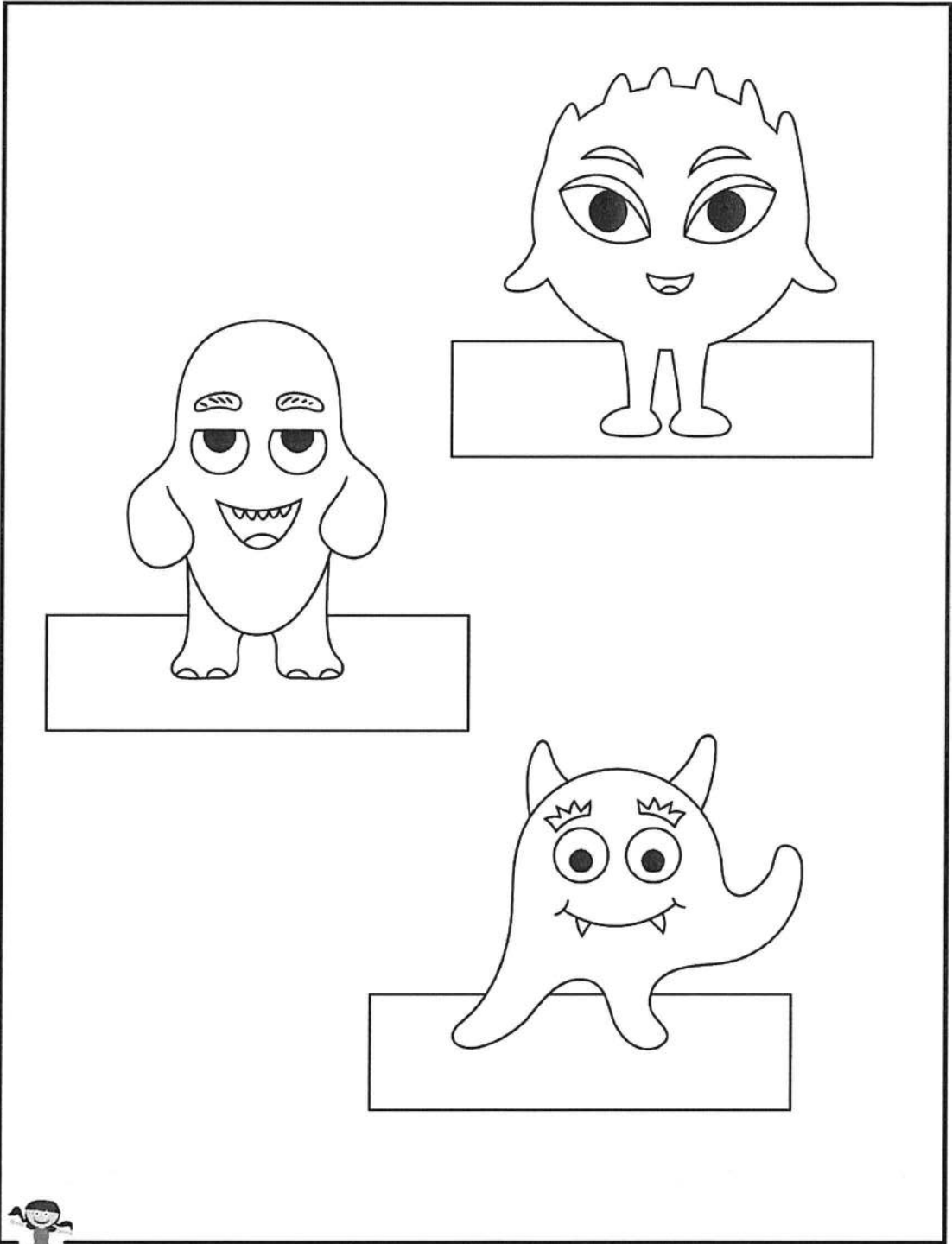
**I am a turtle.**  
TORTOISE POSE

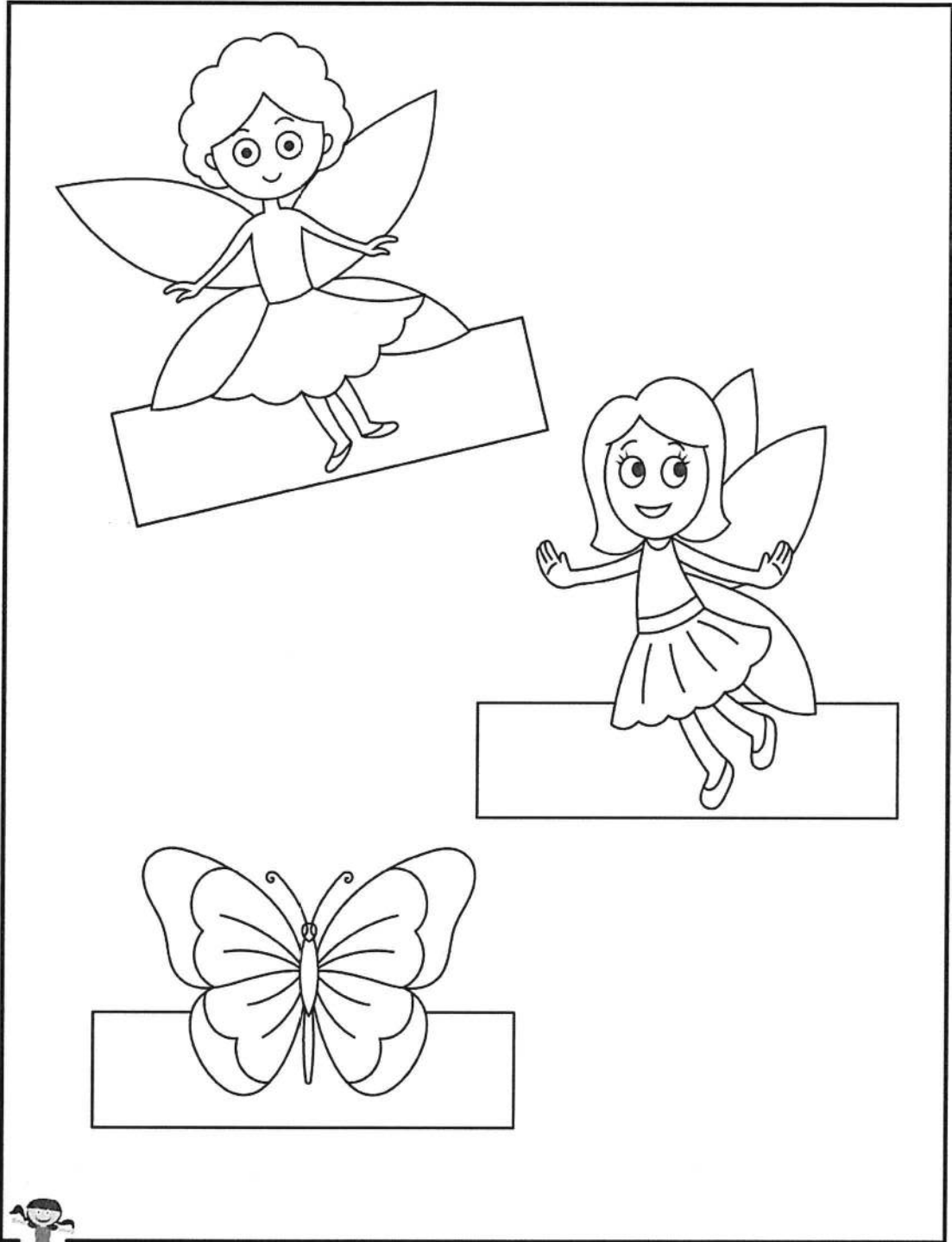











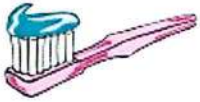

























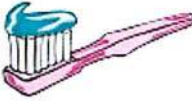














# Indoor Scavenger Hunt

Can You Find These Items in Your Home?

 <b>dinosaur</b>	 <b>sweater</b>	 <b>books</b>	 <b>fruit</b>
 <b>stuffed animal</b>	 <b>toothbrush</b>	 <b>ball</b>	 <b>puzzle</b>
 <b>blocks</b>	 <b>clock</b>	 <b>socks</b>	 <b>toy car</b>
 <b>doll</b>	 <b>crayons</b>	 <b>keys</b>	 <b>flashlight</b>
 <b>blanket</b>	 <b>flower</b>	 <b>cup</b>	 <b>button</b>





















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# WALK & CHALK



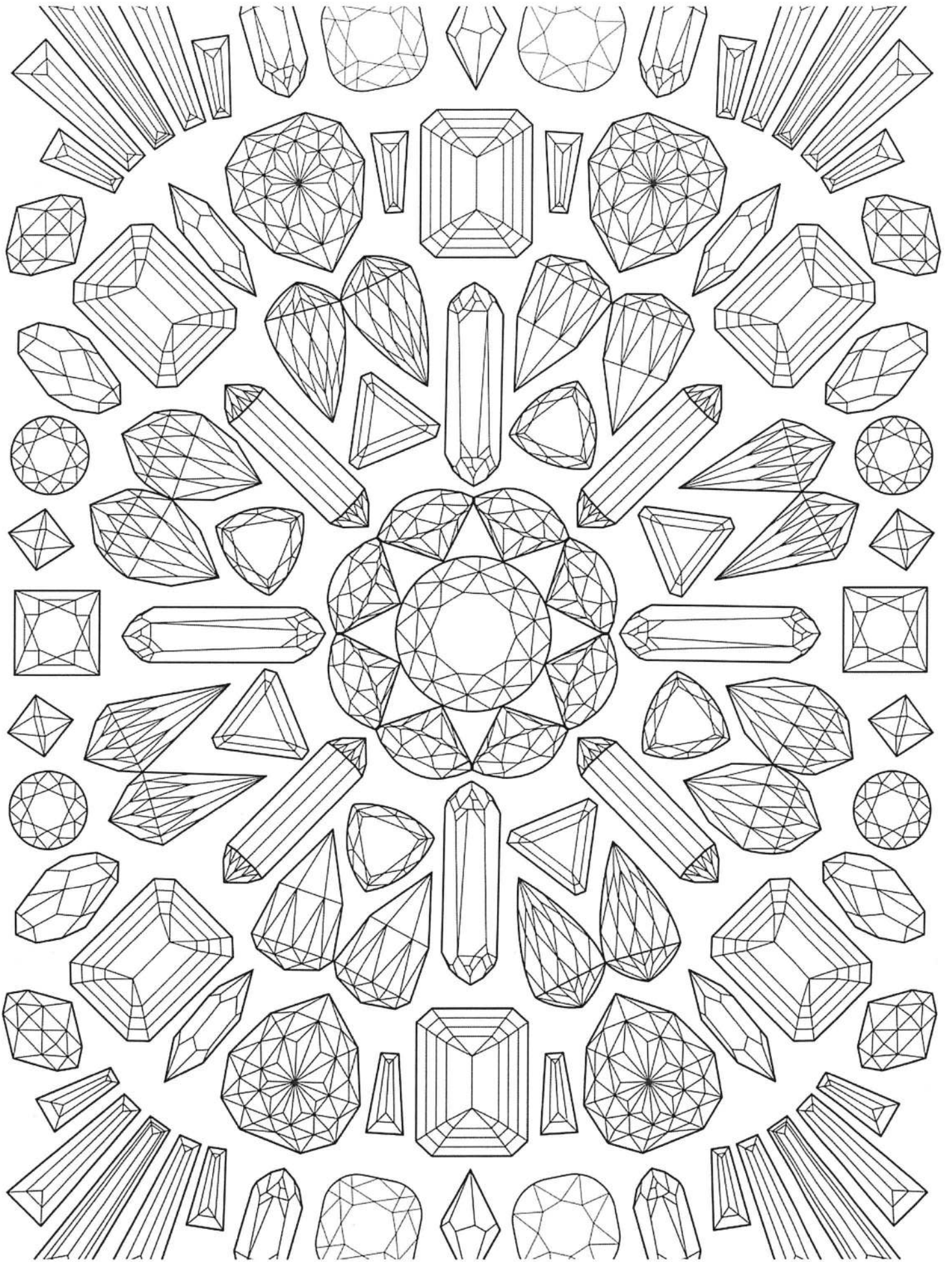
Walk around your block or down your street creating the funnest route that you can using chalk and your footpath. Sing a song, draw a tree, write a joke and count to three!

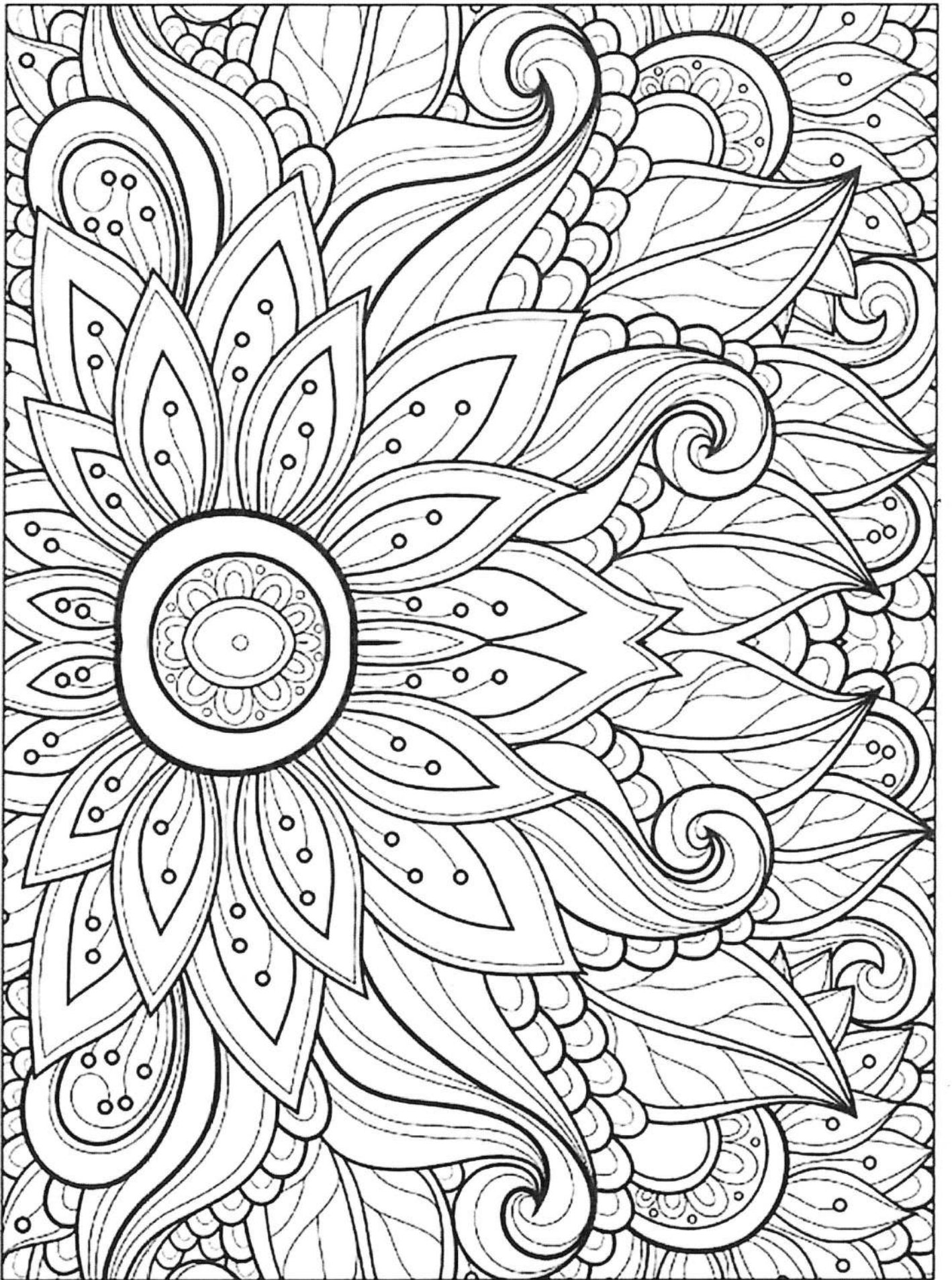


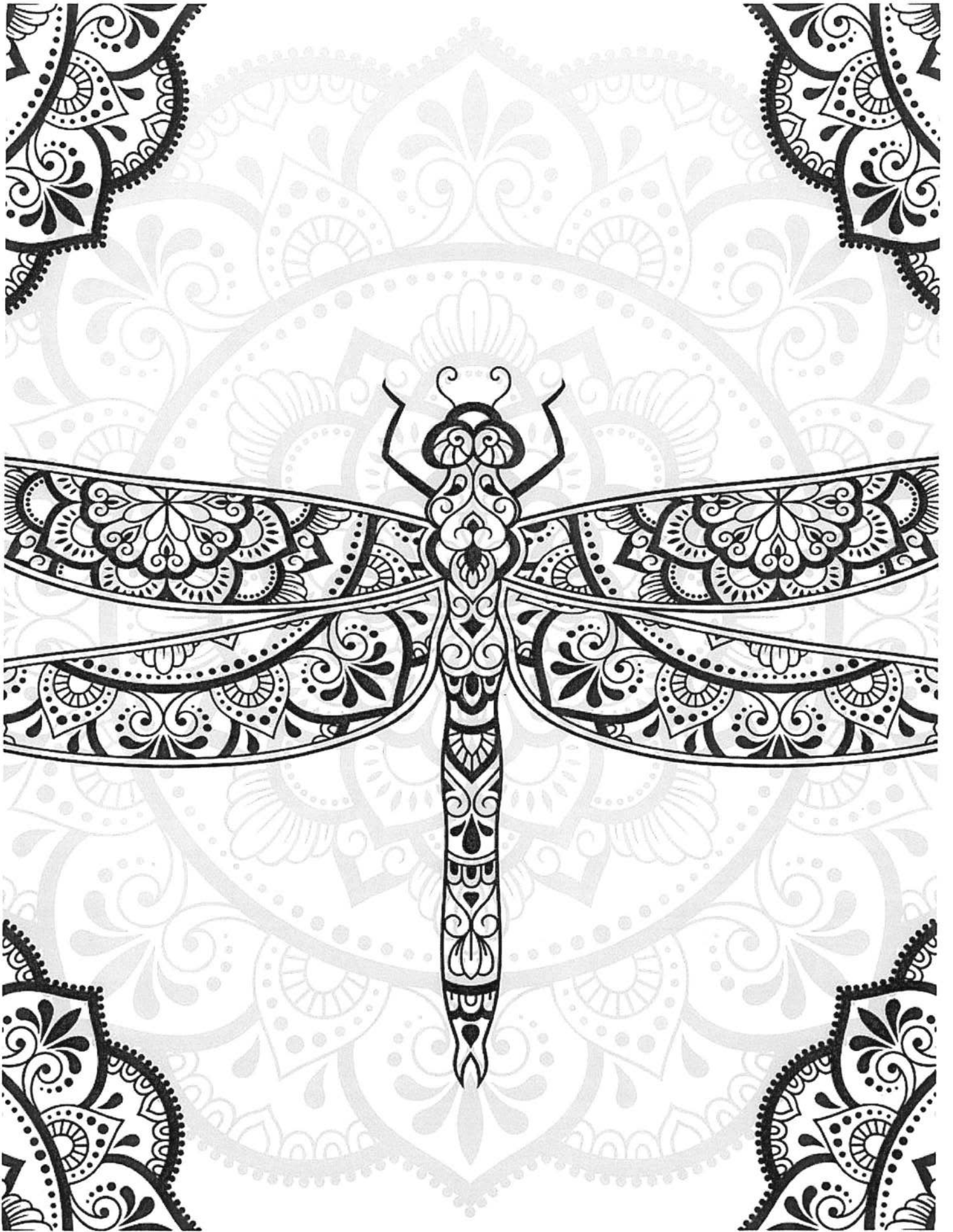
Your only limit is your imagination.













BE

patient

# Curried Sausages

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## Ingredients:

- 1kg thin beef sausages
- 1½ cups frozen vegetables thawed
- 2 tablespoons curry powder
- 2 tablespoons cornflour



## Method

1. Into a slow cooker, place the sausages and vegetables.
2. Pour over 1½ cups water and sprinkle with curry powder; stir to combine.
3. Cover and cook on low for 6 hours.
4. To thicken the sauce; simply mix cornflour with 2 tablespoons of cold water to form a smooth, thick paste.
5. Pour into the sauce and cook, stirring, until thick and bubbly.
6. Optional: Add 1 chopped onion when adding the vegetables (to be honest, the more veggies the better!) As an alternative, this can be cooked in a preheated 180°C oven. Simply brown the onions first, then place all ingredients into a casserole dish and bake for 30 minutes.

# Chicken Pie

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## Ingredients:

- 2 sheets puff pastry
- ½ BBQ chicken shredded
- 400g condensed cream of chicken soup
- 2 cups frozen mixed vegetables thawed



## Method:

1. Preheat oven to 180°C.
2. Line a non-stick 22cm pie dish with baking paper and one sheet of pastry.
3. In a bowl, combine the chicken, soup and veggies; season with pepper.
4. Pour the mixture into the pie dish and cover with the remaining sheet of pastry; seal the edges with a fork, trim and remove excess pastry.
5. Cut several vents in the lid and bake until golden brown, about 30 to 35 minutes.



# Chicken Parmesan

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6 Serves | 15 Mins Prep | 45 Mins Cook

## Ingredients:

- 1 jar (650 mL) *Classico di Napoli* Tomato & Basil Pasta Sauce
- 6 Tbsp. *Cracker Barrel* Finely Shredded 100% Parmesan Cheese, divided
- 6 small boneless skinless chicken breasts (675 g)
- 330g spaghetti, uncooked
- 1-1/2 cups *Cracker Barrel* Shredded Mozzarella Cheese



## Method:

1. Heat oven to 375°F.
2. Pour sauce into 13x9-inch baking dish sprayed with cooking spray. Stir in 1/4 cup (4 Tbsp.) Parmesan. Add chicken; turn to evenly coat both sides of each breast with sauce. Cover.
3. Bake 30 min. or until chicken is done (165°F). Meanwhile, cook spaghetti as directed on package, omitting salt.
4. Top chicken with remaining cheeses; bake, uncovered, 5 min. or until mozzarella is melted.
5. Drain spaghetti. Serve topped with chicken and sauce.