



Activities

There are adult
colouring sheets
included in this
pack

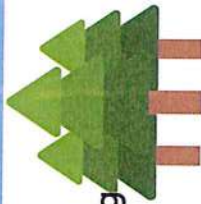
Monday 7th Sept

Design boot
- and share
your designs
with us



Tuesday 8th Sept

Mindful
colouring
in



Wednesday 9th Sept

Spring
scavenger
hunt



Thursday 10th Sept

Aboriginal Flag colouring
in



Friday 11th Sept

Calm down yoga



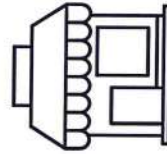
Saturday 12th Sept

Paper
plane
competition



Sunday 13th Sept

Go for a
walk and
play eye
spy



Believe
you can
and you
will

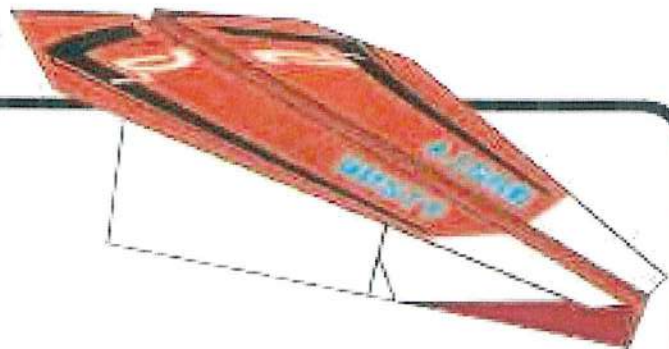
**Remember we are just a call/message
away if you need anything.
0428 736 961**

The Family Haven Mooroopna acknowledges and pays respect to the Yorta Yorta Nation, as the original ongoing custodians of the land we meet on.

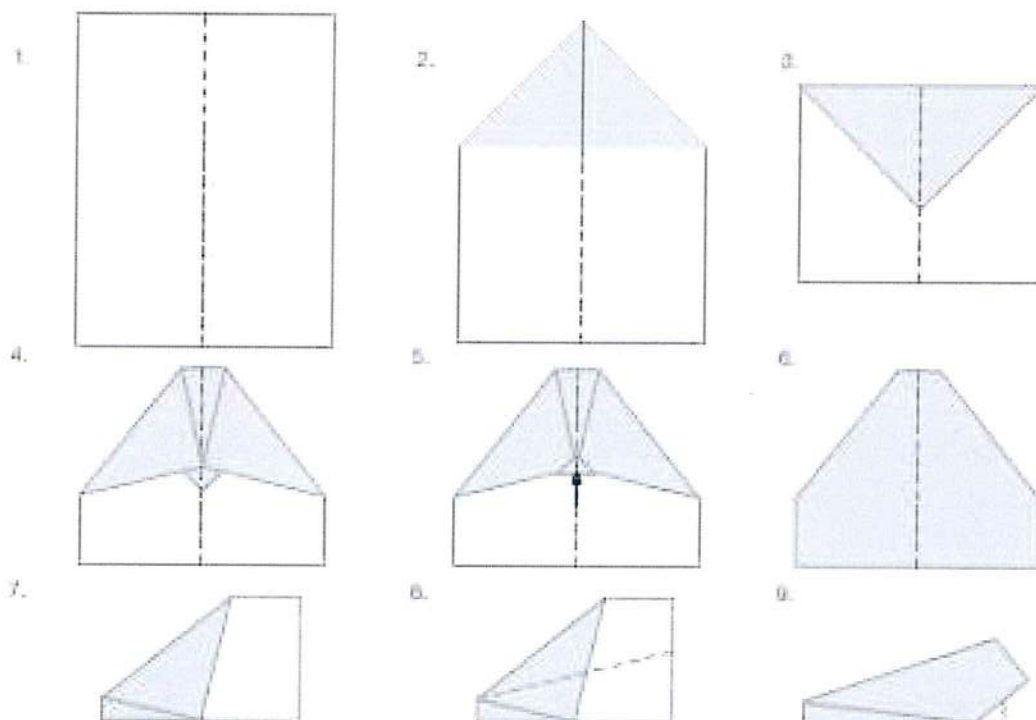




Have an adult help you with this activity. DO NOT throw a paper airplane at another person, animal or object as paper can be sharp or pointy.



DUSTY



DIRECTIONS:

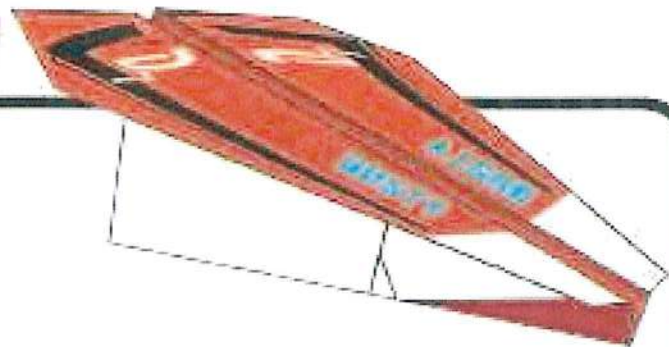
Print the pages on regular paper.

- 1-2) With the white side of the first rectangle you choose facing you, fold the rectangle in half and unfold it, so the paper lays flat again. Now, fold the left two corners towards you.
- 3) Fold the triangle you created with the first set of folds towards you so the point lines up with the center of the rectangle.
- 4) Fold the top two corners towards you again, but this time,

start the fold out from the center line a little bit so the corners touch the center line of the airplane when folded.

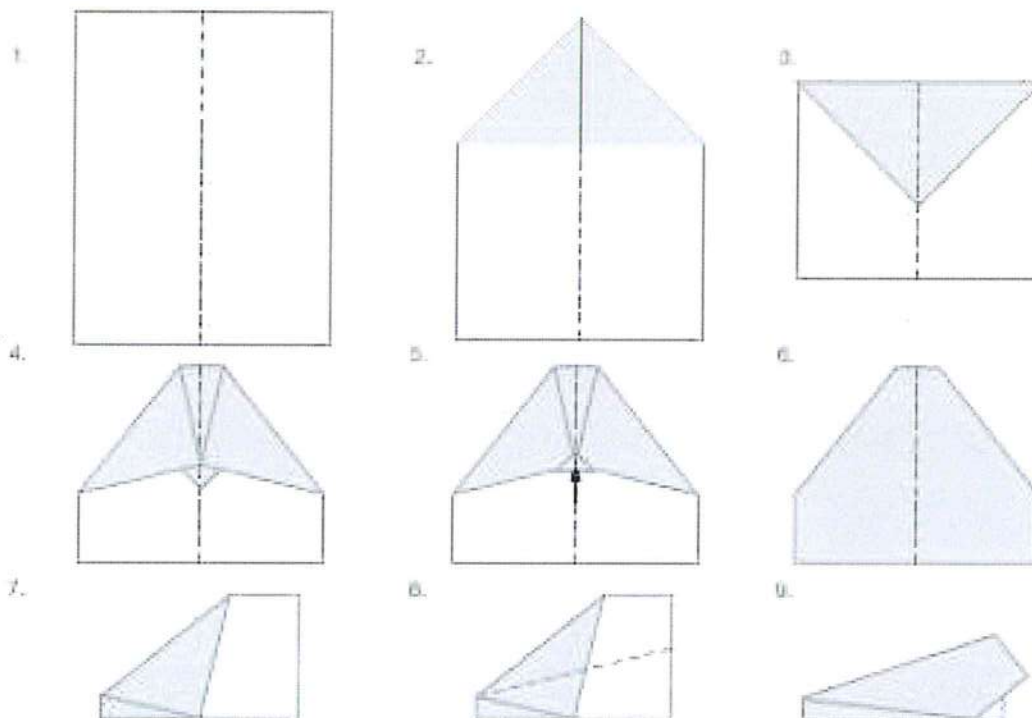
- 5) Fold back the triangle tip that peeks out from behind your new folds to hold them in place.
- 6-7) Flip the airplane over so the design is now facing you and fold it in half towards you on the dashed line.
- 8-9) Fold down the wings on both sides and you are ready to fly!

Disney
PLANES



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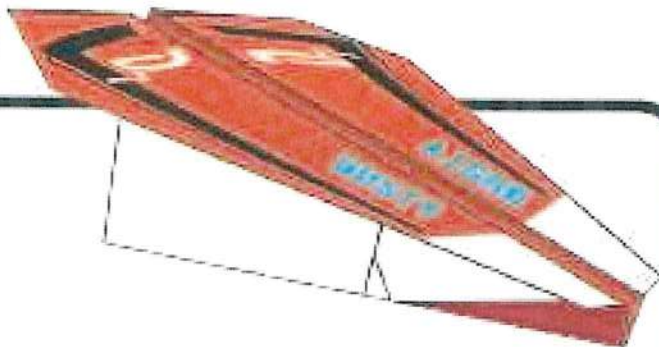
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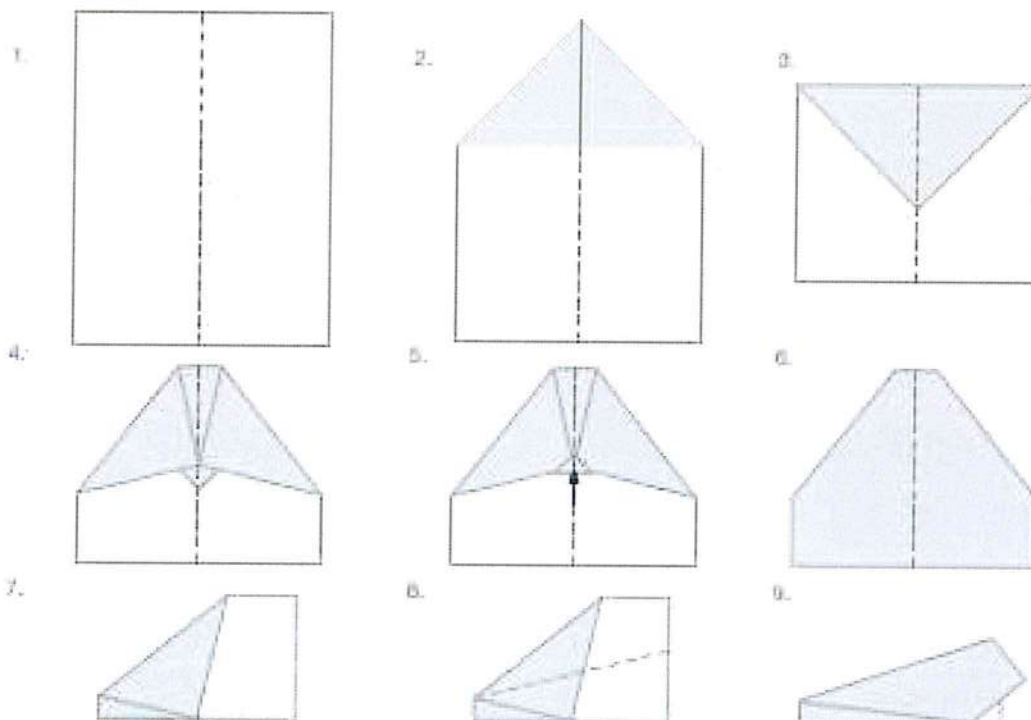
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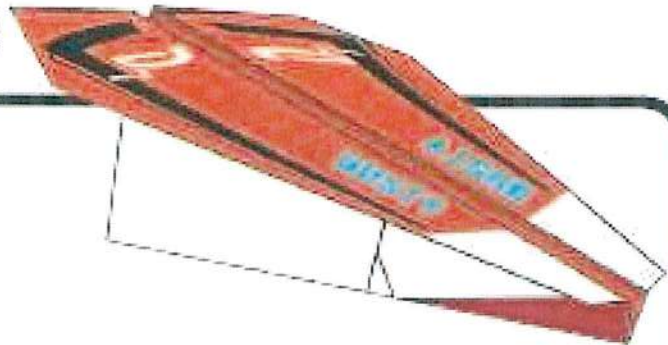
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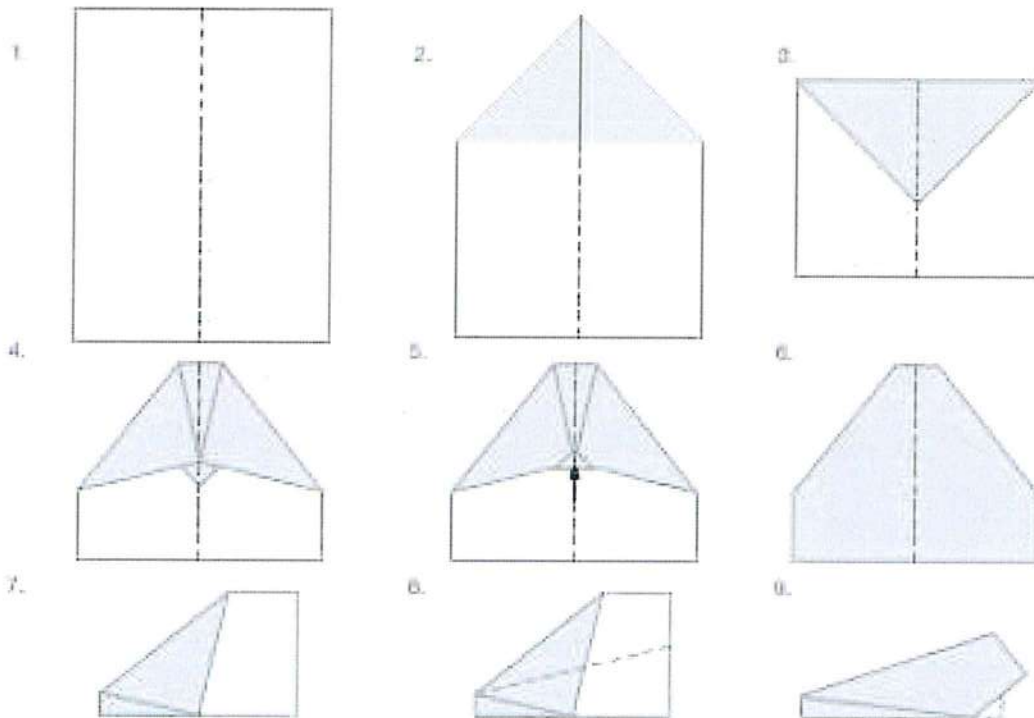
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CALM DOWN ANGER WITH YOGA



I AM AN ELEPHANT

I CAN BEND OVER AND
RELEASE MY ANGER.



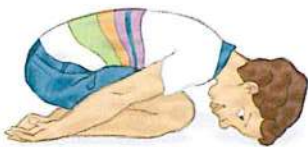
I AM A JACKAL

I CAN EXHALE AND LET GO
OF MY FRUSTRATIONS.



I AM A CROCODILE

I CAN FEEL MY BODY
CALMING DOWN.



I AM A HIPPO

I AM "OKAY". I AM
SURROUNDED WITH LOVE.

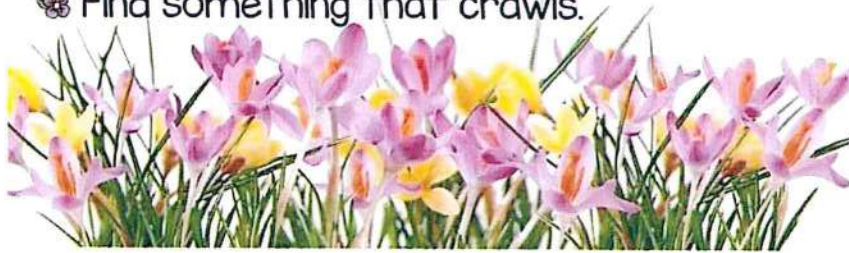


I AM A LION

I AM SAFE. I CAN FEEL MY
WHOLE BODY RELAXED.

SPRING SCAVENGER HUNT

- 🌸 Find a yellow flower. primary playground
- 🌸 Find 3 different shaped leaves.
- 🌸 Find something that is red.
- 🌸 Find a spider web.
- 🌸 Find something that flies.
- 🌸 Name 2 things you see in the sky.
- 🌸 Find something that is long.
- 🌸 Find something that grows that is green.
- 🌸 Find 2 birds.
- 🌸 Find some water.
- 🌸 Find something purple.
- 🌸 Find something that crawls.



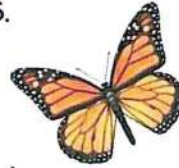
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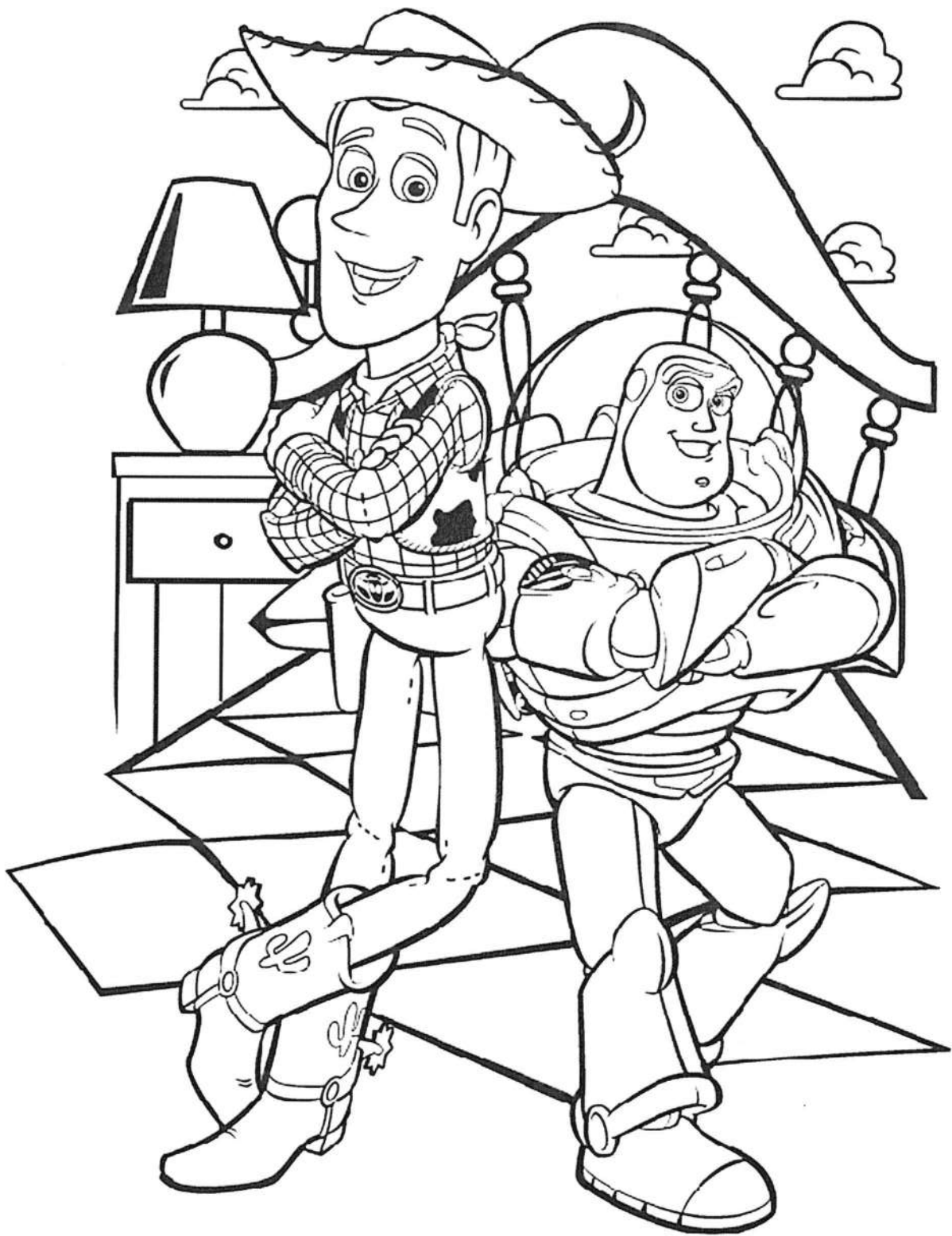
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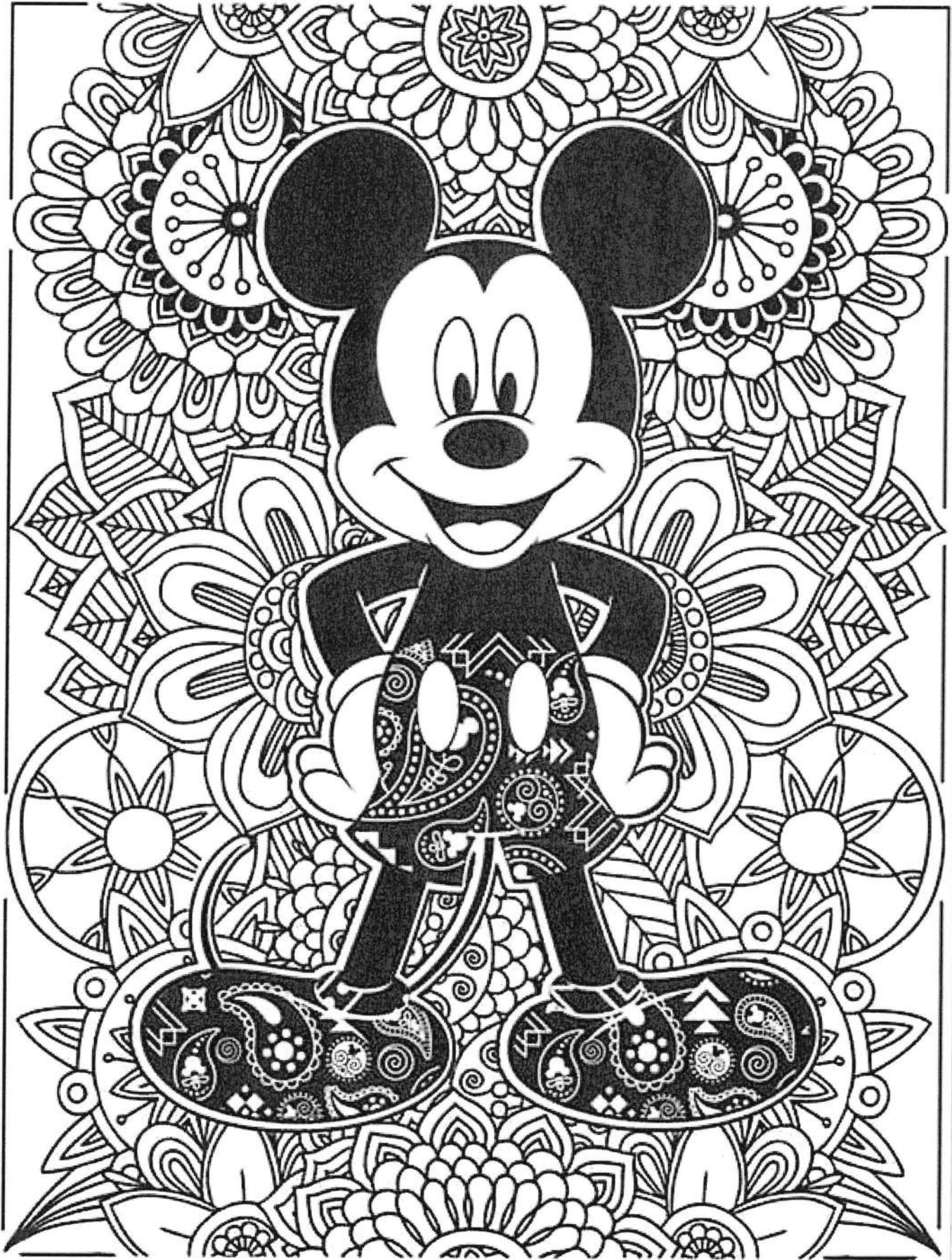
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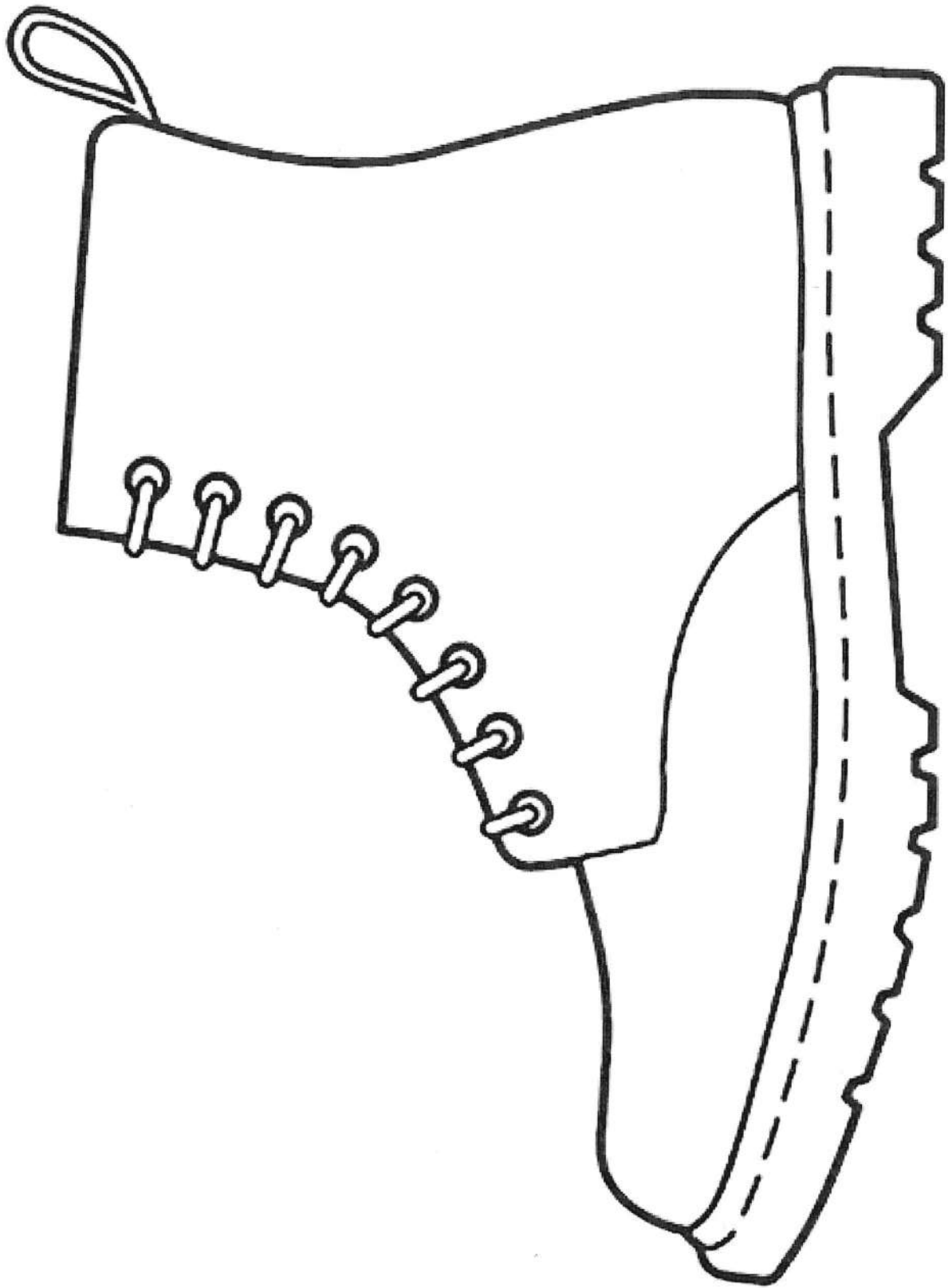


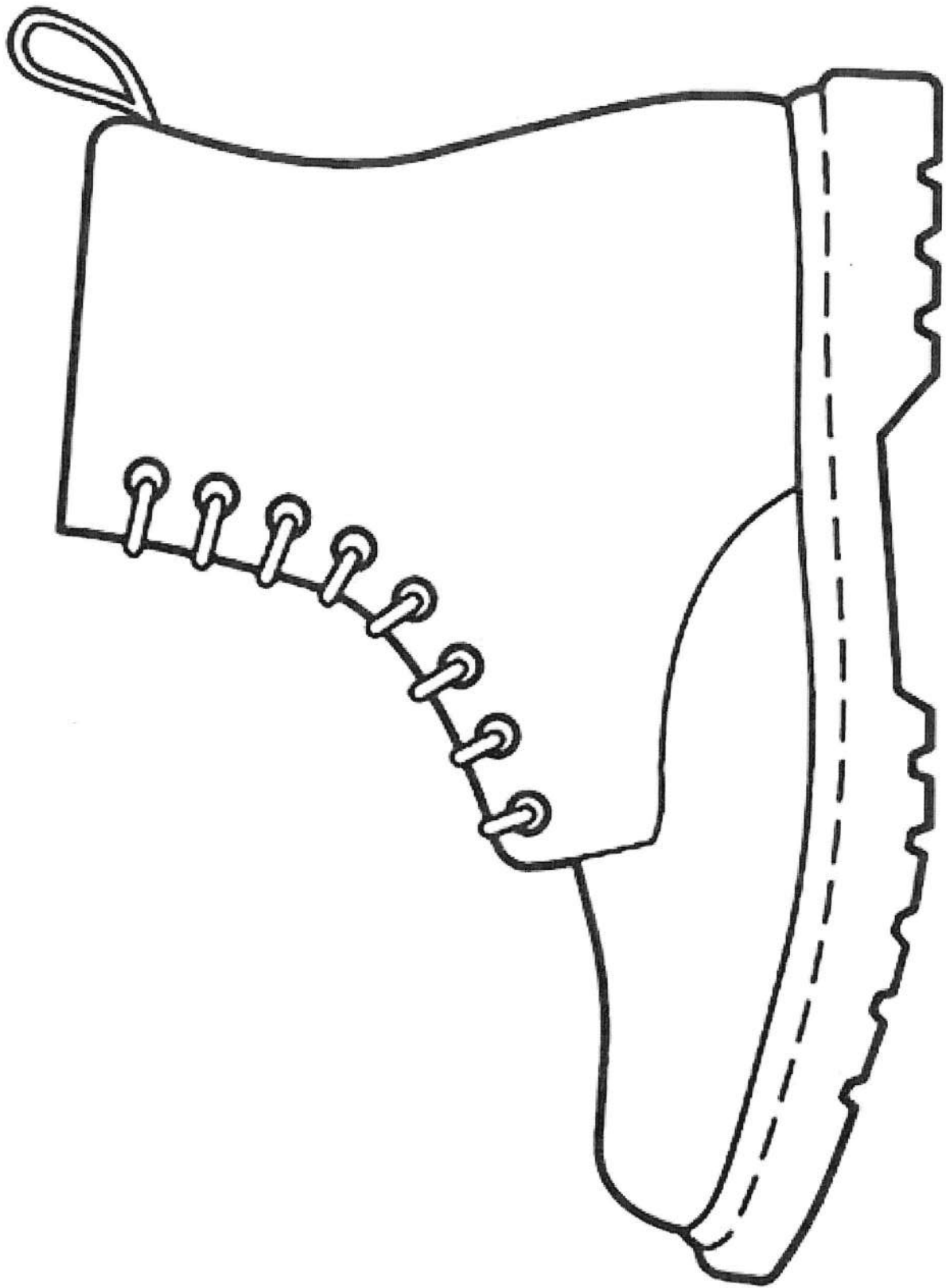


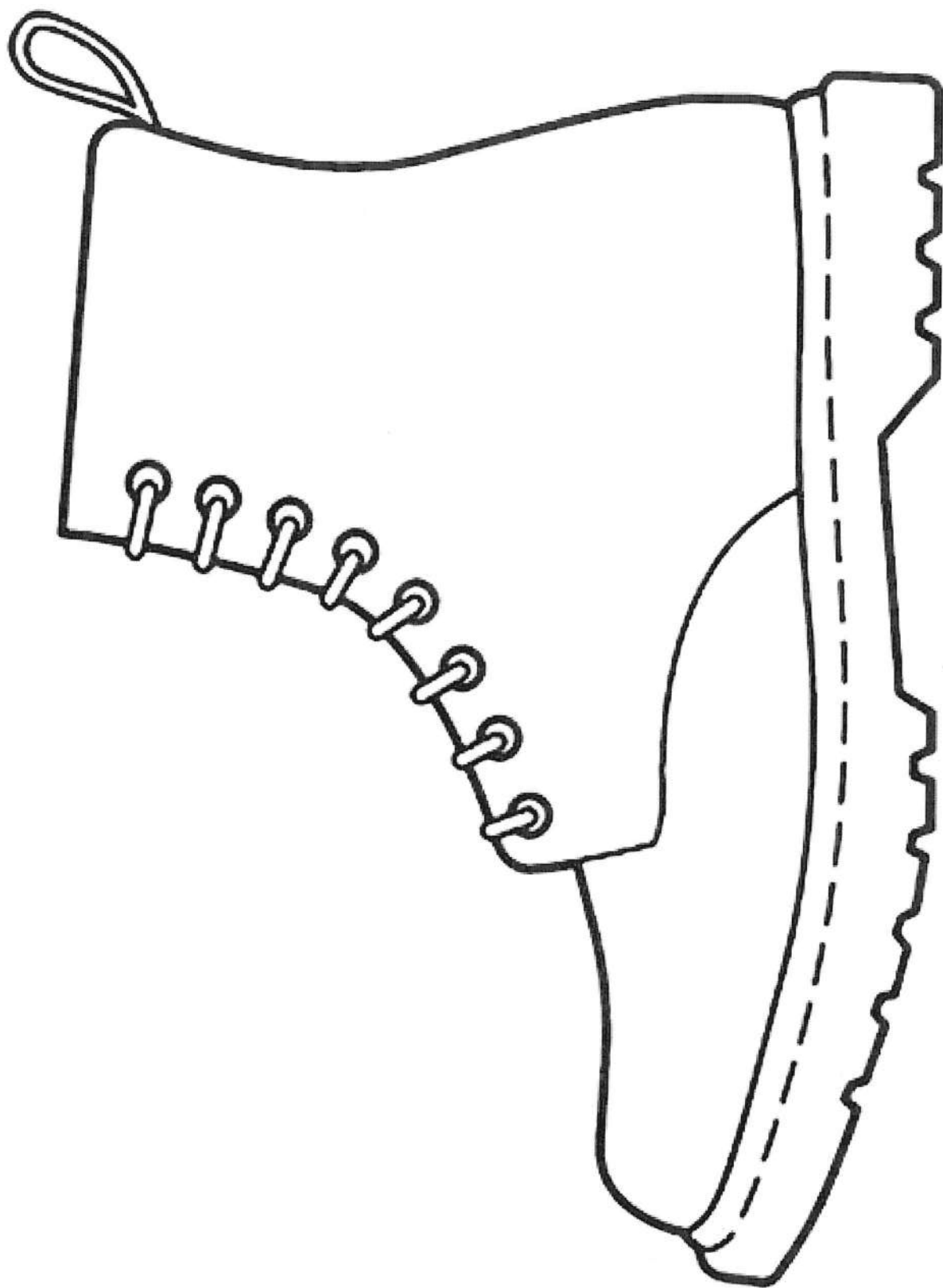


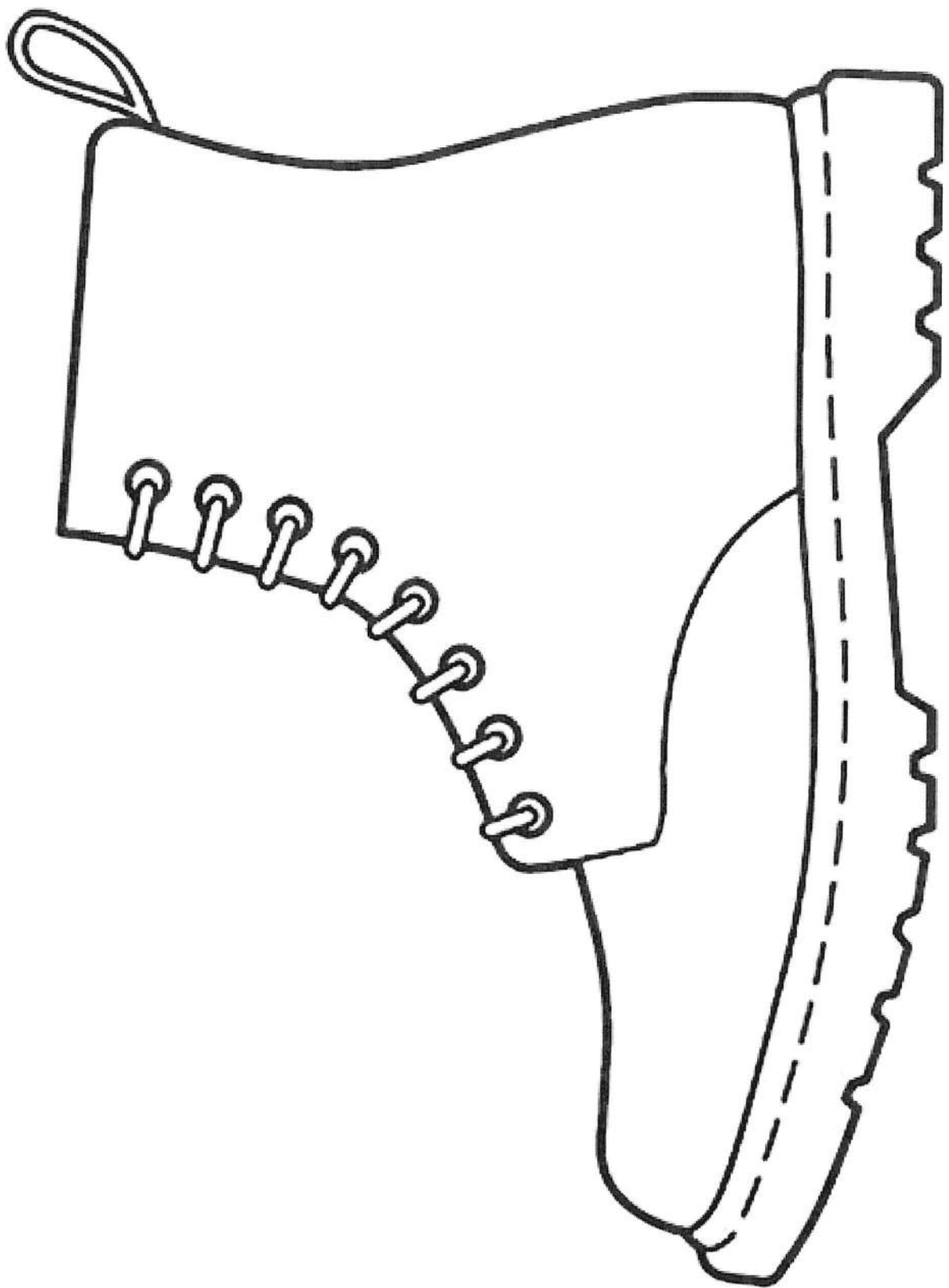












THE AUSTRALIAN ABORIGINAL FLAG

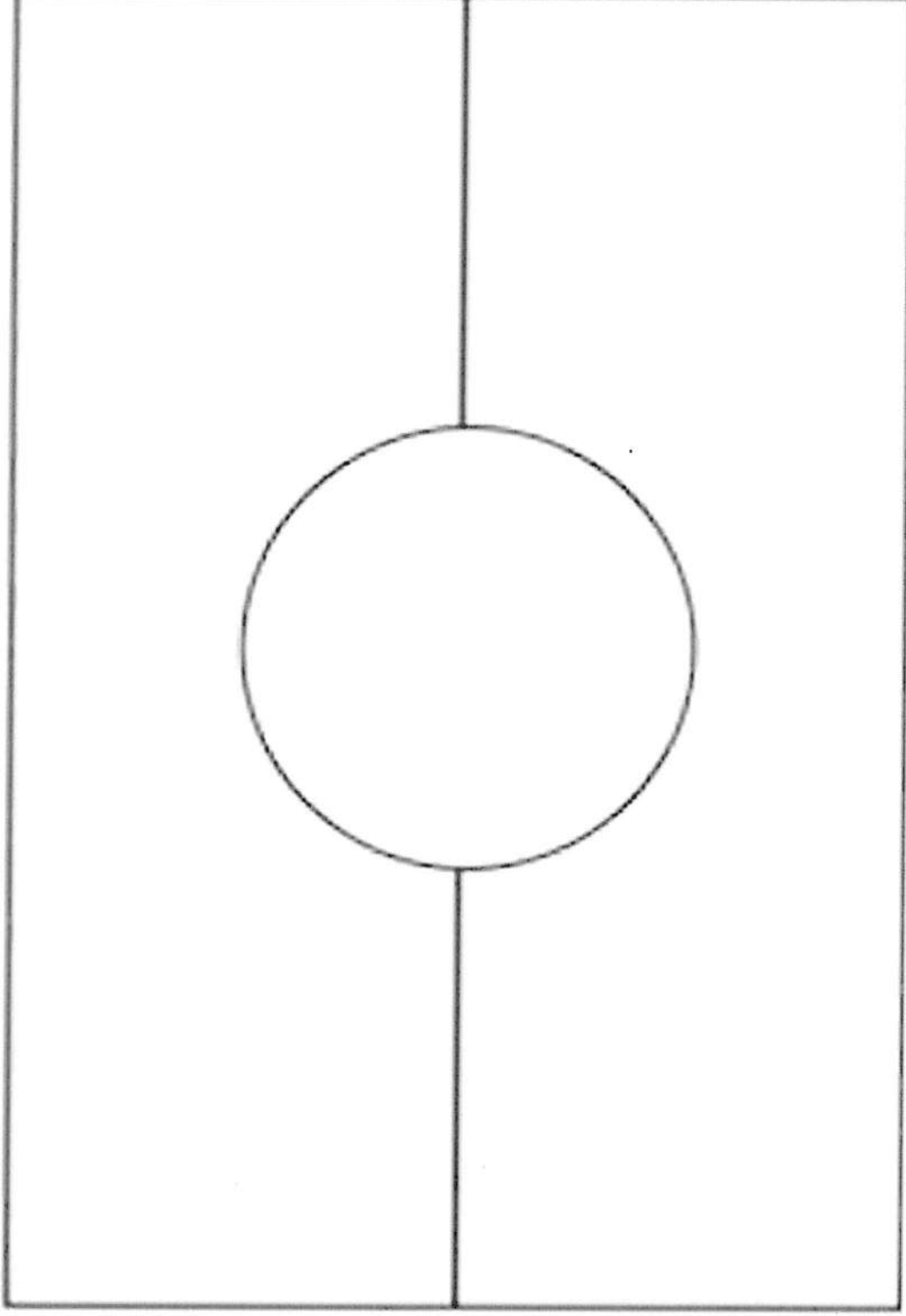


BLACK - REPRESENTS
THE ABORIGINAL
PEOPLE OF AUSTRALIA.

RED - REPRESENTS
THE RED EARTH, THE
RED OCHRE USED IN
CEREMONIES AND
ABORIGINAL PEOPLES'
SPIRITUAL RELATION TO
THE LAND.

YELLOW DISK - REPRESENTS THE SUN,
THE GIVER OF LIFE AND PROTECTOR.

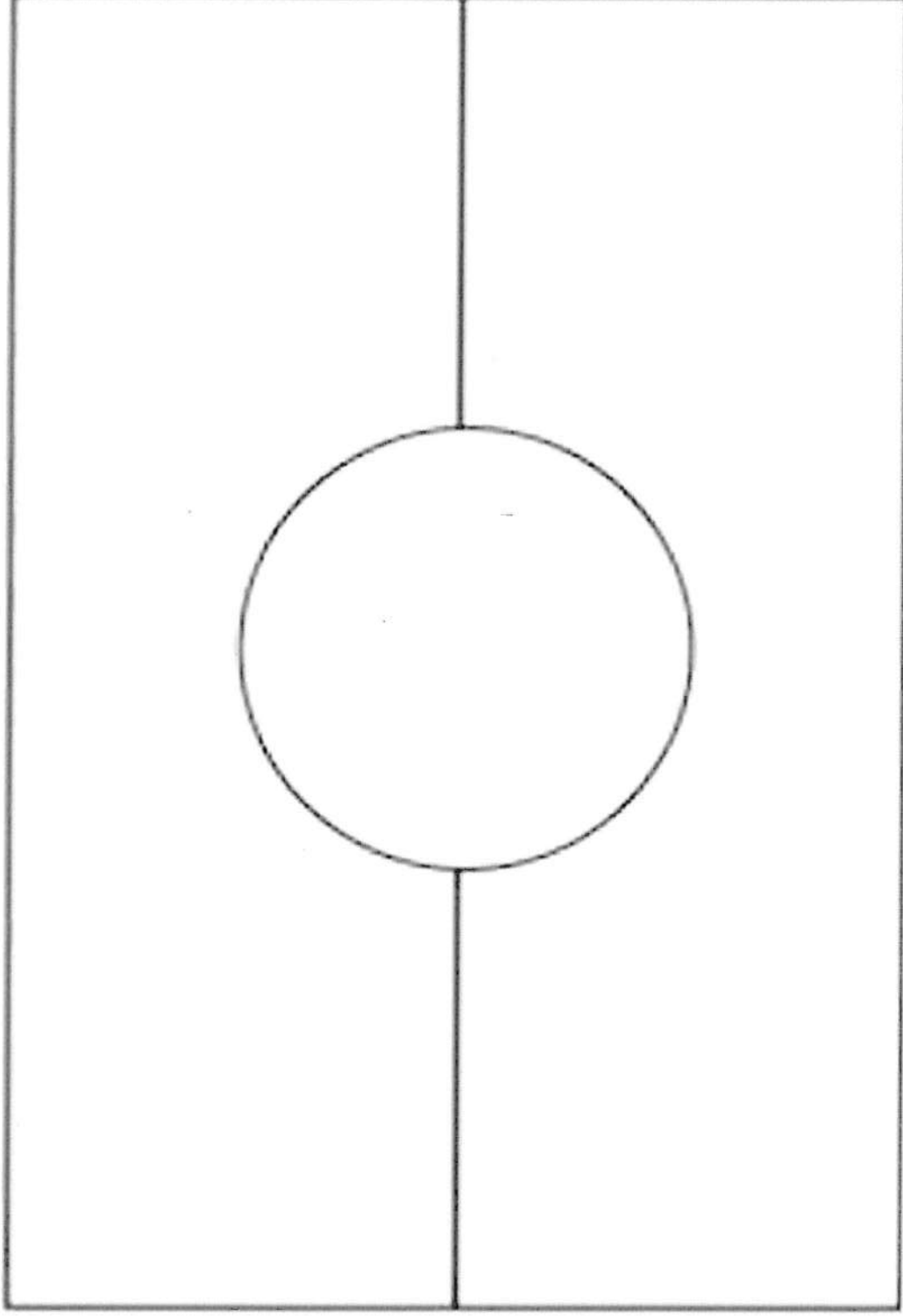
The Aboriginal Flag



The Family Haven Mooroopna acknowledges and pays respect to the Yorta Yorta Nation, as the original ongoing custodians of the land we meet on



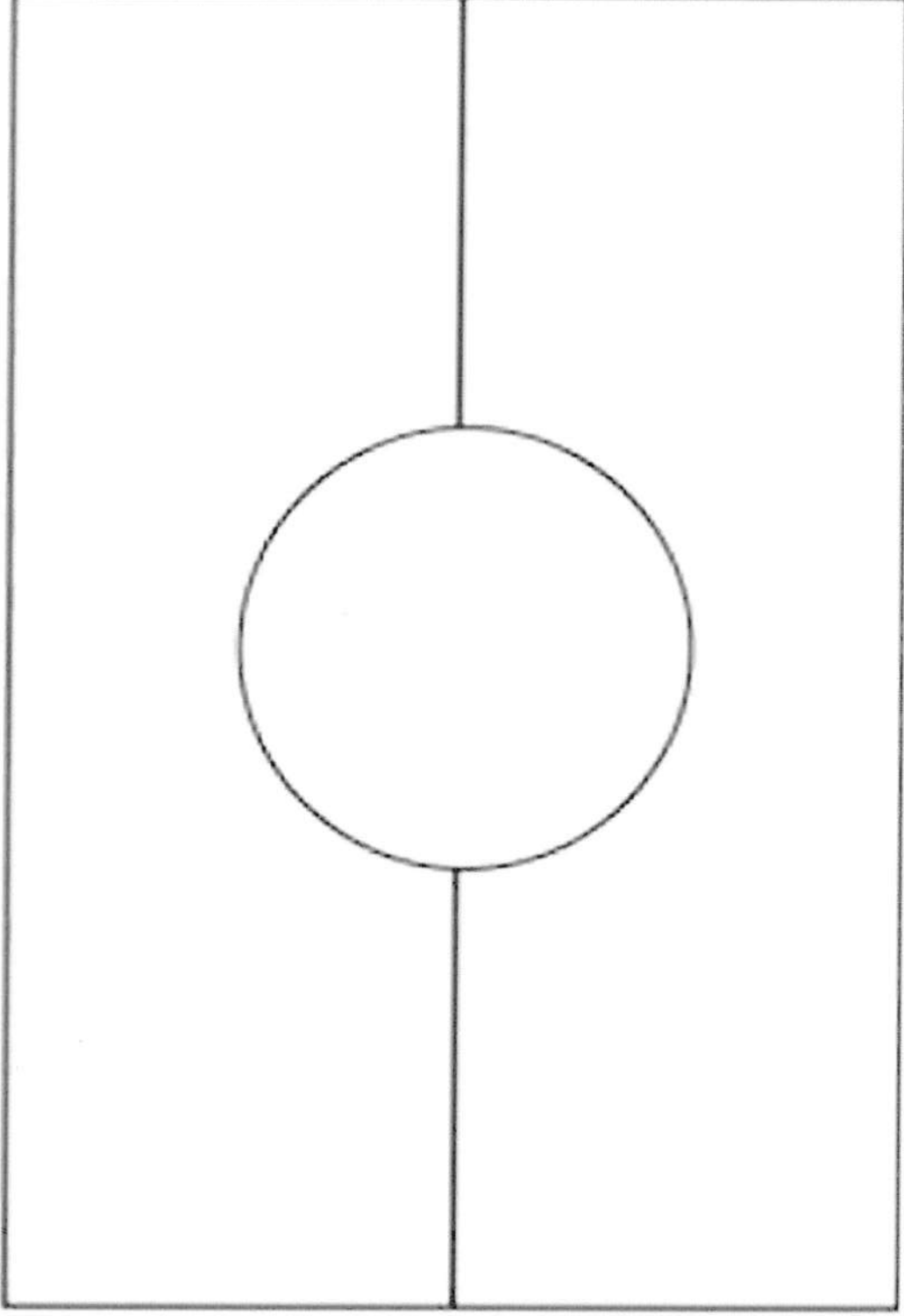
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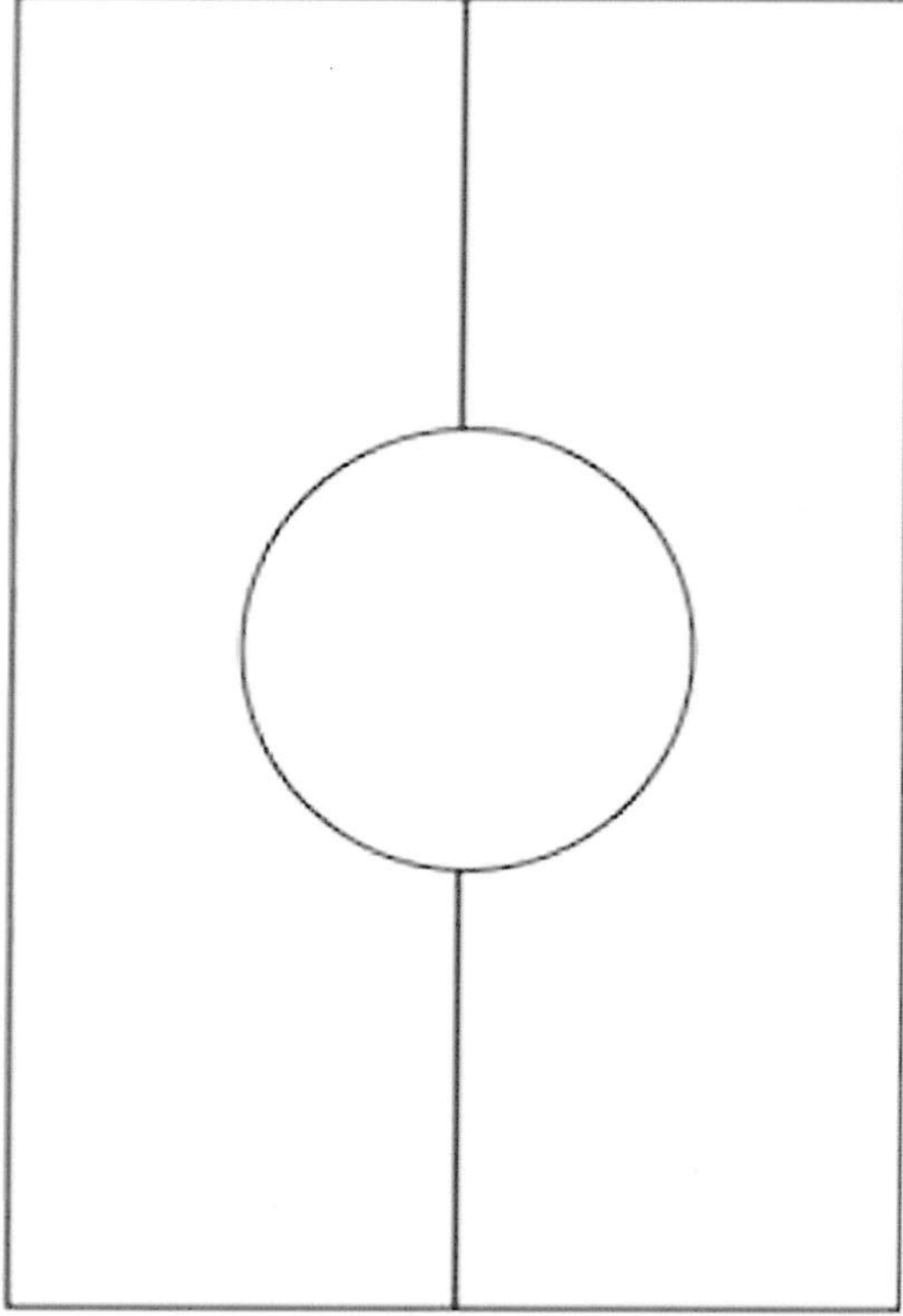
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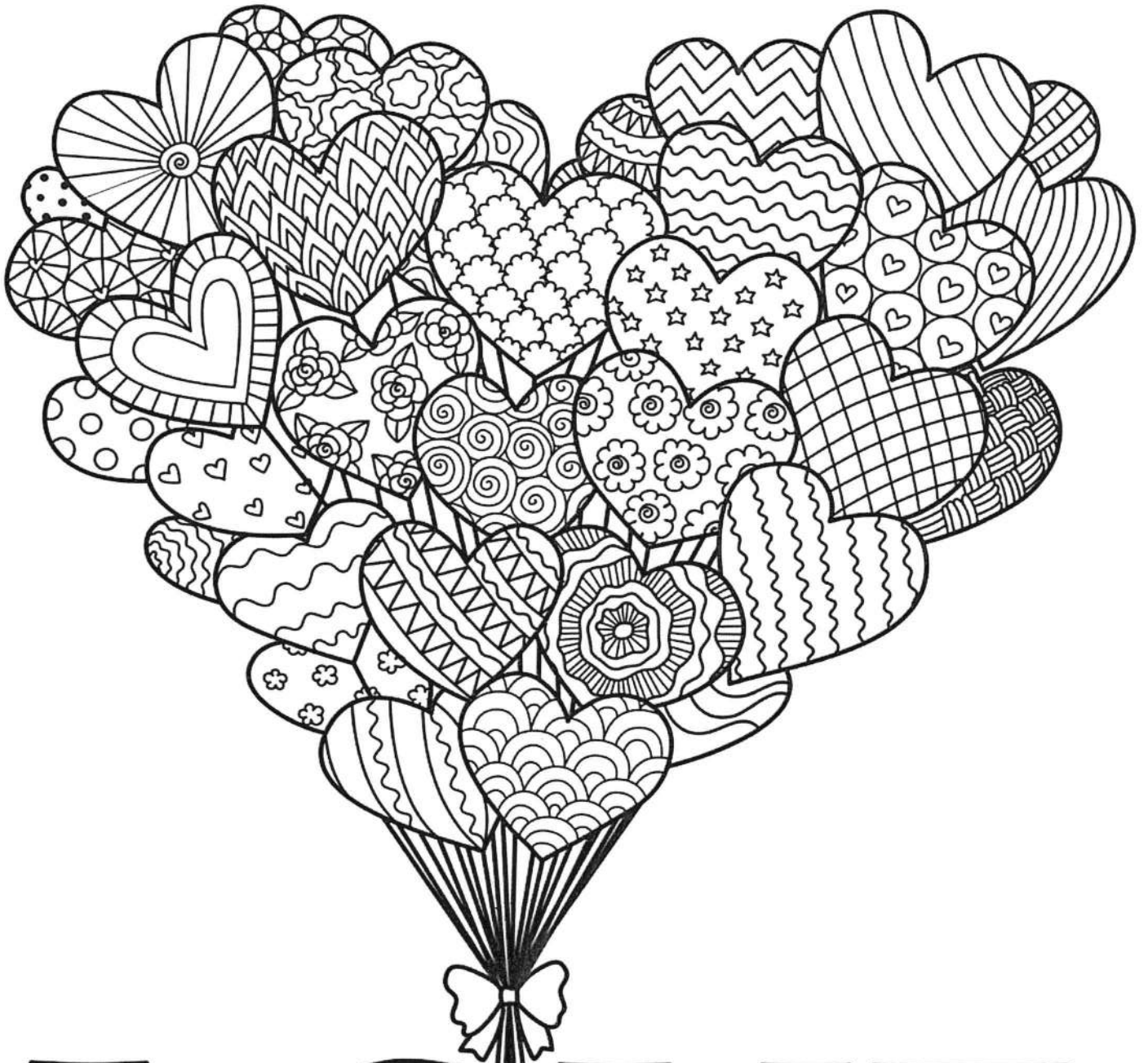


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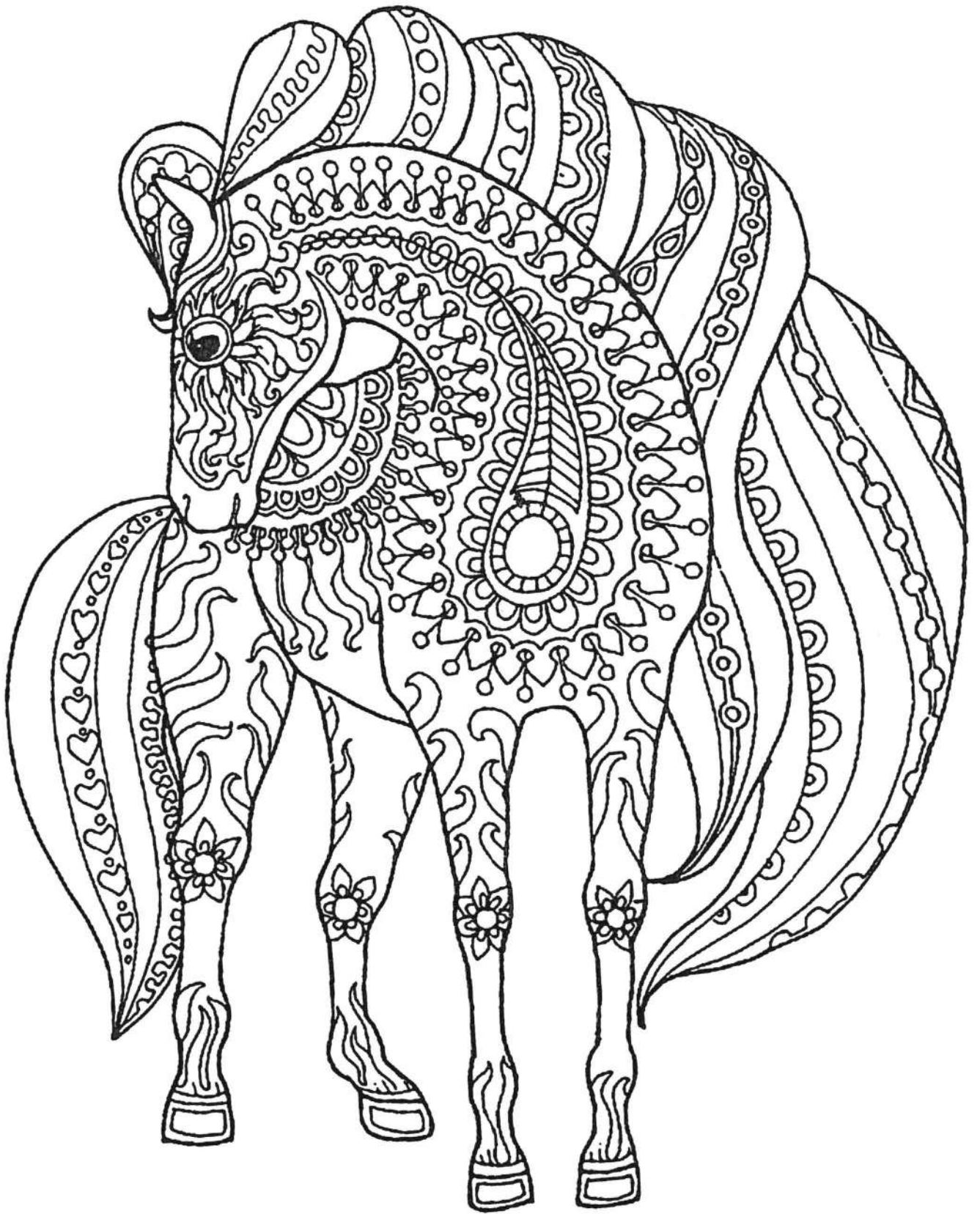
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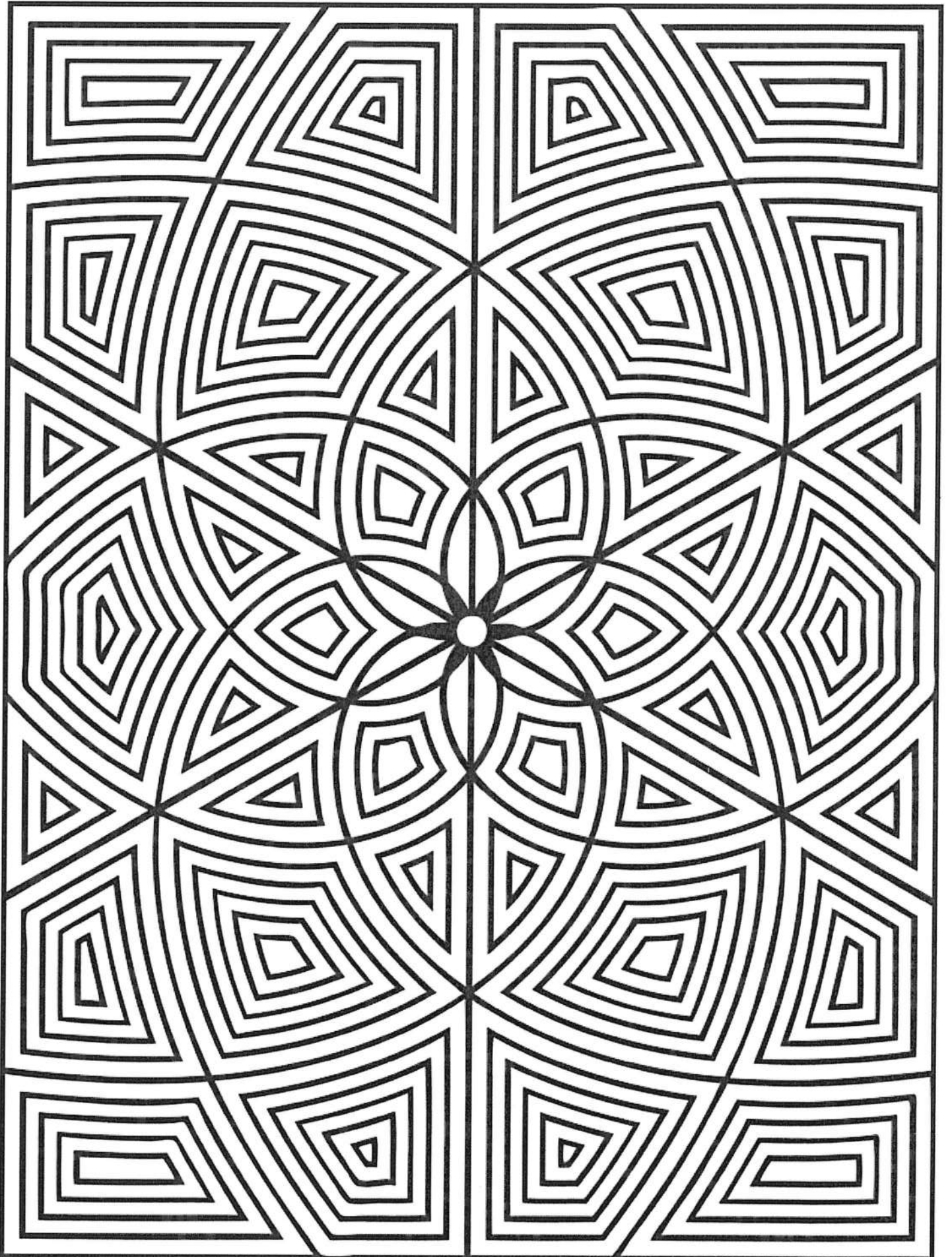




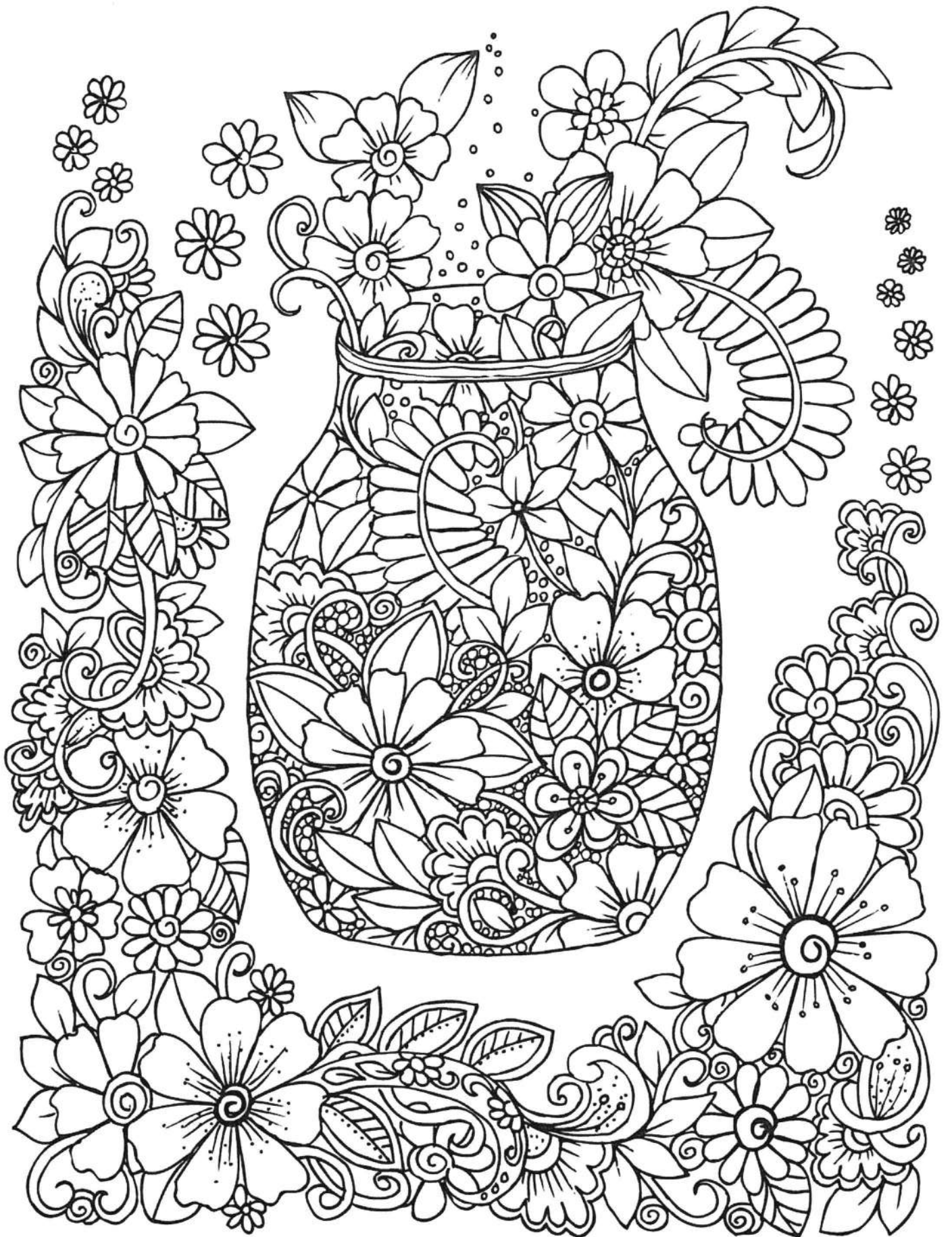
LOVE

is in the air









Pancakes

5 Mins Prep | 15 Mins Cook

Ingredients:

- 1 ½ cups all – purpose flour
- 3 ½ teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 ¼ cups milk
- 1 egg
- 3 tablespoons butter, melted



Method:

1. In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the centre and pour in the milk, egg and melted butter; mix until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot
3. Enjoy 😊

Potato Bake

Ingredients:

- 1kg white, round potatoes
- 300ml thickened cream
- 40g sachet salt reduced
- French onion soup mix



Method:

1. Preheat oven to 180°C.
2. Peel and slice potatoes 5mm thick then place into a baking dish.
3. Combine cream and soup, pour over potatoes and bake for 45 minutes or until tender.

Salmon Tartare & Asparagus

Ingredients:

- 8 green asparagus
- 1 lb boneless, skinless salmon fillet (sushi-grade)
- 3 lemons
- 1/4 cup extra-virgin olive oil

Method:

1. Wash the asparagus and remove the tough woody ends. Dip them into boiling water for 1 minute. Remove, cool, and cut into small pieces.
2. Cut the salmon into small cubes and mix with the asparagus. Squeeze the lemons over and drizzle with olive oil. Season with salt and pepper. Refrigerate for 5 minutes. Enjoy with toast, if desired.

Slow Roast Chicken

8 Serves | 10 Mins Prep | 5 Hr Cook

Ingredients:

- 2 dessertspoons salt
- 1 dessertspoon paprika
- 1 teaspoon dried thyme
- 1 teaspoon white pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 2 whole chickens
- 2 onions, quartered



Method:

1. In a small bowl, mix together spices.
2. Rub each chicken inside and out with spice mixture. Place 1 onion into the cavity of each chicken. Place chickens in a resealable plastic bag or double wrap with cling film. Refrigerate overnight, or at least 4 to 6 hours.
3. Preheat oven to 120 C / Gas mark 1/2.
4. Place chickens in a roasting tin. Bake uncovered for 5 hours, to a minimum internal temperature of 85 C. Let the chicken stand for 10 minutes before carving.