



# Activities

<b>Monday 21st Sept</b>	Mindful colouring in 
<b>Tuesday 22nd Sept</b>	Colour by numbers 
<b>Wednesday 23rd Sept</b>	Disney princess memory 
<b>Thursday 24th Sept</b>	Avengers bingo 
<b>Friday 25th Sept</b>	Puppets (cut out the animals/creatures and stick them on the icy pole sticks) 

You're amazing!

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

**0428 736 961**

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



# DISNEY PRINCESS

## MEMORY MATCHING GAME

Cut out the memory match cards. Make sure to shuffle and place face down on a flat surface. Players take turns flipping two cards over. If they are a match, keep them. If they are not a match flip them back down. Player with the most cards win!



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<b>MARVEL</b>	<b>AVENGER LOGO</b>	<b>THOR'S HAMMER</b>	<b>THE AVENGERS</b>
			
<b>S.H.I.E.L.D. SYMBOL</b>	<b>CAPTAIN AMERICA SHIELD</b>	<b>IRON MAN SYMBOL</b>	<b>HULK SYMBOL</b>
			
<b>BLACK WIDOW SYMBOL</b>	<b>HAWKEYE SYMBOL</b>	<b>NICK FURY</b>	<b>MARIA HILL</b>
			
<b>CAPTAIN AMERICA</b>	<b>THOR</b>	<b>IRON MAN</b>	<b>HULK</b>
			
<b>HAWKEYE</b>	<b>BLACK WIDOW</b>	<b>HULKBUSTER</b>	<b>LOKI</b>
			
<b>QUICKSILVER</b>	<b>SCARLET WITCH</b>	<b>ULTRON</b>	<b>VISION</b>

			
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# MARVEL THE AVENGERS™

## B I N G O



# MARVEL THE AVENGERS™

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# MARVEL THE AVENGERS™

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# MARVEL THE AVENGERS™

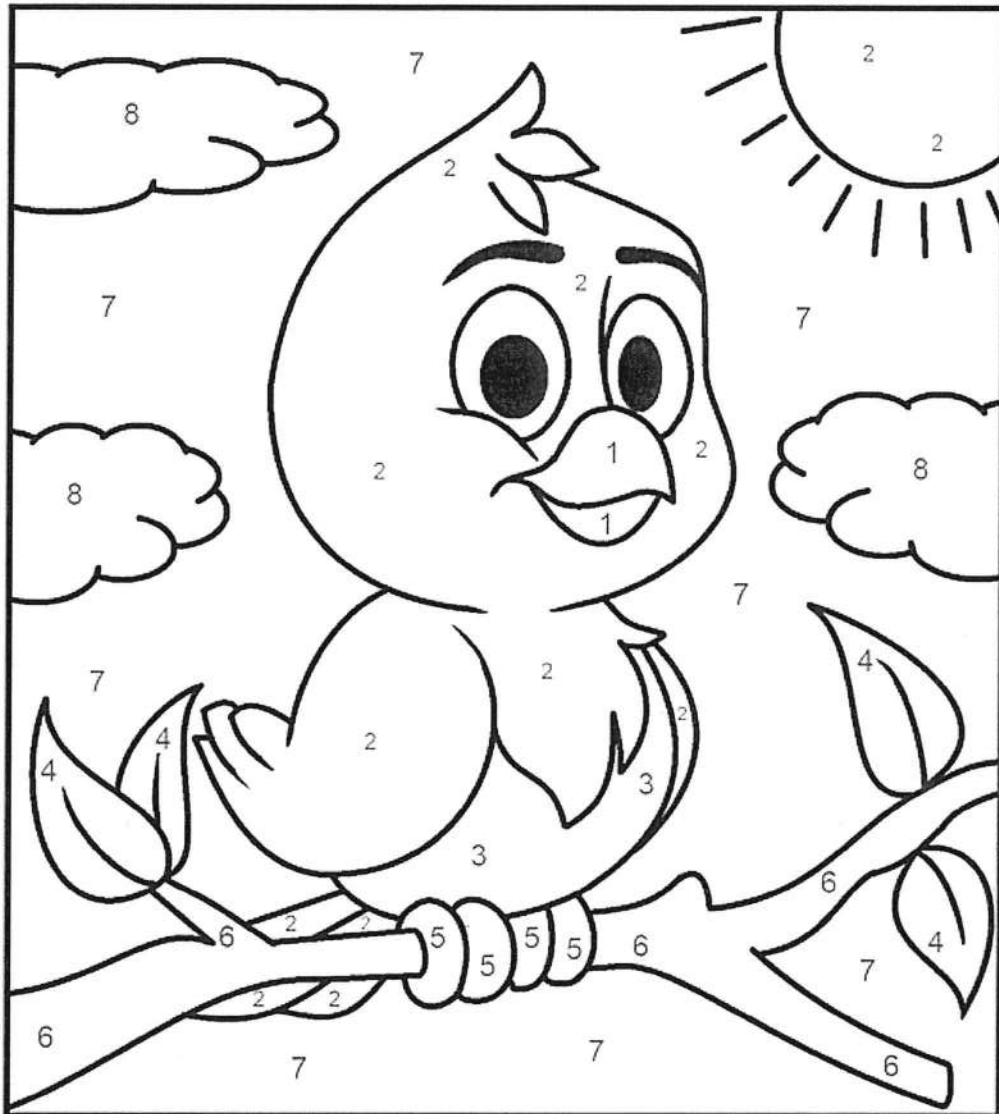
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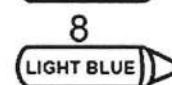
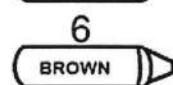
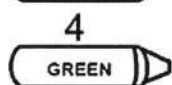
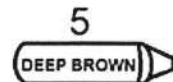
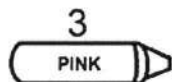
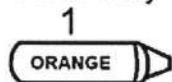
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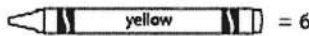
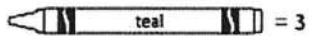
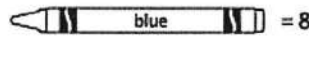
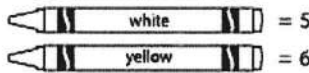
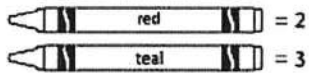
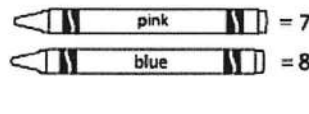
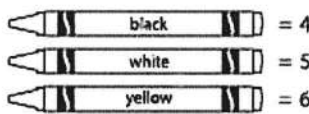
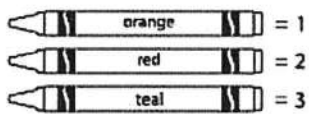
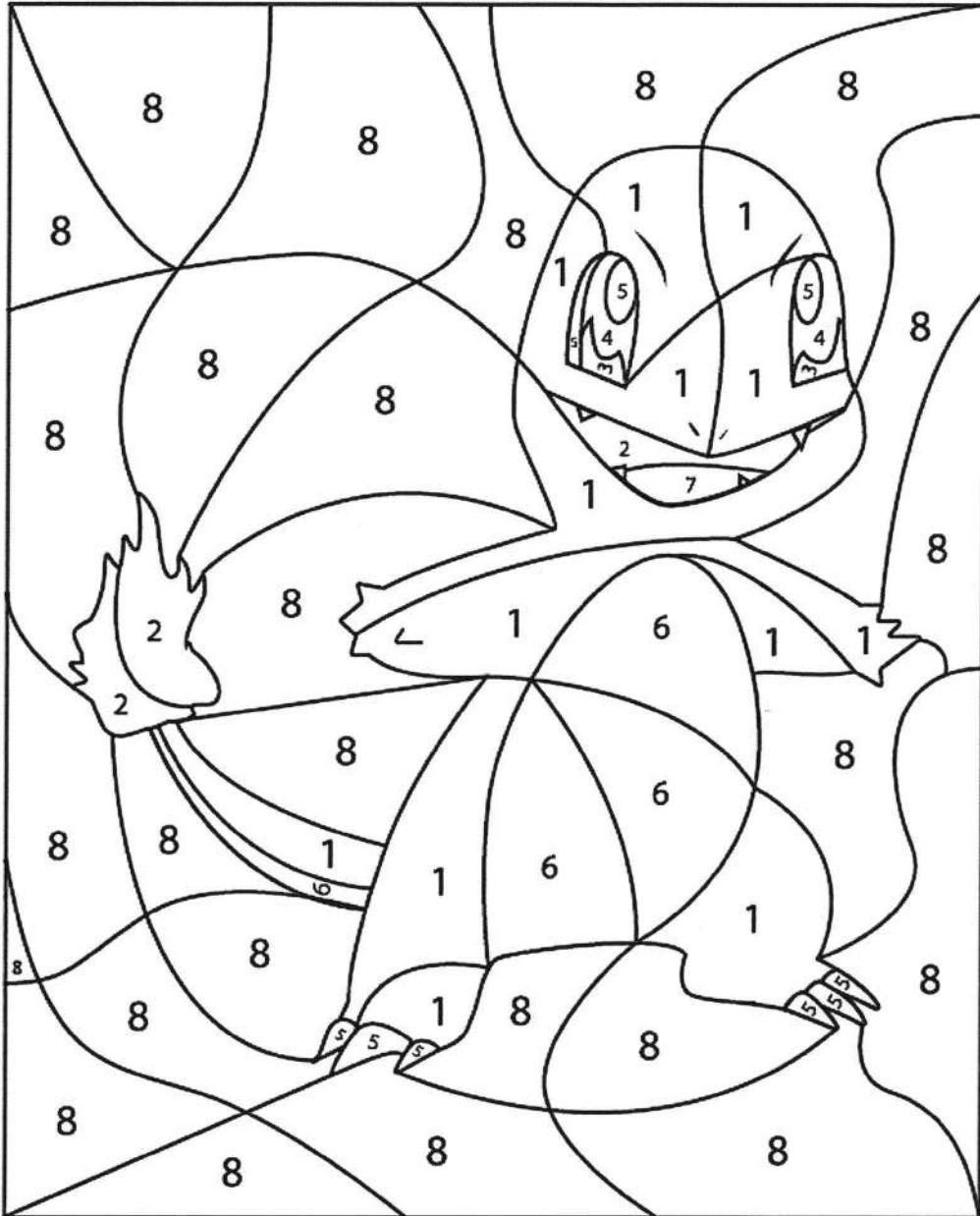
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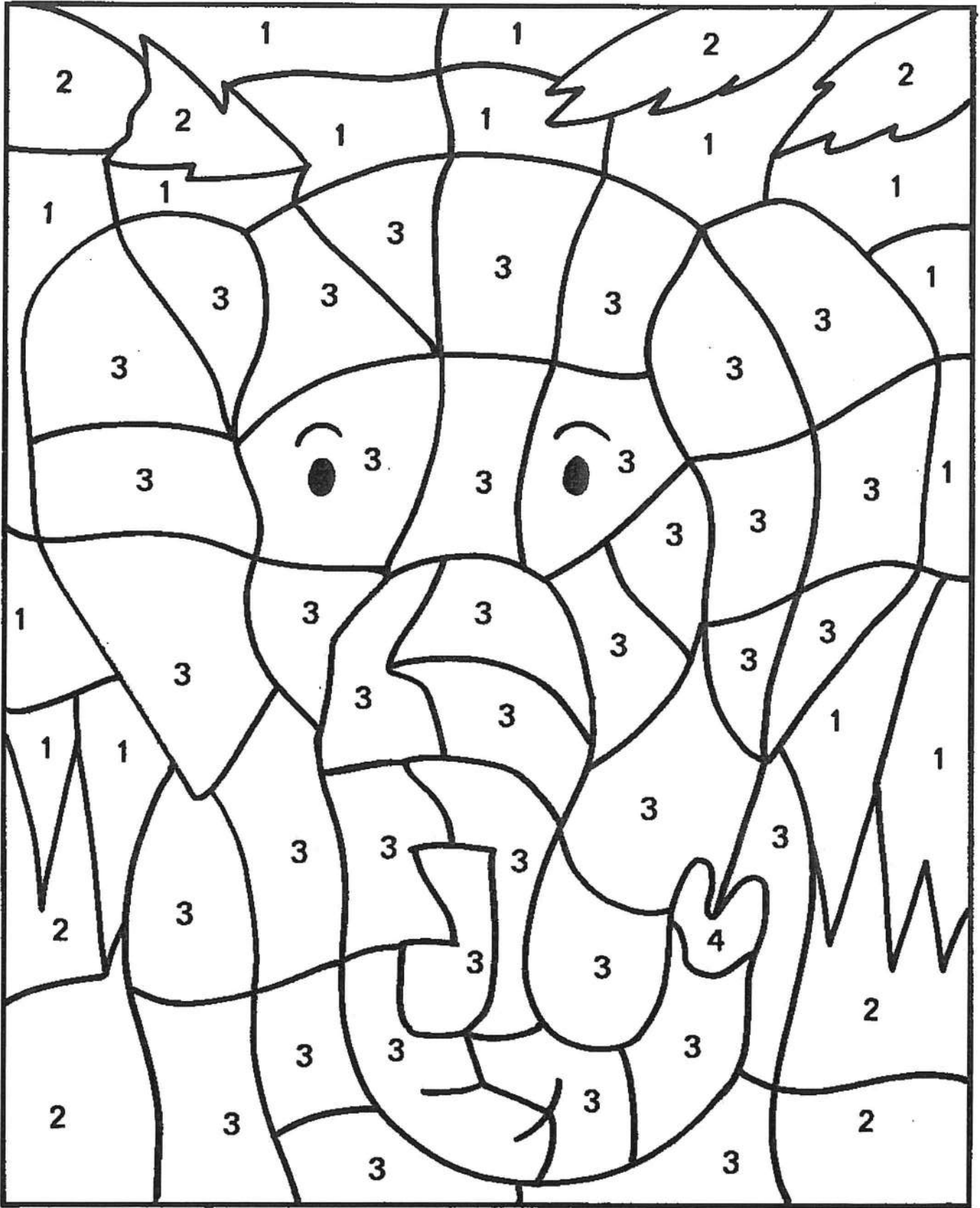
# COLOR BY NUMBER BIRD



Color Key







### African Elephant

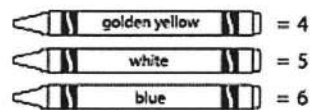
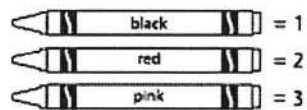
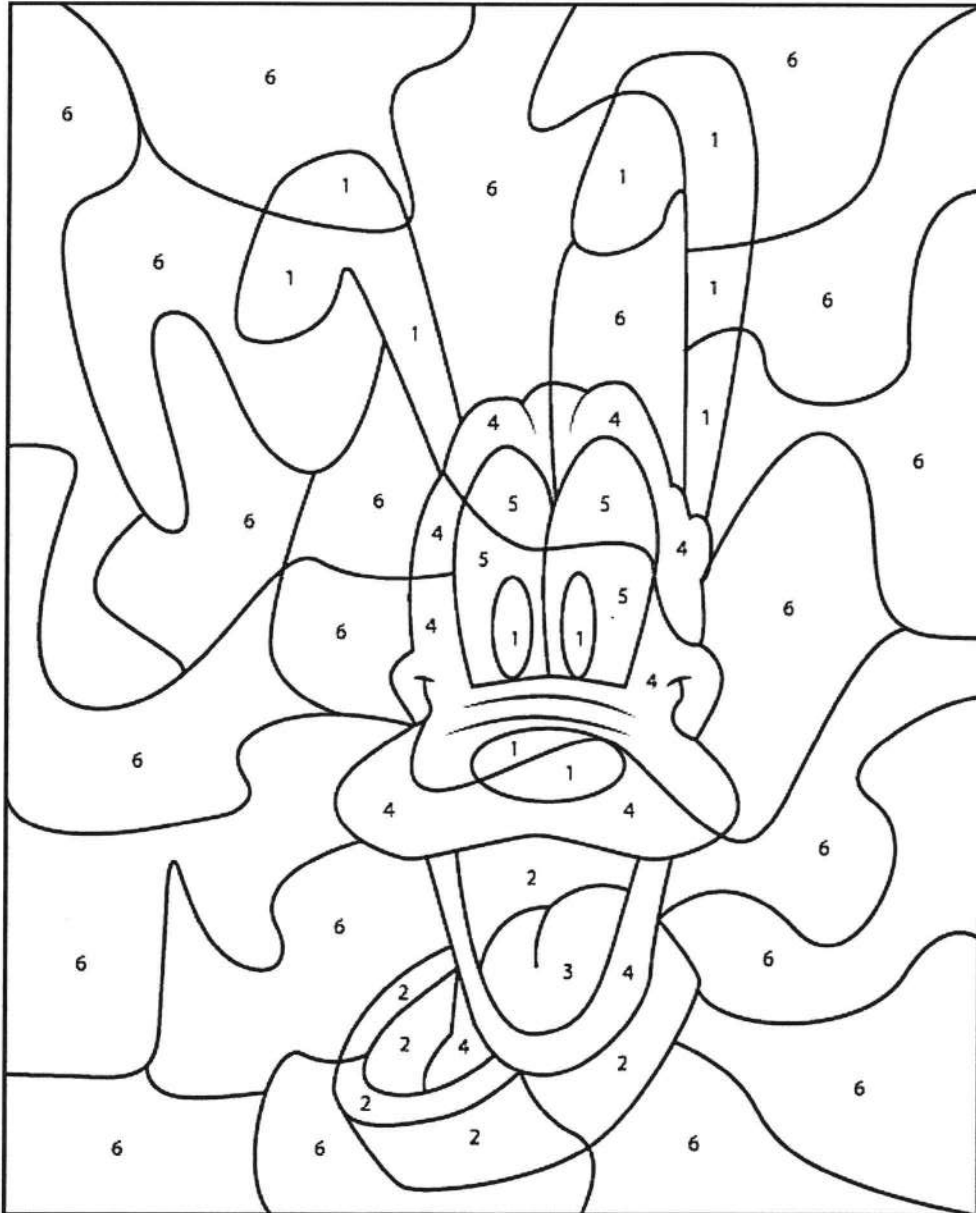
1-blue

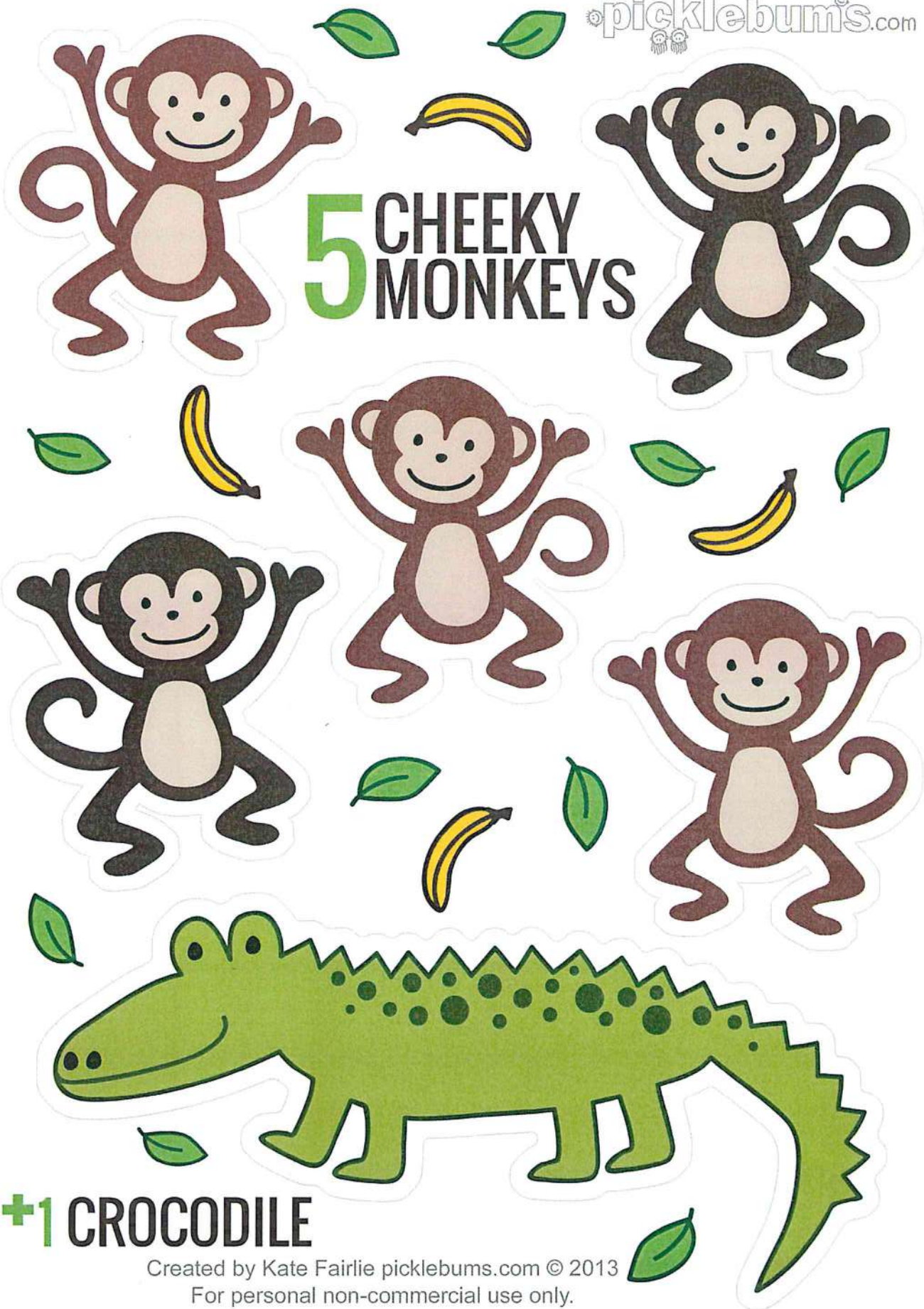
2-green

3-grey

4-pink







# 5 CHEEKY MONKEYS

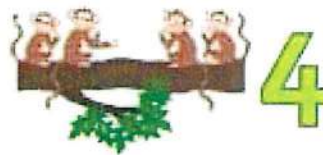
**+1 CROCODILE**

# Five Little Monkeys

Five little monkeys sitting in a tree,  
Teasing Mr Crocodile, "You can't catch me!"  
Along comes Mr Crocodile as quiet as can be...  
**SNAP!**



Four little monkeys sitting in a tree,  
Teasing Mr Crocodile, "You can't catch me!"  
Along comes Mr Crocodile as quiet as can be...  
**SNAP!**



Three little monkeys sitting in a tree,  
Teasing Mr Crocodile, "You can't catch me!"  
Along comes Mr Crocodile as quiet as can be...  
**SNAP!**



Two little monkeys sitting in a tree,  
Teasing Mr Crocodile, "You can't catch me!"  
Along comes Mr Crocodile as quiet as can be...  
**SNAP!**



One little monkey sitting in a tree,  
Teasing Mr Crocodile, "You can't catch me!"  
Along comes Mr Crocodile as quiet as can be...  
**SNAP!**



Away swims Mr Crocodile,  
as full as can be!



# Five Little Monkeys Jumping on the Bed

Five little monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"



Four little monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"



Three little monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"



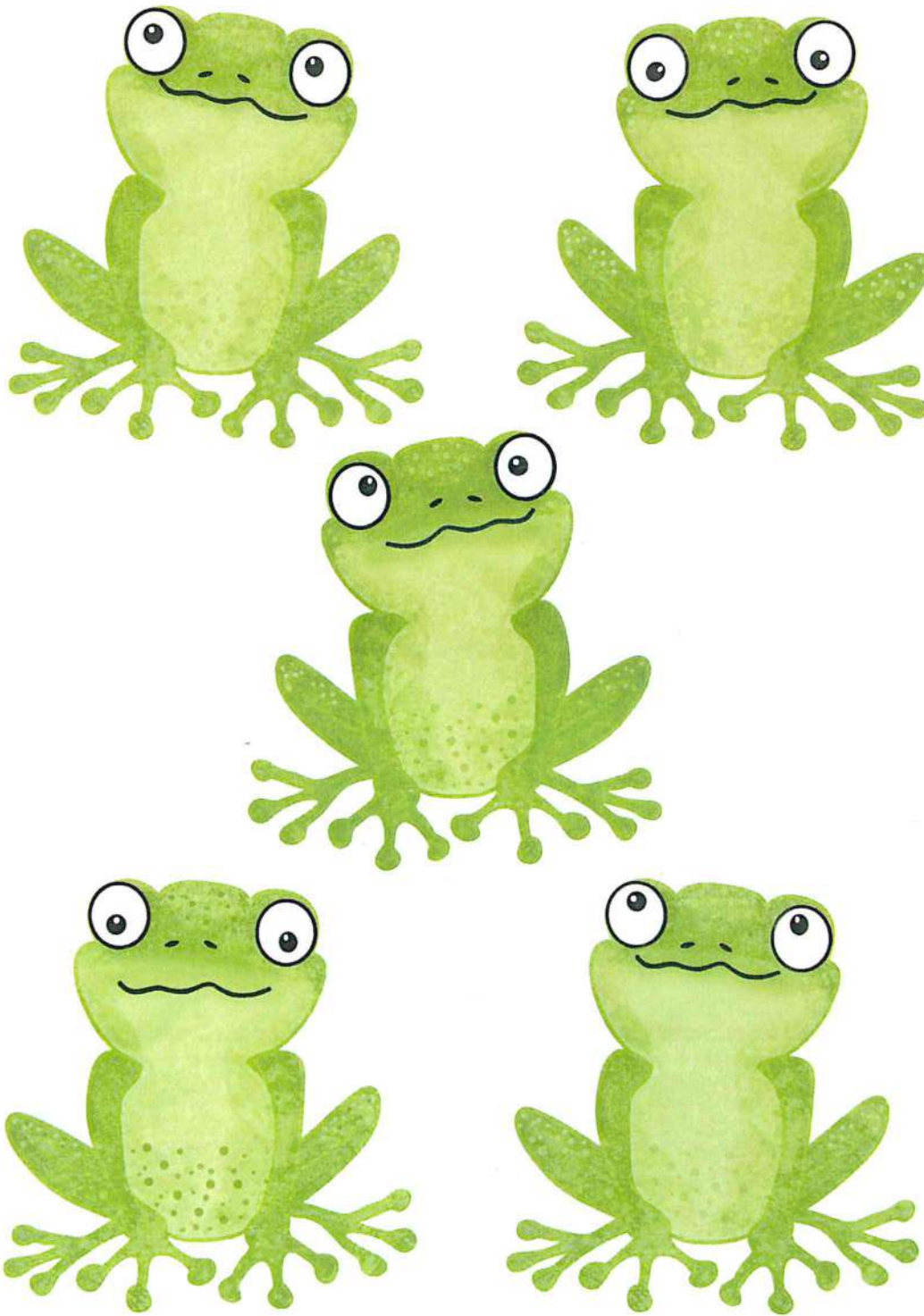
Two little monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"



One little monkey jumping on the bed.  
He fell off and bumped his head.  
Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"



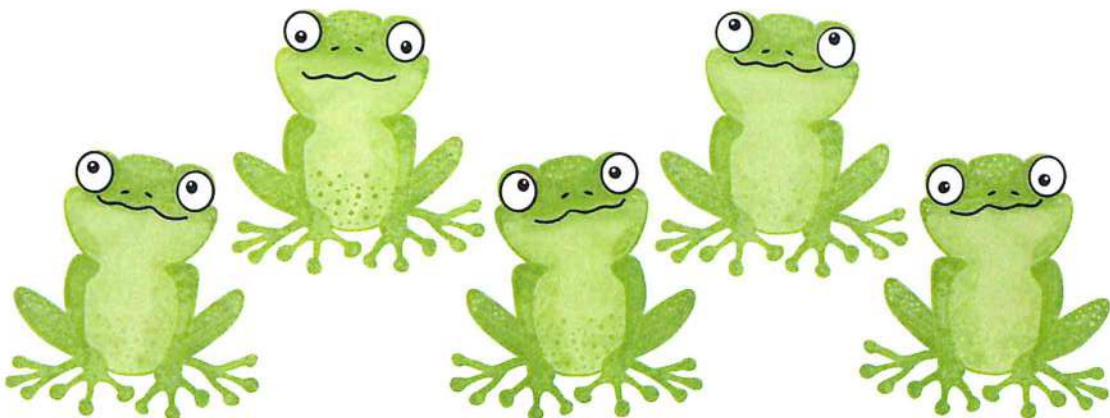
# Five Green Frogs



# Five Green and Speckled Frogs

Five green and speckled frogs,  
Sat on a mossy log.  
Eating the most delicious bugs,  
Yum! Yum!

One jumped into the pool,  
Where it was nice and cool.  
Now there are four green  
speckled frogs.



# Baby Shark Song

Baby shark do-do-do-do-do-do  
Baby shark do-do-do-do-do-do  
Baby shark do-do-do-do-do-do  
Baby Shark!

Hungry sharks do-do-do-do-do-do  
Hungry sharks do-do-do-do-do-do  
Hungry sharks do-do-do-do-do-do  
Hungry Sharks!

Mama shark do-do-do-do-do-do  
Mama shark do-do-do-do-do-do  
Mama shark do-do-do-do-do-do  
Mama Shark!

Saw a fish do-do-do-do-do-do  
Saw a fish do-do-do-do-do-do  
Saw a fish do-do-do-do-do-do  
A little fish!

Daddy shark do-do-do-do-do-do  
Daddy shark do-do-do-do-do-do  
Daddy shark do-do-do-do-do-do  
Daddy Shark!

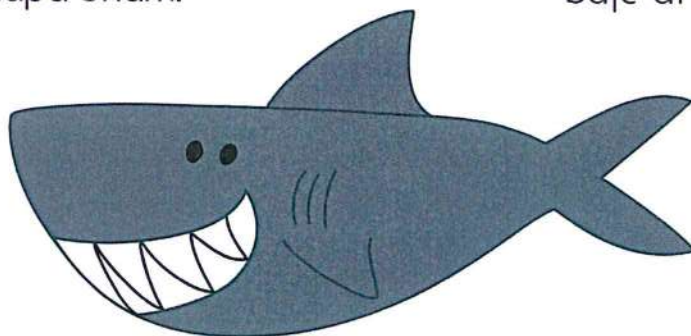
Swim away do-do-do-do-do-do  
Swim away do-do-do-do-do-do  
Swim away do-do-do-do-do-do  
Swim Away!

Grandma shark do-do-do-do-do-do  
Grandma shark do-do-do-do-do-do  
Grandma shark do-do-do-do-do-do  
Grandma Shark!

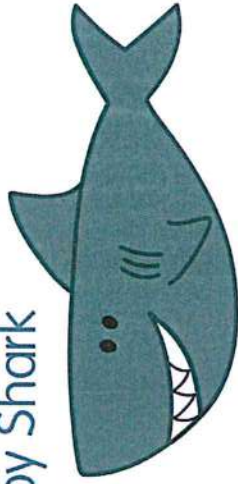
Swim faster do-do-do-do-do-do  
Swim faster do-do-do-do-do-do  
Swim faster do-do-do-do-do-do  
Swim FASTER!

Grandpa shark do-do-do-do-do-do  
Grandpa shark do-do-do-do-do-do  
Grandpa shark do-do-do-do-do-do  
Grandpa Shark!

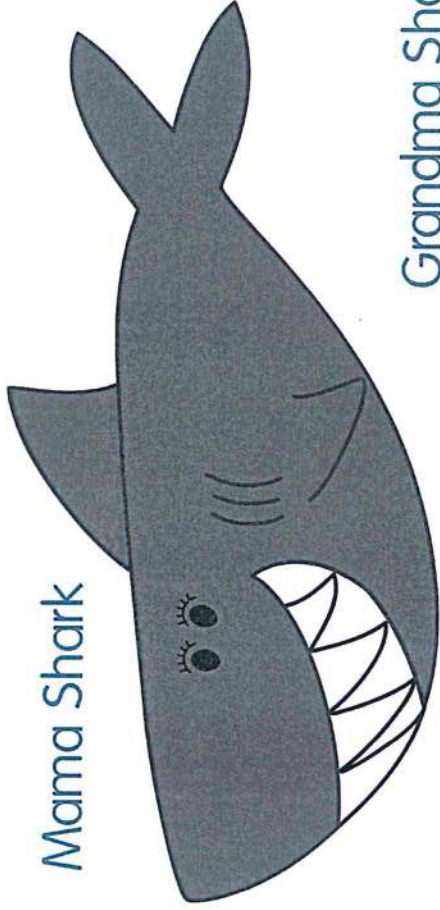
Safe at last do-do-do-do-do-do  
Safe at last do-do-do-do-do-do  
Safe at last do-do-do-do-do-do  
Safe at last!



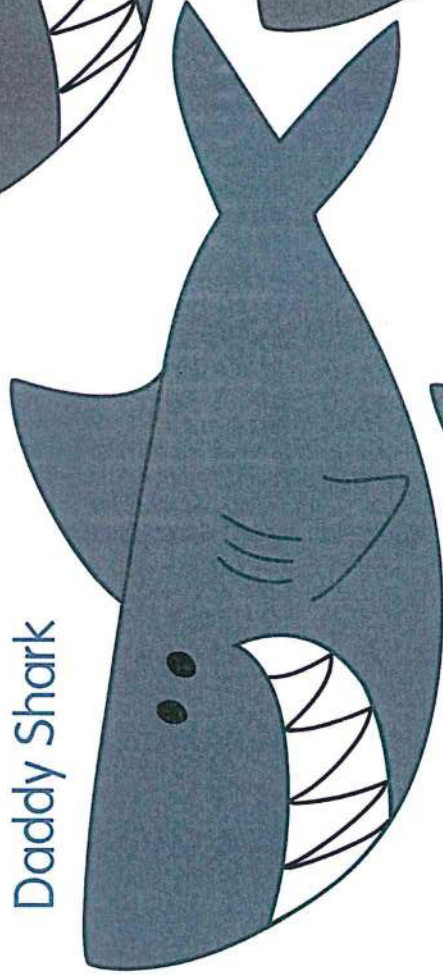
Baby Shark



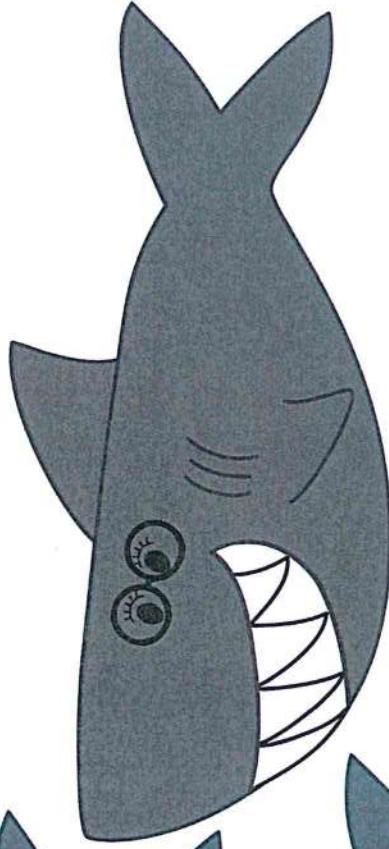
Mama Shark



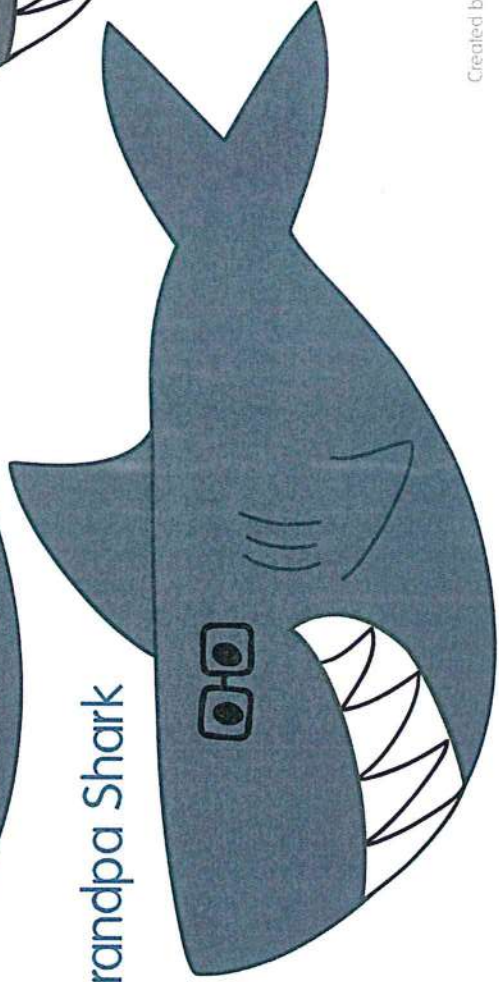
Daddy Shark



Grandma Shark

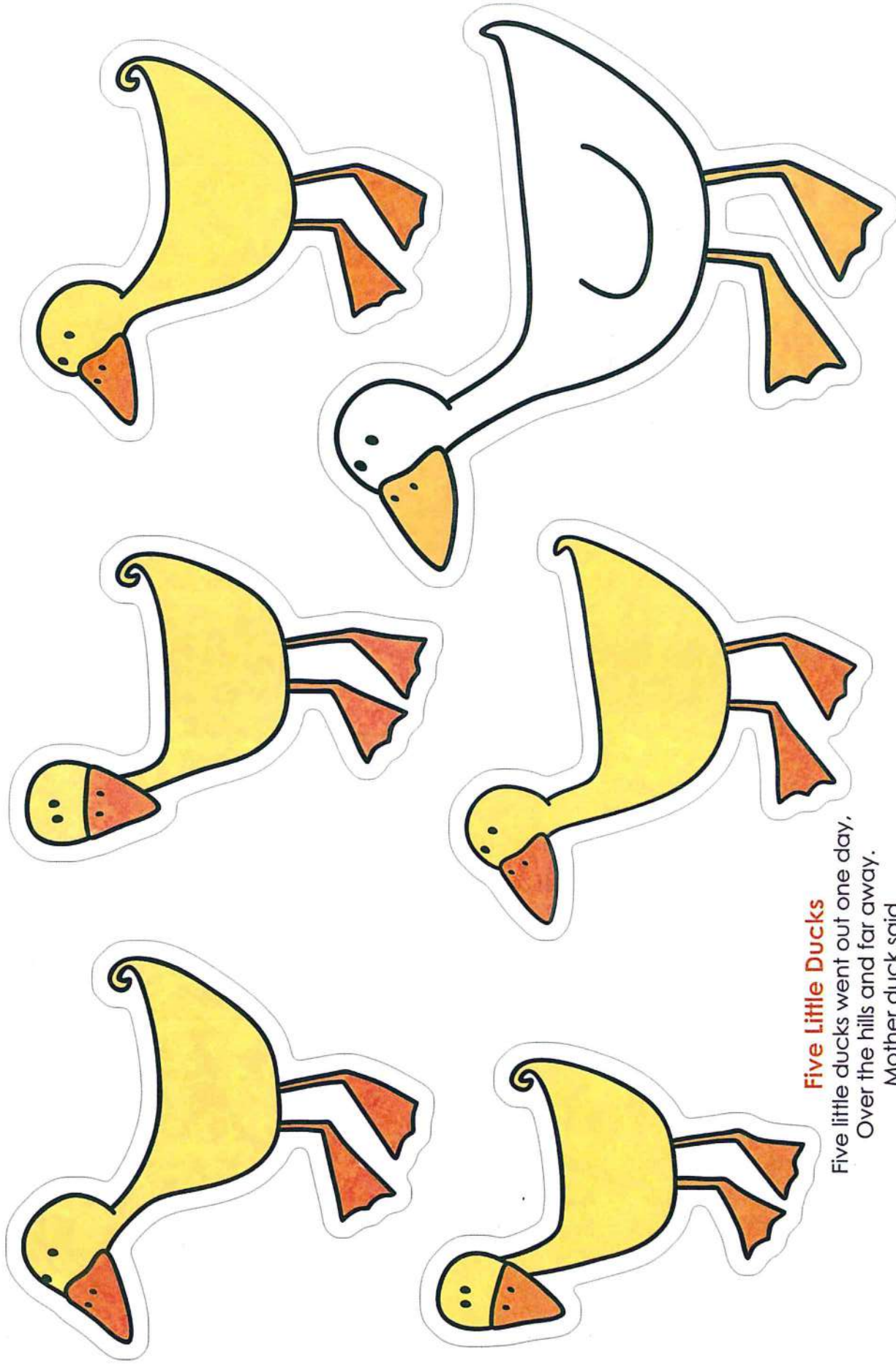


Grandpa Shark



...and a little fish!





**Five Little Ducks**

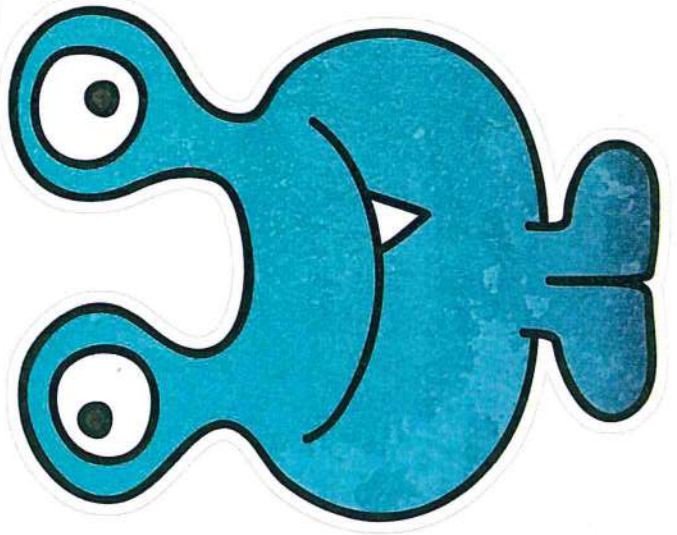
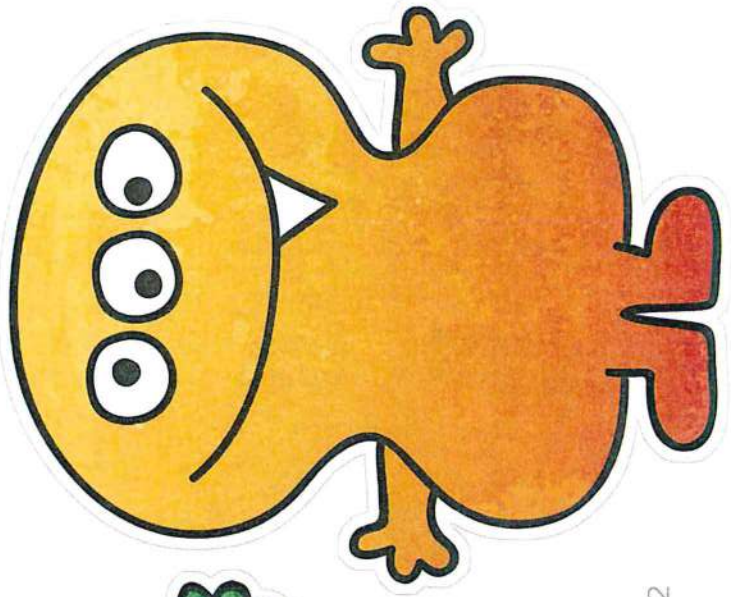
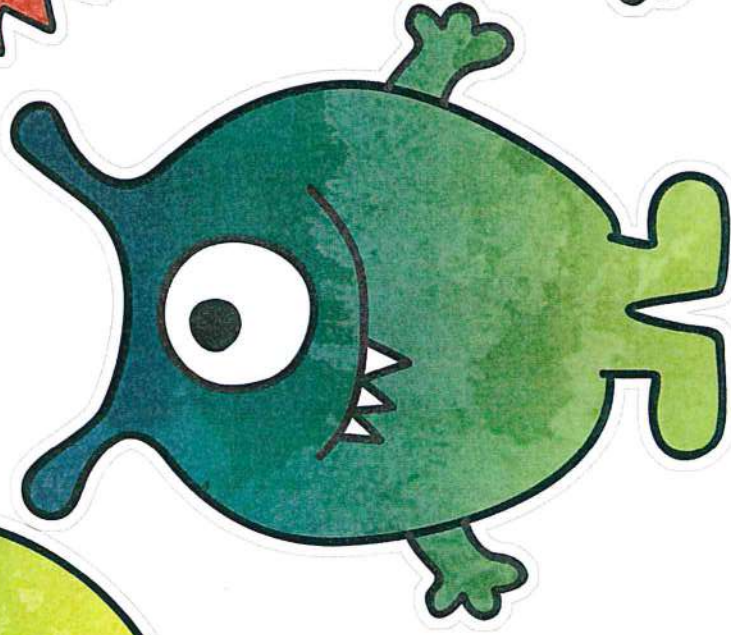
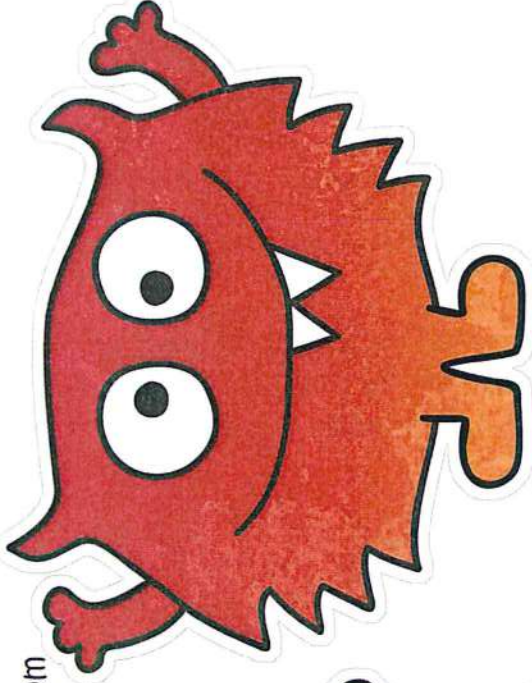
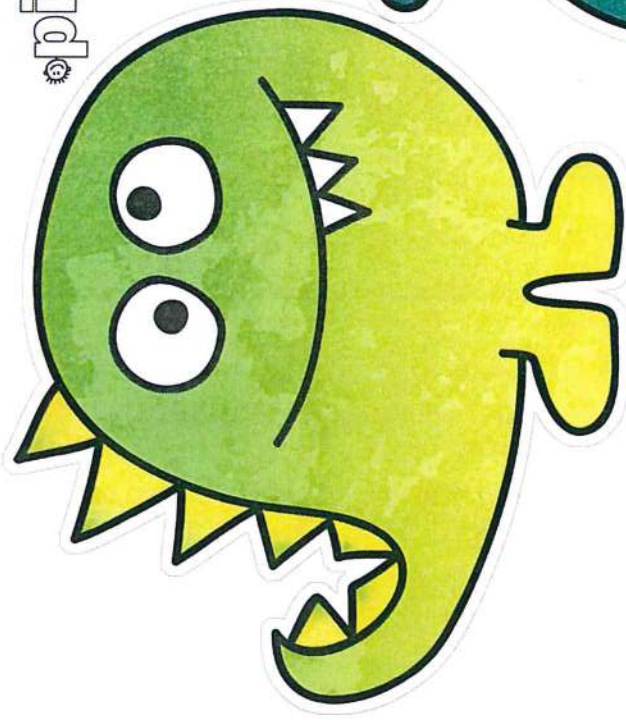
Five little ducks went out one day,  
Over the hills and far away.

Mother duck said

"Quack Quack Quack Quack!"

But only four little ducks came back.

Monsters!







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# Coloring Pages

Find more coloring pages at [crayola.com](http://crayola.com)







DANCE

*like there's nobody watching*

LOVE

*like you'll never be hurt*

SING

*like there's nobody listening*

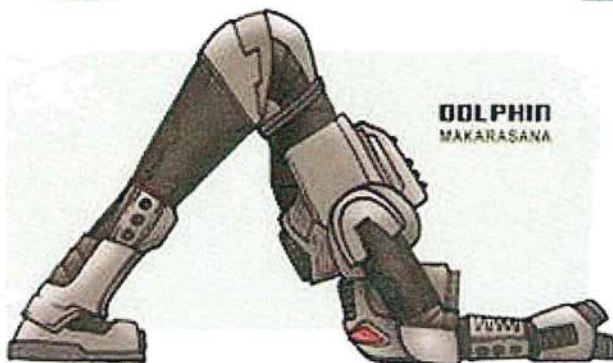
LIVE

*like it's heaven on earth.*

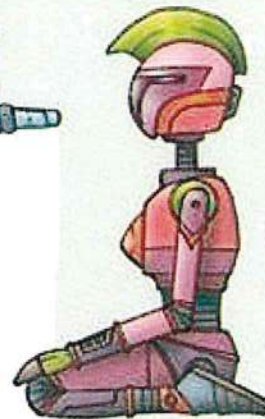
QUOTE: WILLIAM W. PURKEY  
ART: CAKESPY ♡ ♡ ♡ ♡ ♡



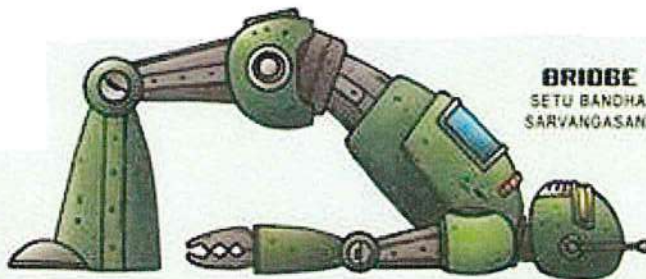
**PLANK**  
UTTIRITA CHATURANGA DANDASANA



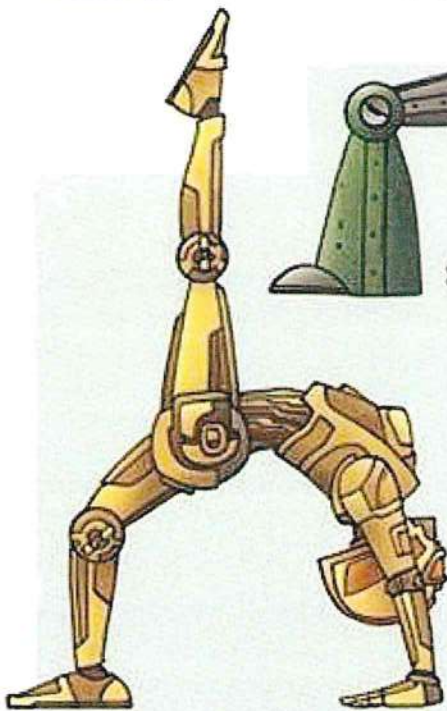
**DOLPHIN**  
MAKARASANA



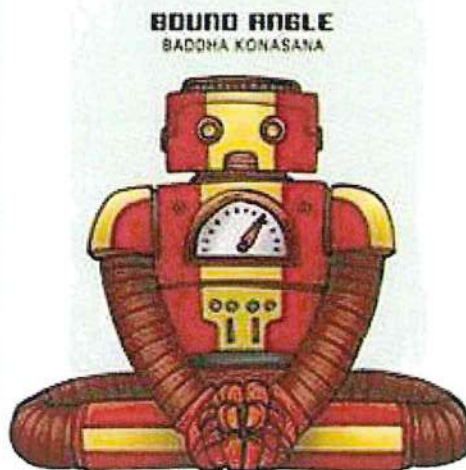
**HERO**  
VIRASANA



**BRIDGE**  
SETU BANDHA  
SARVANGASANA



**ONE-LEGGED UPWARD BOW**  
EKA PADA URDHVA DHANURASANA



**BOUND ANGLE**  
BADDHA KONASANA



## 100 FUN things to do in isolation

1. Get some chalk and play hopscotch
2. Put on a puppet show
3. Play volleyball or soccer with balloons
4. Go camping in your living room or backyard
5. Make and fly a kite
6. Make your own play dough
7. Work on a puzzle
8. Teach the dog a new trick
9. Visit a Zoo - from your computer
10. Write letters or make cards to send to family and friends
11. Make your own slime!
12. Learn sign language
13. Use it, go to it! It's laundry day, now, around the world!
14. Build a photo booth backdrop and get snapping
15. Make a music video for your favourite song
16. Have a 'Theatre Night' in the living room
17. Make a fort
18. Learn to play the Ukulele
19. Play hide and seek inside or outside
20. Go Birdwatching in the backyard
21. Dance to your favourite music
22. Make your own soap
23. Treat yourself to an awesome spa day
24. Create your own random acts of kindness game
25. Make a time capsule
26. Take free karate lessons
27. Visit the 'Get Moving' website and enjoy activities in the Park from home
28. Follow RiverConnect on Facebook and take part in one of their many activities
29. Take a yoga class in the comfort of your living room
30. Build an obstacle course in the backyard
31. Have a paper plane competition
32. Make bookmarks - and get reading!
33. Learn to sew or crochet
34. Start a water balloon fight
35. Organise a treasure hunt
36. Start a daily drawing challenge
37. Go for a bike ride
38. Take a self portrait everyday
39. Bake something delicious
40. Write a short story
41. Make your own 'Chalk-Paint'
42. Make a comic strip
43. Create a Collage
44. Learn how to dance
45. Learn how to Hula Hoop
46. Build a Terrarium
47. The floor is Lava!
48. Create some 'socksies'
49. Paint or Draw with your Feet
50. Make friendship bracelets
51. Listen to a podcast or create your own
52. Visit the Melbourne Museum from home
53. Live Stream - Sea Life Melbourne
54. Paint a masterpiece... of the house
55. Update your resume
56. Learn how to knit!
57. Get fit with an online Aquamoves class
58. Start your own You Tube channel!
59. Spring clean your house
60. Make a playlist of your favourite songs
61. Refine your writing skills
62. Start posting Tik Tok videos
63. Join a You Tube Tutorial
64. Perfect your floral arrangements
65. Research your family history
66. Clean out the shed
67. Download a fitness app
68. Get your DIY on
69. Take a free renovation class
70. Take up journaling
71. Redecorate your bedroom...or entire house
72. Check out the art at the Australian National Portrait Gallery
73. Do an online course
74. Catch up on some reading
75. Cook up a storm
76. Start a blog
77. Learn a language
78. Practice mindfulness
79. Clean out your wardrobe
80. Plan your next holiday
81. Make a photo album
82. Do a yoga class
83. Play around with indoor photography
84. Write letters to the people you love
85. Crack the board games out
86. Declutter your phone
87. Learn to play an instrument
88. Finally organise your finances
89. Get your bath-time self-care game on
90. Make a care package for your friends and family
91. Start a blog
92. Host a virtual party
93. Start writing a book
94. Make a dream board
95. Get inspired with TED talk videos
96. Join SAM for an online art class
97. Visit Kavela Arts from your computer!
98. Practice an old skill
99. Call your friends and family
100. Catch up on some reading





# Cupcakes

---

12 Serves | 20 Mins Prep | 15 Min Cook

## Ingredients:

100g margarine or butter

100g caster sugar

2 eggs

1/2 teaspoon vanilla extract

100g self-raising flour



## Method:

1. Preheat the oven to 200 C / Gas 6.
2. Mix butter and sugar together until fluffy and add eggs and vanilla essence.
3. Fold in flour and mix well. Place in 12 cupcake cases.
4. Bake for 15 minutes. Allow to cool, decorate as desired and serve.

## Tip

To make easy butter icing, mix icing sugar and butter until desired amount and flavour are achieved. Add food colouring if desired.

# Fudgy Choc Brownies

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16 Serves | 5 Mins Prep | 40 Min Cook

## Ingredients:

- 375g butter
- 375g of the best dark chocolate
- 225g plain flour
- 1 teaspoon salt
- 6 eggs
- 1 teaspoon vanilla essence
- 500g caster sugar
- 300g walnuts (optional)



## Method:

1. Preheat oven to 170 degrees C and lightly grease or line a 20cm square casserole or baking tray.
2. Place butter and chocolate in a heat resistant bowl in microwave. Melt for 1 or 2 minutes, checking regularly until melted. (You could also do this in a bowl over hot water).
3. Mix together flour and salt.
4. Then beat the eggs and vanilla together and add the sugar.
5. Add the chocolate mixture to the rest of the ingredients. If you add walnuts, fold them into the mixture also. Pour into the baking tray.
6. Pop in the centre of the oven and cook for 40 minutes.
7. Once cooked leave to rest for 10-15 minutes before serving with ice cream. For a fudgy texture, leave it in the fridge overnight.

# Nutella Cookies

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15 Mins Prep | 10 Min Cook

## Ingredients:

- 70g plain flour
- 1 large egg
- 275g Nutella®
- 60g chocolate chips or chopped nuts (optional)



## Method:

1. Preheat oven to 180 C / Gas 4. Grease a baking tray or line with baking parchment.
2. Combine flour, egg and Nutella® in a large bowl and mix together with a spoon until no flour lumps remain. Fold in chocolate chips.
3. Roll the cookie dough into balls, about 3cm in diameter. Place on the prepared tray, about 5cm apart. Press down on the balls to create thick discs.
4. Bake cookies for about 10 minutes. They should be slightly still soft in the middle. Let them cool on a wire rack until set.

## Tip

If you take your cookies out and they are still quite soft, don't put them back in because while they are cooling they will harden. Try substituting the chocolate chips for nuts or add a pinch of sea salt (seems weird but it works).

# Peanut Butter Cookies

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## Ingredients:

- 1 cup GF crunchy peanut butter
- 1 cup firmly packed brown sugar
- 1 tablespoon ground cinnamon
- 1 regular egg



## Method:

1. Preheat oven 180°C.
2. Line a baking tray with baking paper.
3. In a bowl, mix together all the ingredients.
4. Roll a tablespoon full of mixture into balls then place onto baking trays.
5. Slightly flatten with a fork.
6. Bake for 10 to 12 minutes, or until golden.
7. Allow to cool completely before storing in an air-tight container

# Scones

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8 Serves | 10 Mins Prep | 15 Min Cook

## Ingredients:

- 375g plain flour
- 100g caster sugar
- 5 teaspoons baking powder
- 1/2 teaspoon salt
- 170g butter
- 1 egg, beaten
- 225ml milk



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## Method:

1. Preheat oven to 200 C. Lightly grease a baking tray.
2. In a large bowl, combine flour, sugar, baking powder and salt. Rub in butter. Mix the egg and milk in a small bowl, and stir into flour mixture until moistened.
3. Turn dough out onto a lightly floured surface, and knead briefly. Roll dough out into a 2cm thick round. Cut into 8 wedges, and place on the prepared baking tray.
4. Bake 15 minutes in the preheated oven, or until golden brown.

# White Chocolate Cheesecake Balls

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## Ingredients:

- 200g cream cheese room temperature
- ¼ cup icing sugar
- 150g white chocolate melted
- 1¼ cups chopped pecan nuts

## Method:

1. In a bowl, combine cream cheese and icing sugar and beat until nice and creamy.
2. Add melted chocolate and ¼ cup chopped pecans; mix to combine.
3. Refrigerate for 1 hour or until cold and firm.
4. Place remaining chopped nuts on a plate.
5. Remove the cheese ball from freezer, fashion into a ball and roll into chopped nuts.
6. Serve sliced with plain crackers (we used Lavosh) and fresh fruits.