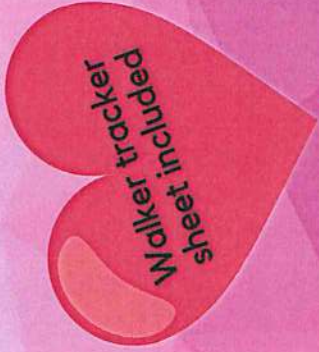


Activities

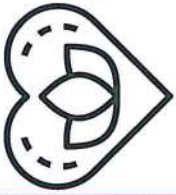


Monday 5th Oct

Bluey memory game



Tuesday 6th Oct



Mindful colouring in

Wednesday 7th Oct

Bluey Ispy



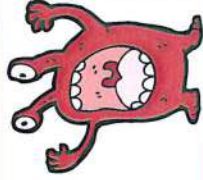
Thursday 8th Oct

Colour by numbers



Friday 9th Oct

Design your monster



Saturday 10th Oct

Colour walk



Sunday 11th Oct

Yoga



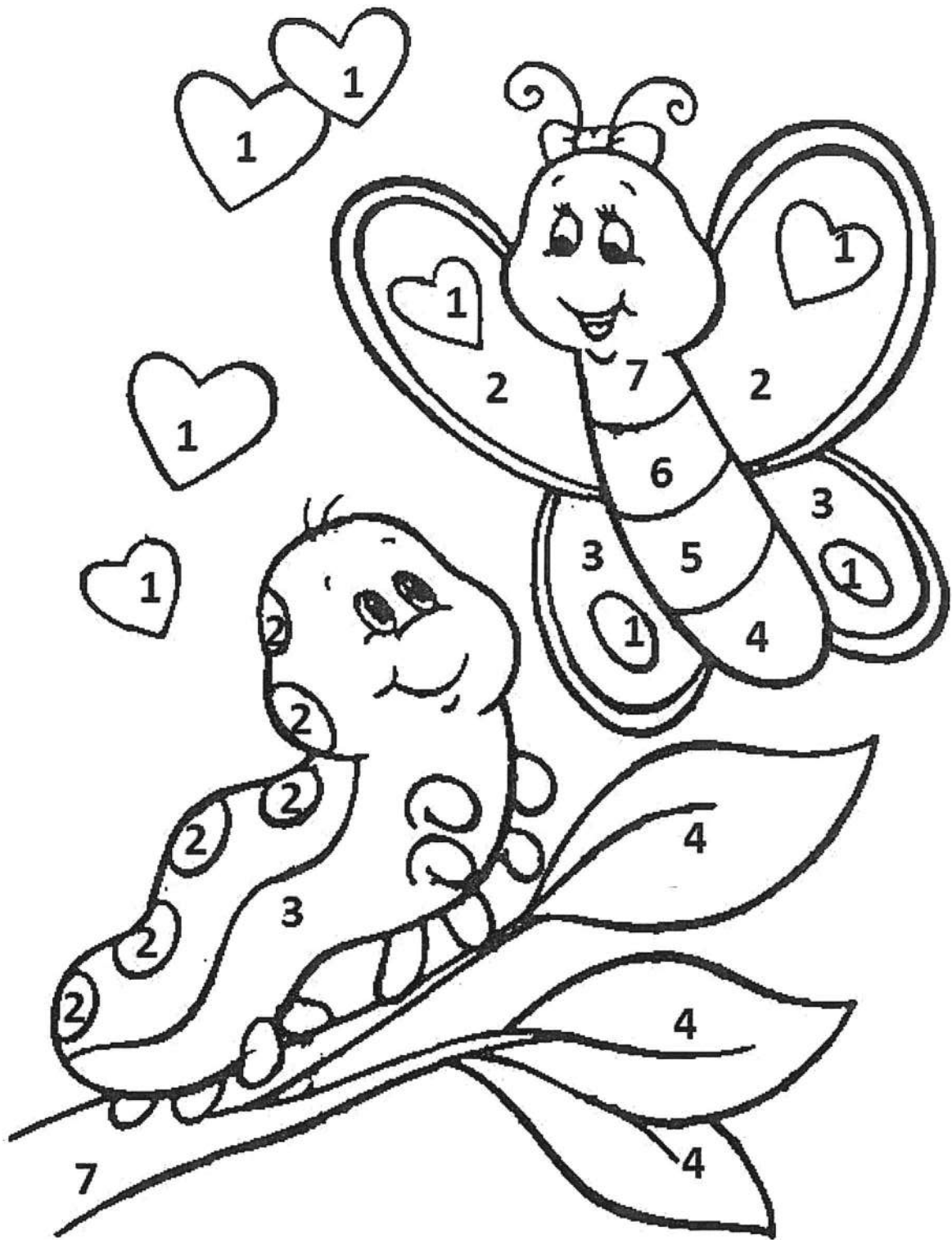
Take a deep breath

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.

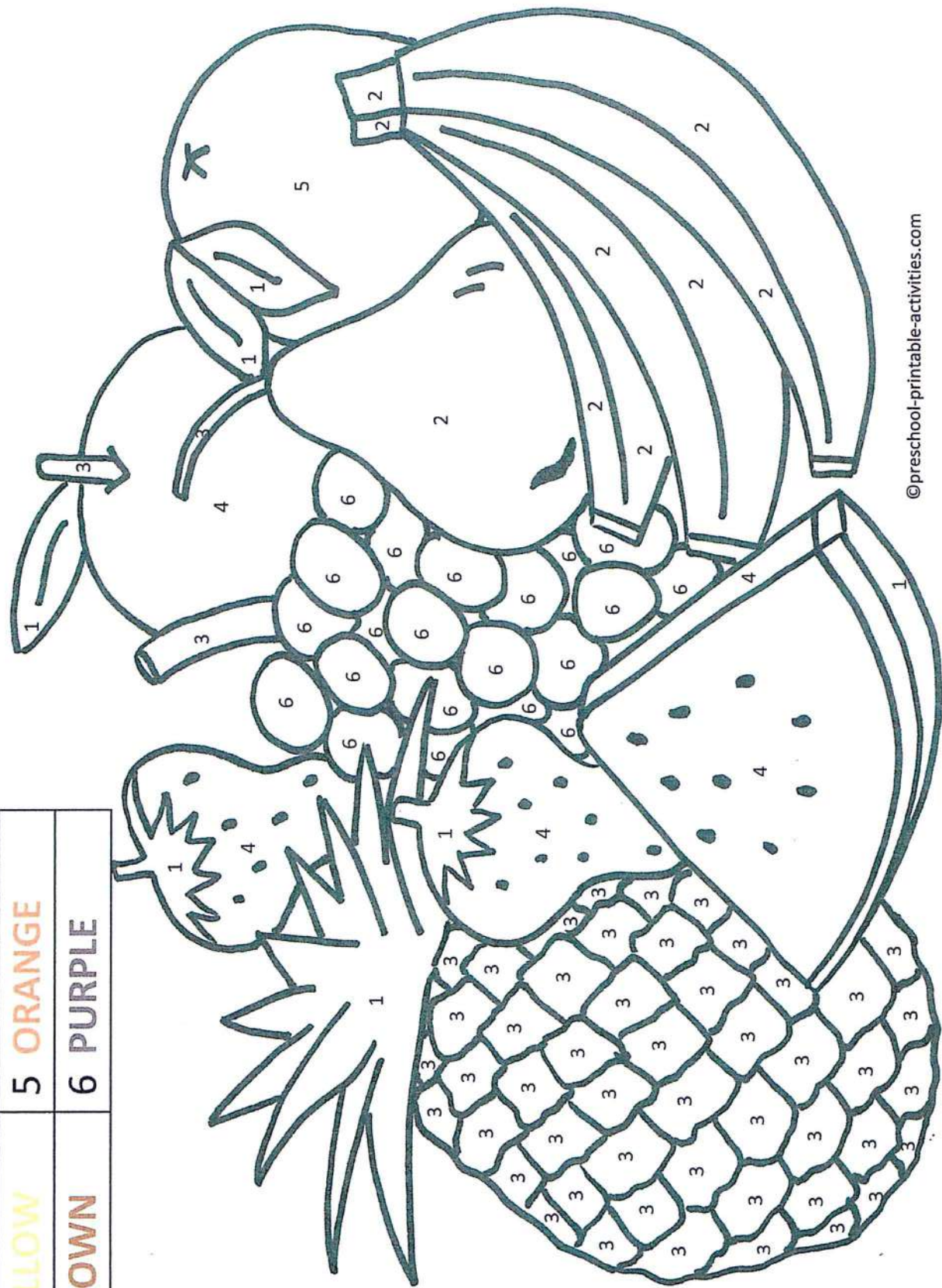




1-red 2-blue 3-yellow 4-green 5-pink 6-purple
7-brown

FRUIT COLOR-BY-NUMBER

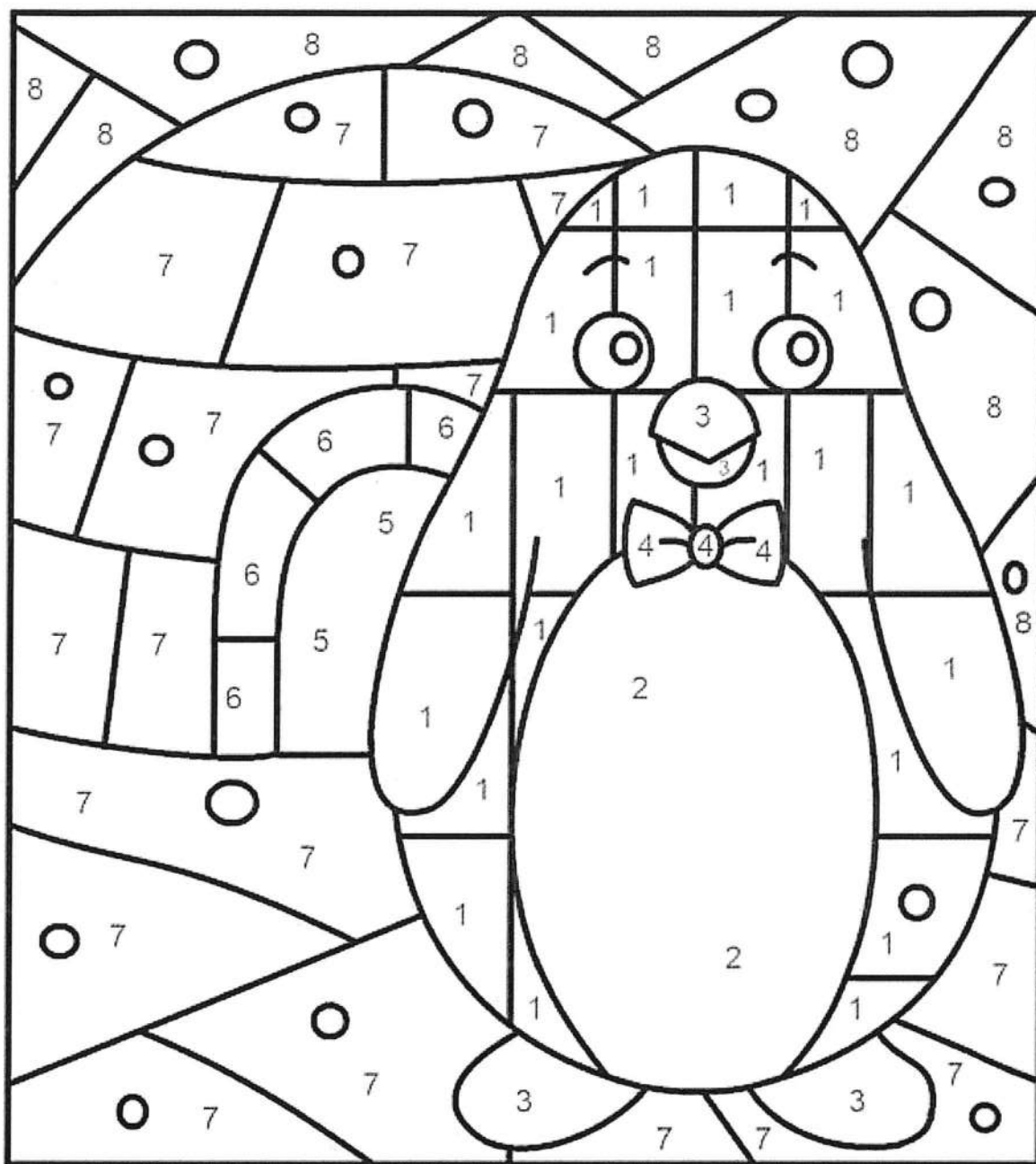
1	GREEN	4	RED
2	YELLOW	5	ORANGE
3	BROWN	6	PURPLE



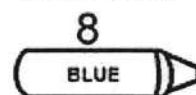
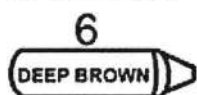
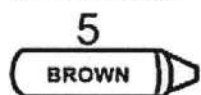
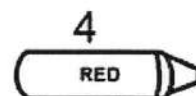
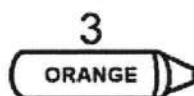
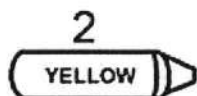
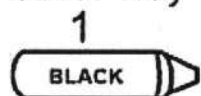
Name:

Date:

COLOR BY NUMBER PENGUIN



Color Key

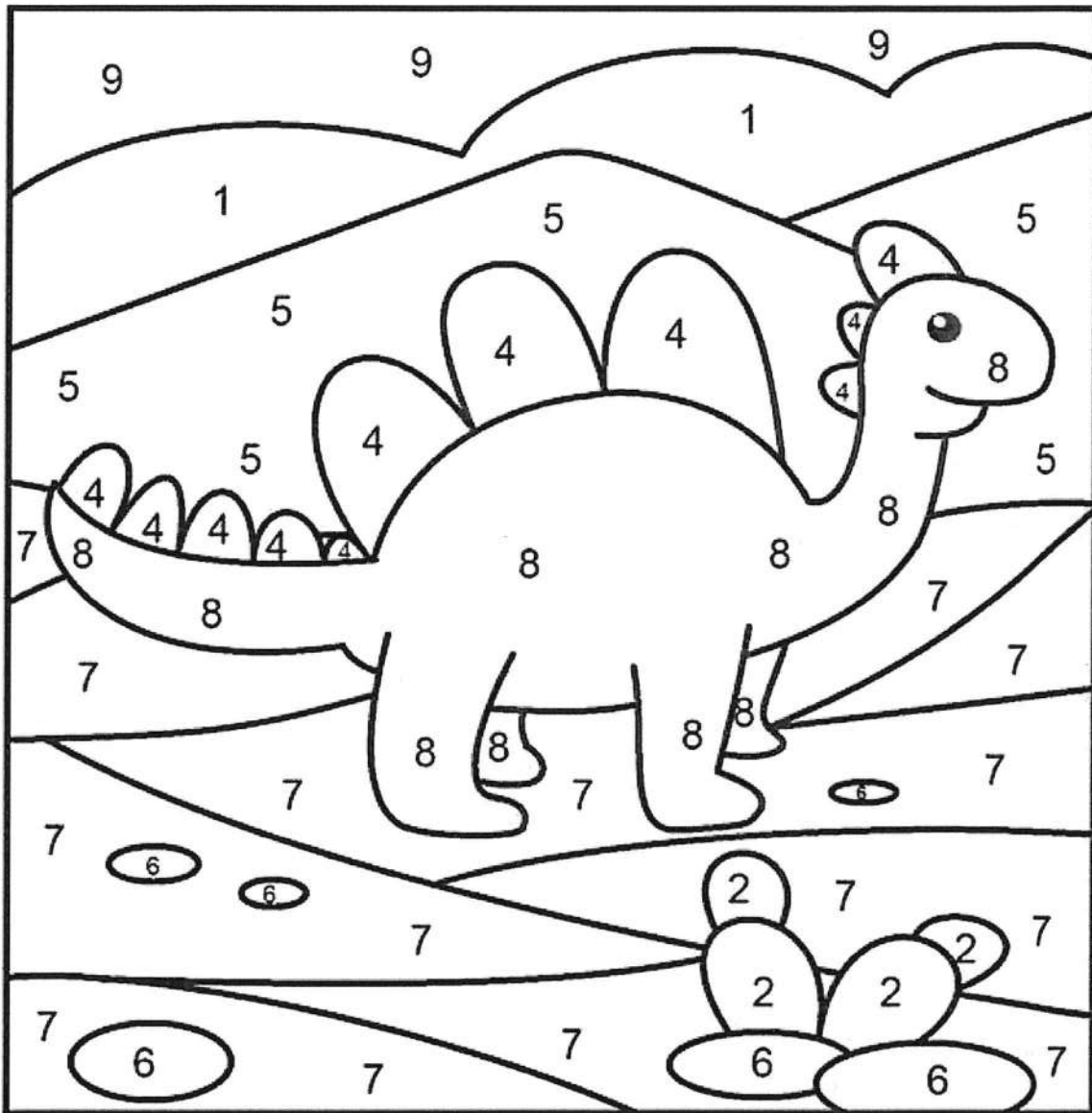


Name:

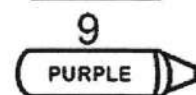
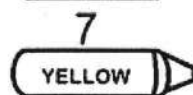
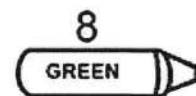
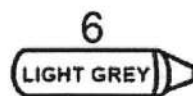
Date:

COLOR BY NUMBER

DINOSAUR



Color Key



.....'s Walk Tracker

What to do

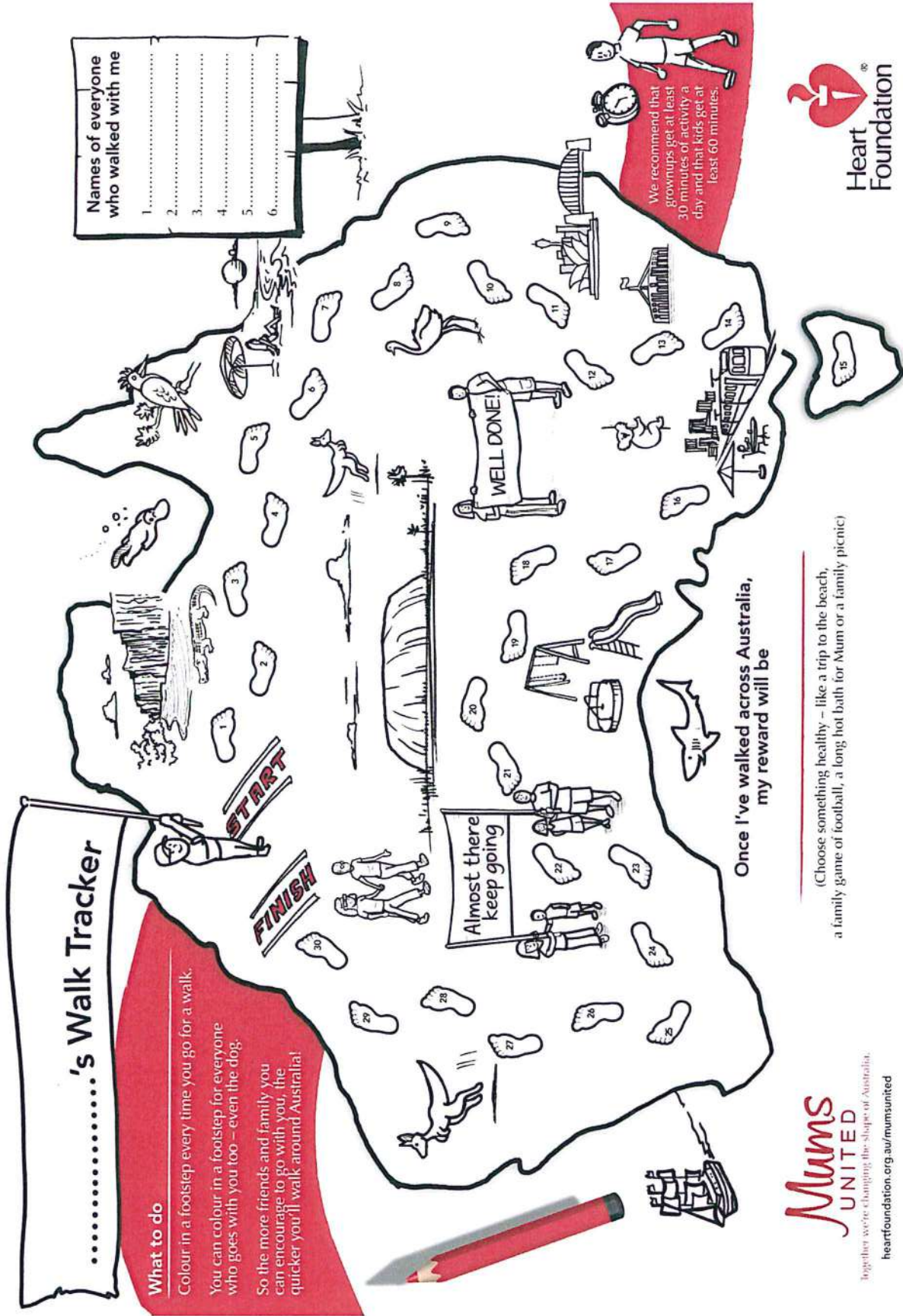
Colour in a footprint every time you go for a walk.

You can colour in a footprint for everyone who goes with you too – even the dog.

So the more friends and family you can encourage to go with you, the quicker you'll walk around Australia!

Names of everyone who walked with me

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....



We recommend that grownups get at least 30 minutes of activity a day and that kids get at least 60 minutes.

Once I've walked across Australia, my reward will be

(Choose something healthy – like a trip to the beach, a family game of football, a long hot bath for Mum or a family picnic)

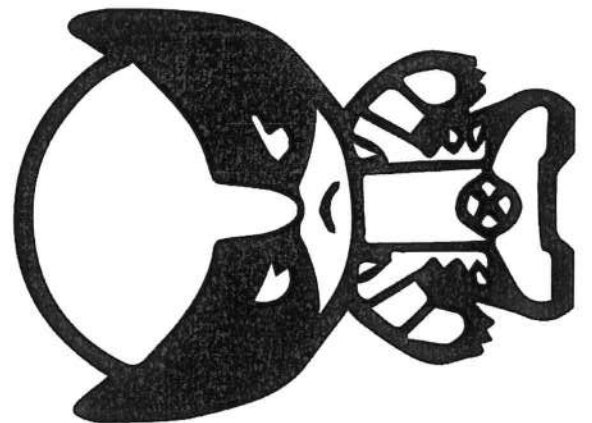
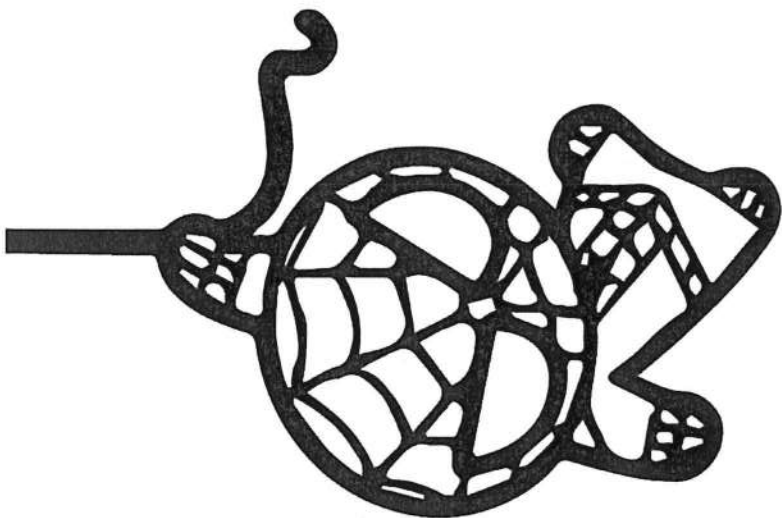
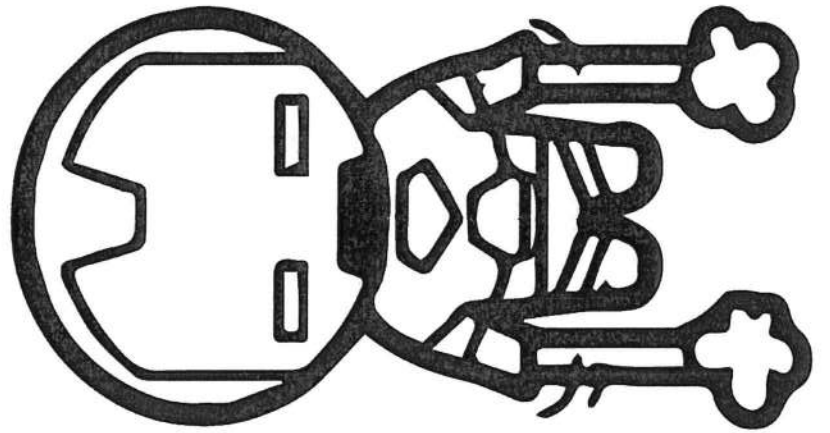
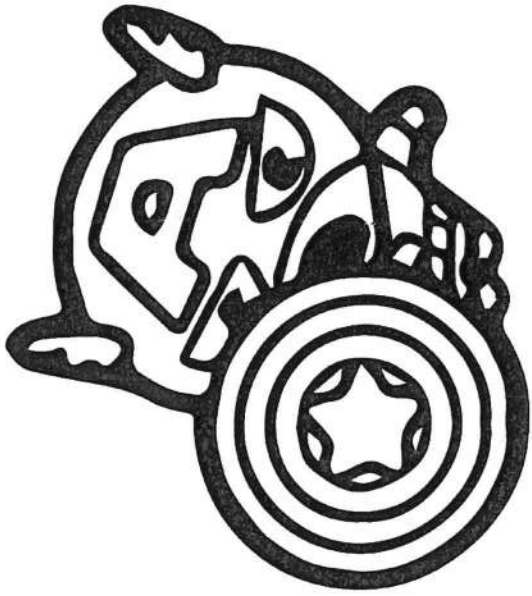
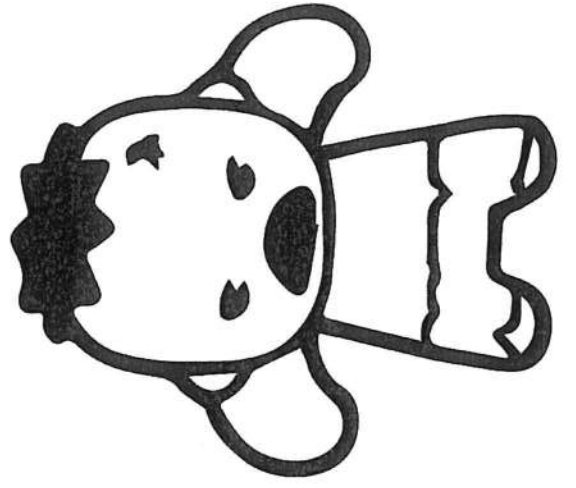
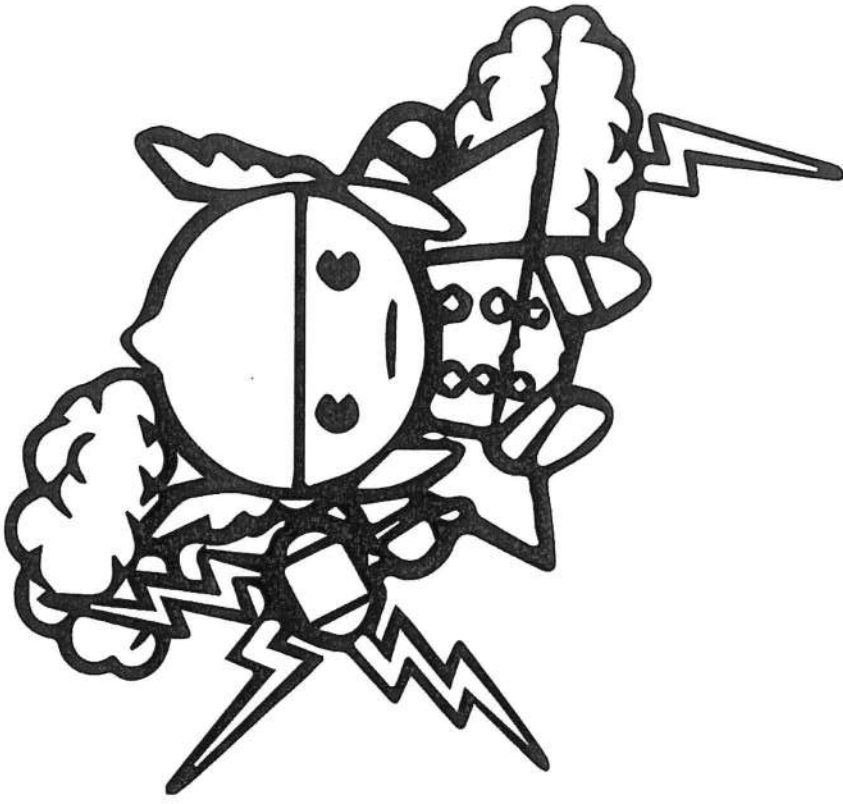
Mums UNITED

Together we're changing the shape of Australia.

heartfoundation.org.au/mumsunited





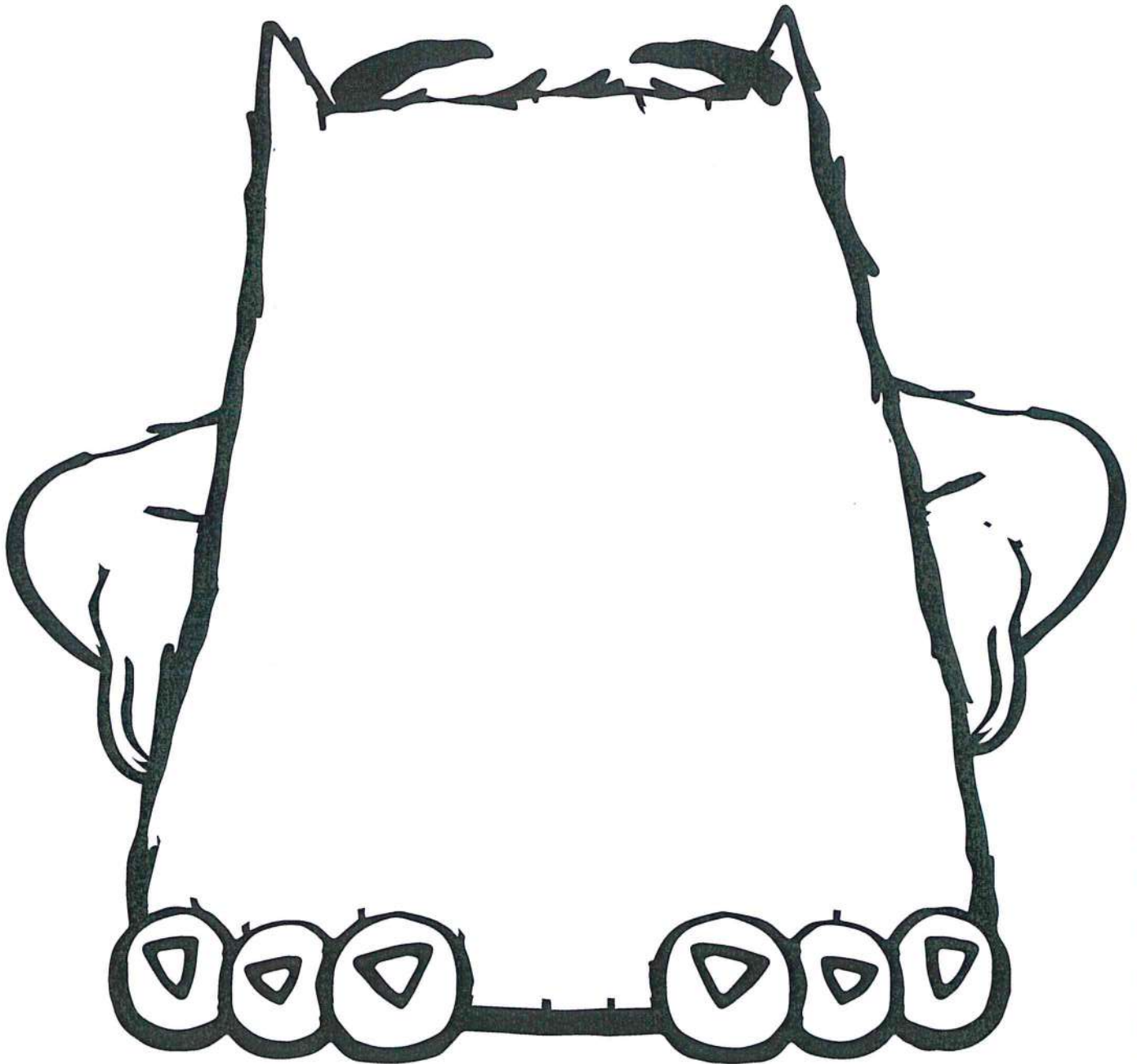






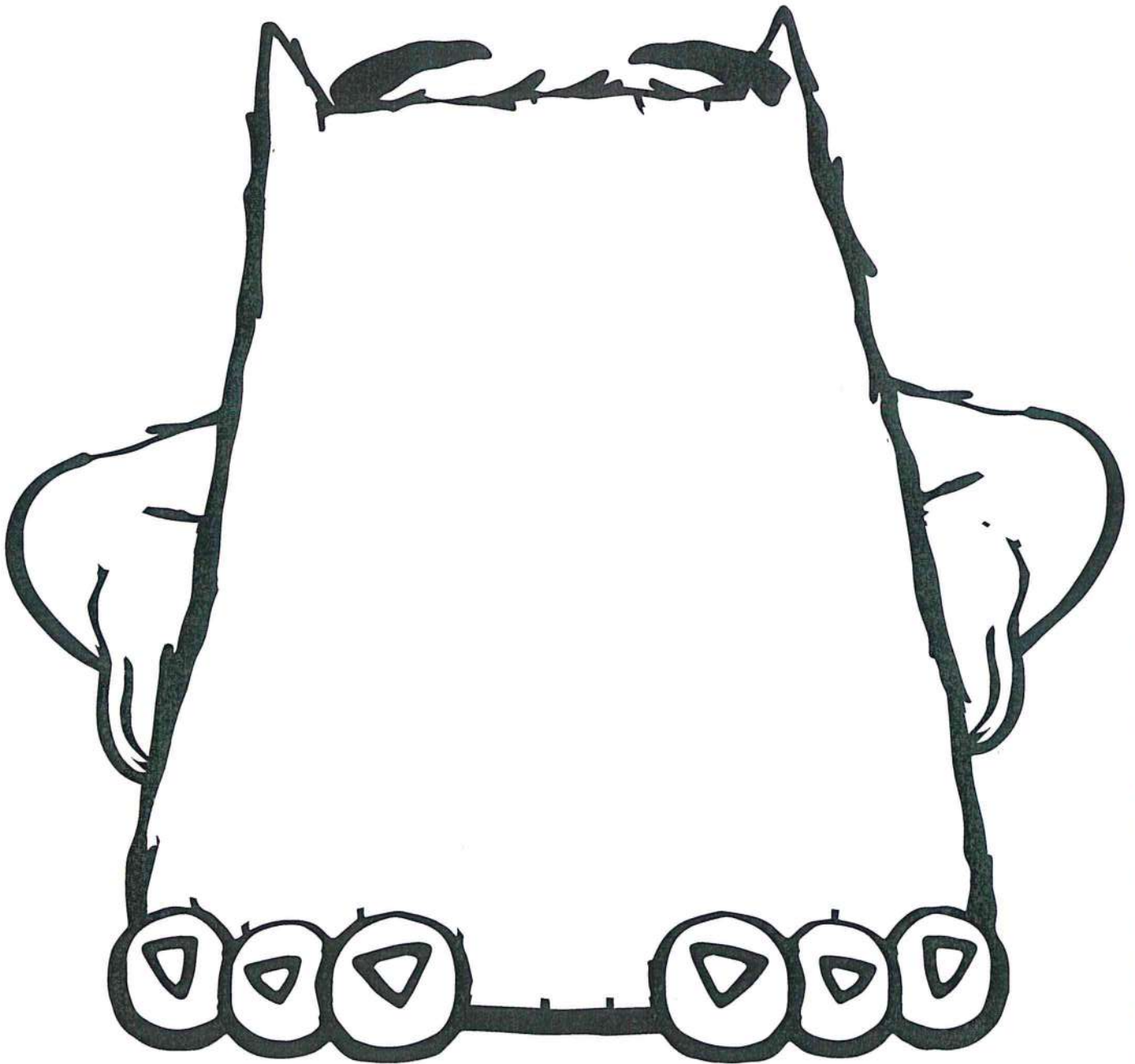


**Give your own Love Monster a face
and then colour your monster in.**



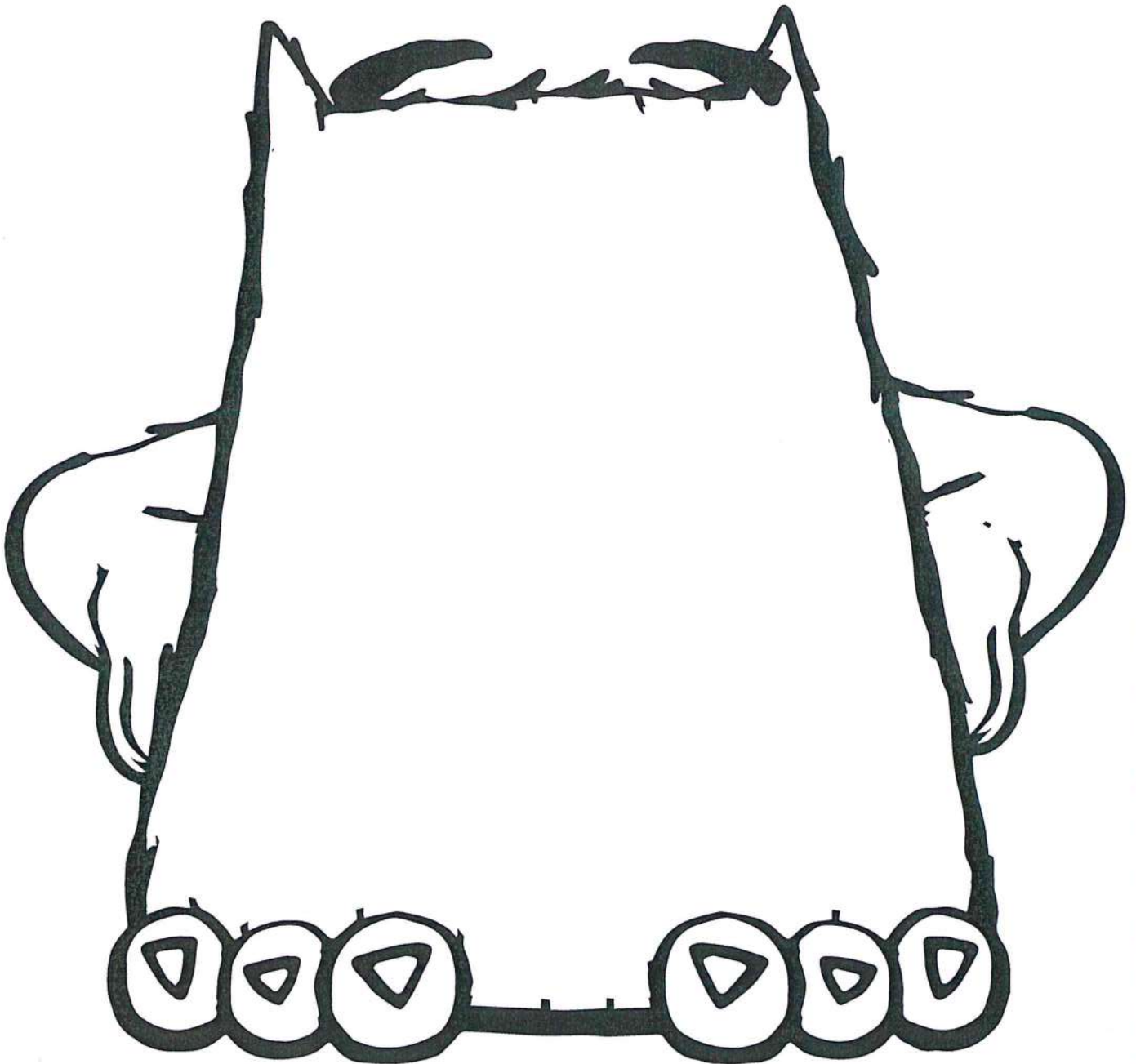


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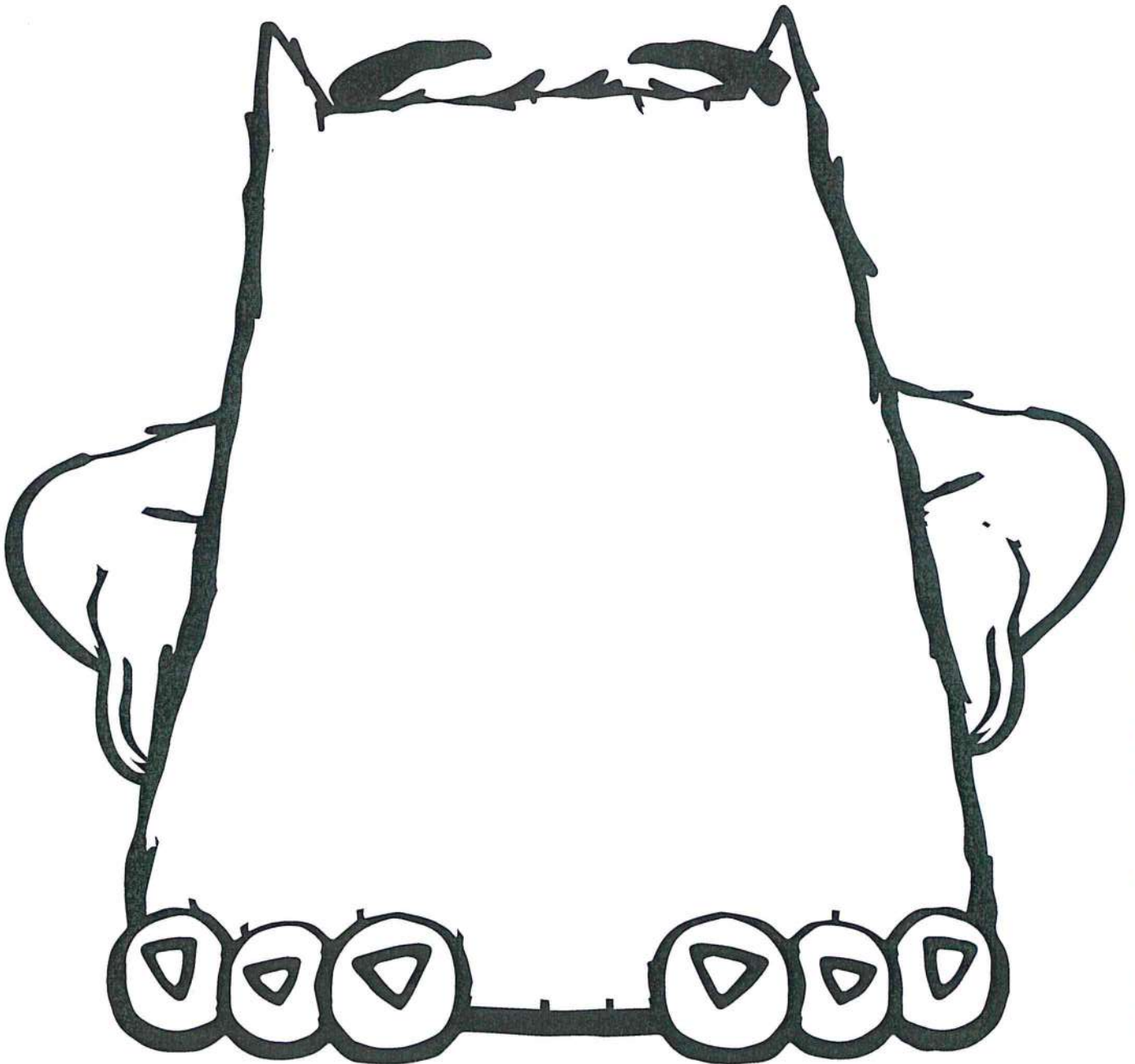


**Give your own Love Monster a face
and then colour your monster in.**





**Give your own Love Monster a face
and then colour your monster in.**



KIDS YOGA



Prayer Pose



Shoulder Stand



Tree pose



Raised Hands Pose



Chair Pose



Extended Side Angle



Lunge Pose



Warrior 1 Pose



Warrior 2 Pose



Warrior 3 Pose



Plank Pose



Four Limbed Staff Pose



Zigzag Pose



Cobra Pose



Corp Pose



Boat Pose



Downward Facing Dog



Plow Pose



Standing Forward Bend Pose



Child Pose



Cow Pose



Cat Pose



Bow Pose





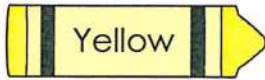





Camel Pose



Lotus Pose



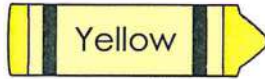





Color Walk

Take a walk outside and observe all the things around you. Look for things on your walk to represent each color. Illustrate each item you find in the corresponding box.

 <p>Red</p>	 <p>Orange</p>
 <p>Yellow</p>	 <p>Green</p>
 <p>Blue</p>	 <p>Purple</p>
 <p>Brown</p>	 <p>Black</p>









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 <p>Blue</p>	 <p>Purple</p>
 <p>Brown</p>	 <p>Black</p>

BLUEY

MEMORY Game

1. Cut out all Bluey cards (there are 40 in total - 20 pairs)
2. Arrange all cards face down
3. Take turns flipping two cards of your choice. If the two cards have the same picture then they are yours and you get another turn. If they don't match, flip them back over (but remember where they are). Now it's the next player's turn.
4. Continue taking turns until all the cards have been matched. The person with the most pairs is the winner.

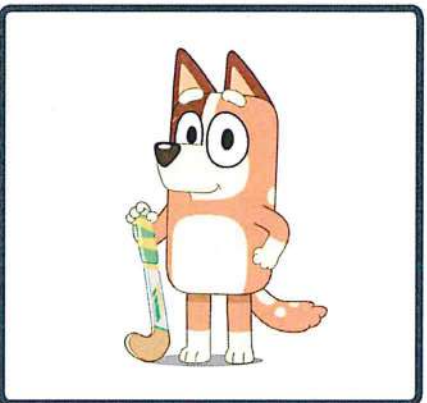
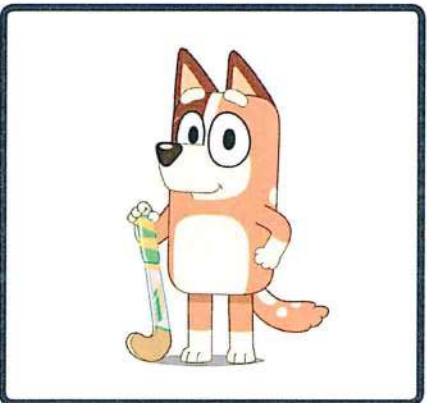
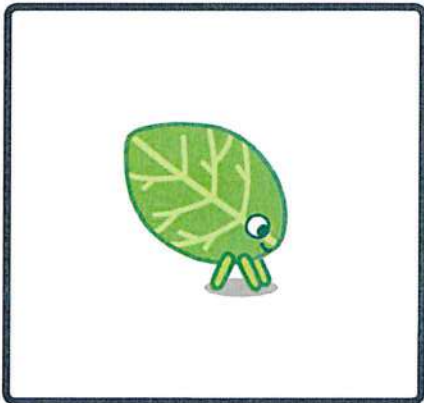
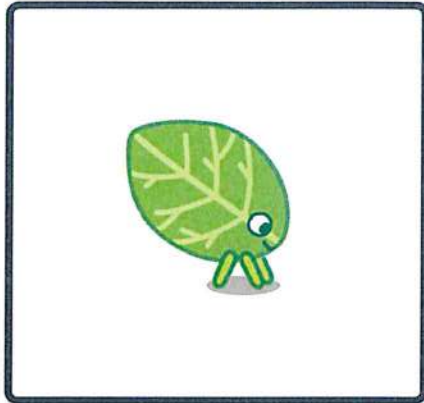
*Changing Difficulty: for an easier game, start the game with less pairs on the board i.e. only place down 8 pairs. Slowly increase the number of pairs in the game to increase difficulty.

*Other games: You can use the cards for a game of Bluey snap.



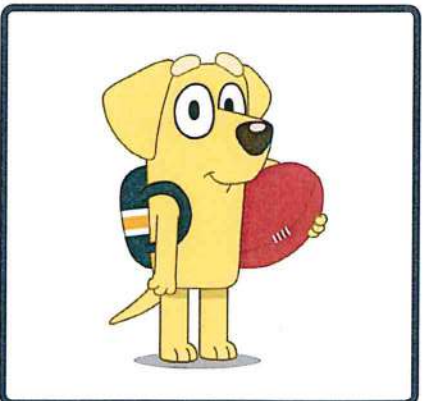
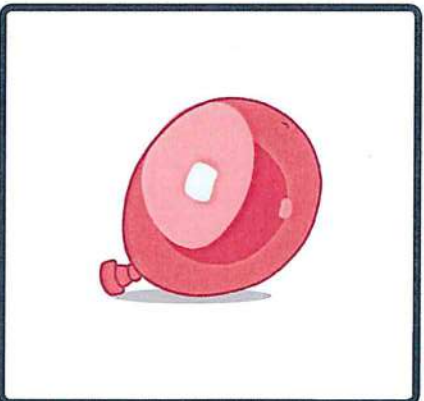
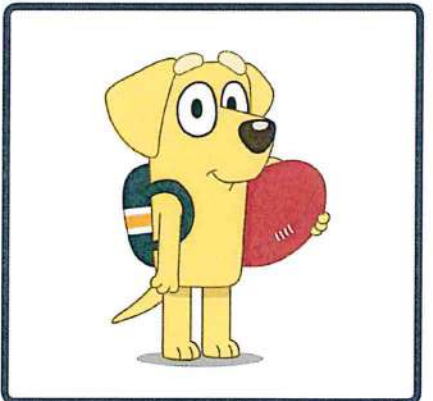
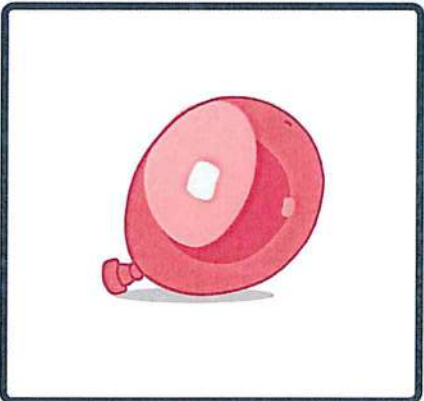
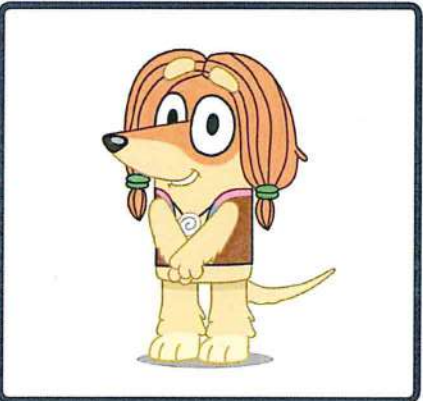
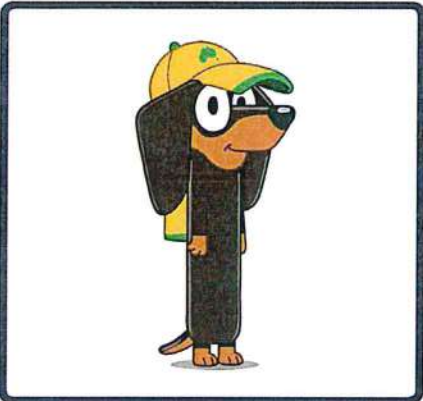


MEMORY Game



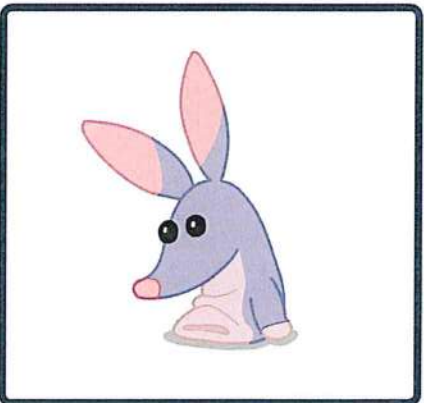
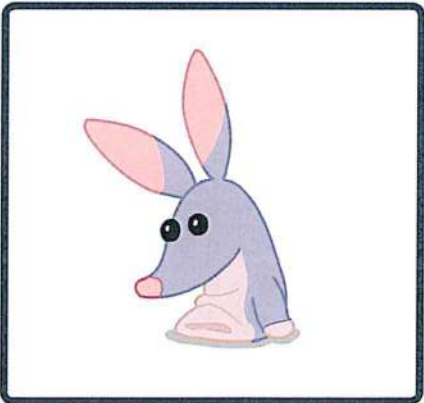
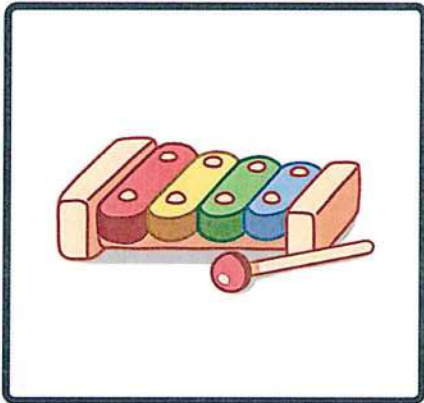
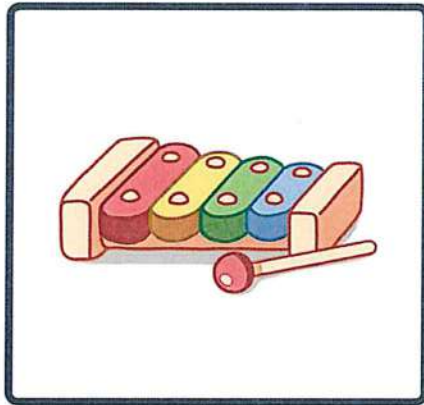


MEMORY Game





MEMORY Game





BLUEY

I-SPY BENTO BOX TREATS

Count all the different foods to go into the Bento Boxes.
You might even find a capsicum salad!



How many of each food, can you find? Write the number in the box!

	<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>

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stuckonyou.biz

BLUEY™ and BLUEY character names™ © Linda Ward Beech 2019



BLUEY

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	<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>

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BLUEY™ and BLUEY character logo™ © Ludo Studio Pty Ltd 2019

Extra Fruity Jam Tarts



Ingredients

- 250g short crust pastry
- strawberry jam
- 1 dessert apple
- 1 Tbs lemon juice
- 200g strawberries

Method

Turn the oven on to 180°C. Oil a muffin tin.

Roll out the pastry and cut into large circles.

Push the pastry circles into the muffin tin holes to make cups.

Drop a small teaspoon of jam into the bottom of each pastry cup.

Mix lemon juice into a bowl of cold water.

Peel, core and chop the apple and soak in the lemon water, then drain and pat dry.

Top and chop the strawberries.

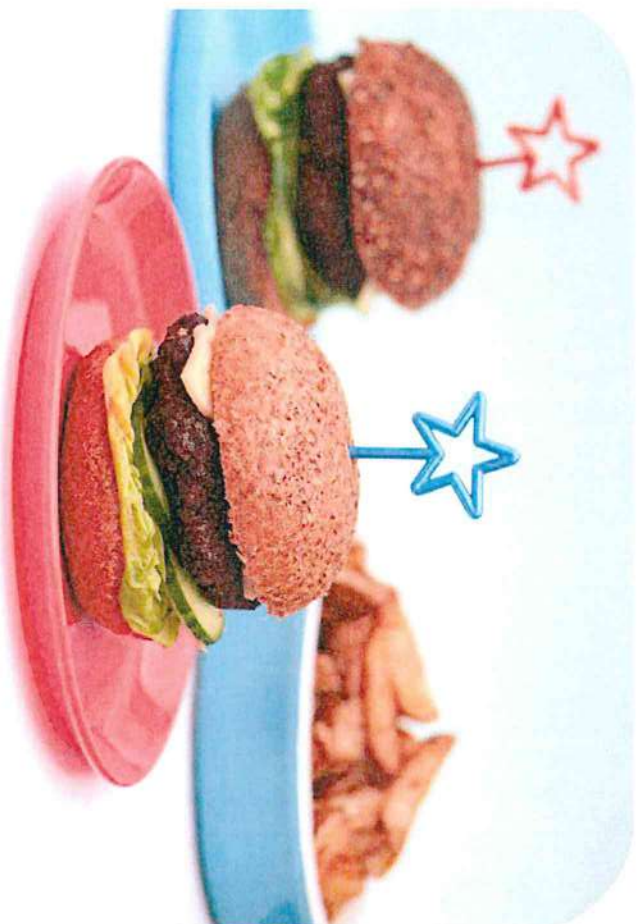
Fill the tarts with the apples and strawberries.

Bake in the oven for 20-25 minutes until golden.

Eats Amazing

www.eatsamazing.co.uk

Homemade Burgers



Ingredients

- 500g minced beef
- 3 spring onions
- 2 cloves of garlic
- 1 tsp paprika
- 1 tsp dried parsley
- black pepper

Method

Wash the spring onions. Chop them into small pieces with scissors. Throw away the roots.

Peel and crush the garlic.

Put all the ingredients into a bowl and mix them together with your hands.

Split the mixture into 4 equal pieces. Roll each piece into a ball and squash them to make burger shapes.

Grill the burgers for 15 minutes, turning once.

Mini Quiches



Ingredients

- ½ red pepper
- 2 spring onions
- 2 slices of ham
- 50g cheddar cheese
- 250g short crust pastry
- 4 large eggs

Method

Turn the oven on to 180°C. Oil a muffin tin.

Pull the seeds from the pepper. Chop the pepper and ham into small pieces, grate the cheese.

Cut the tops and bottoms off the spring onions with scissors, cut the onions into small pieces.

Mix the vegetables and cheese in a small bowl.

Break the eggs into a jug and whisk.

Roll out the pastry and cut into large circles.

Push the pastry circles into the muffin tin holes to make cups.

Fill the pastry cups with the vegetables and cheese, then pour some egg on top of each one.

Bake in the oven for 20 minutes.

Chocolate Spiders

Ingredients

- 100 g fried noodles
- 2 tbs crunchy peanut butter
- 200 g milk cooking chocolate

Method

Microwave the chocolate and peanut butter until melted.
Mix well to form a smooth paste.
Add the noodles and coat well with the chocolate mixture.
Spoon the mixture onto a tray lined with baking paper and refrigerate until set.



Chocolate Crackles

Ingredients

- 4 cups Rice Bubbles
- 1 cup icing sugar
- 1 cup desiccated coconut
- 250g copha, chopped
- 3 Tbsp cocoa

Method

In a large bowl, mix the Rice Bubbles, icing sugar, cocoa & coconut.
Slowly melt the copha in a saucepan over a low heat. Allow to cool slightly.
Add to Rice Bubbles mixture, stirring until well combined.
Spoon mixture into paper patty cases and refrigerate until firm.

