

Activities

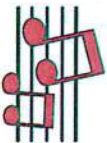
Monday 20th April

Mindful
colouring
in



Tuesday 21st April

Listen to
different types
of music and
draw how it
makes you feel



Wednesday 22nd April

Go for a walk to find
leaves to put on your
flower sheet



Thursday 23rd April

What's your
name activity
sheet



Friday 24th April

Inside
scavenger
hunt



Saturday 25th April

Word finds



Sunday 26th April

101 ways to
play
outdoors



Don't
worry, be
happy!

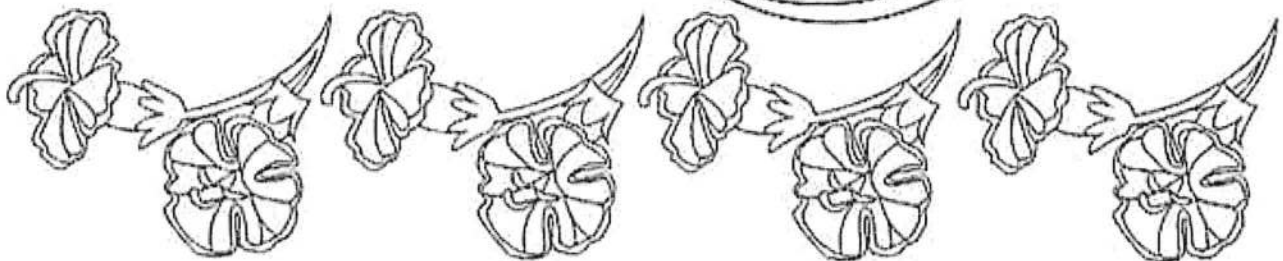
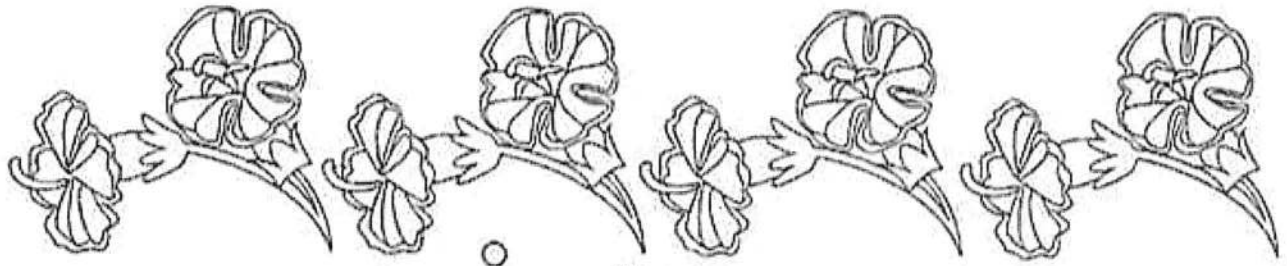
**Remember we are just
a call/message away if
you need anything.
0428 736 961**

what's your name? Fit activity for kids

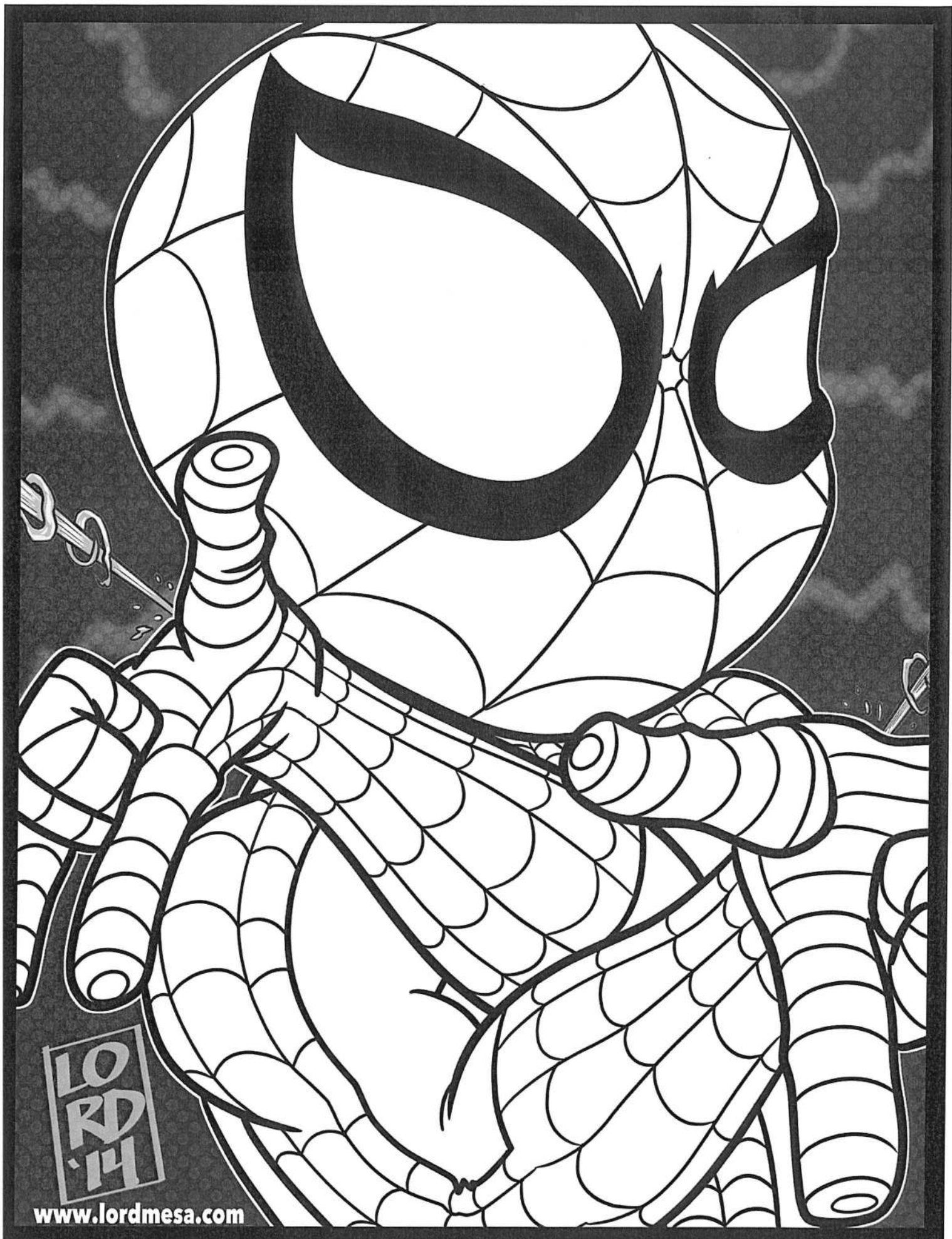
SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |









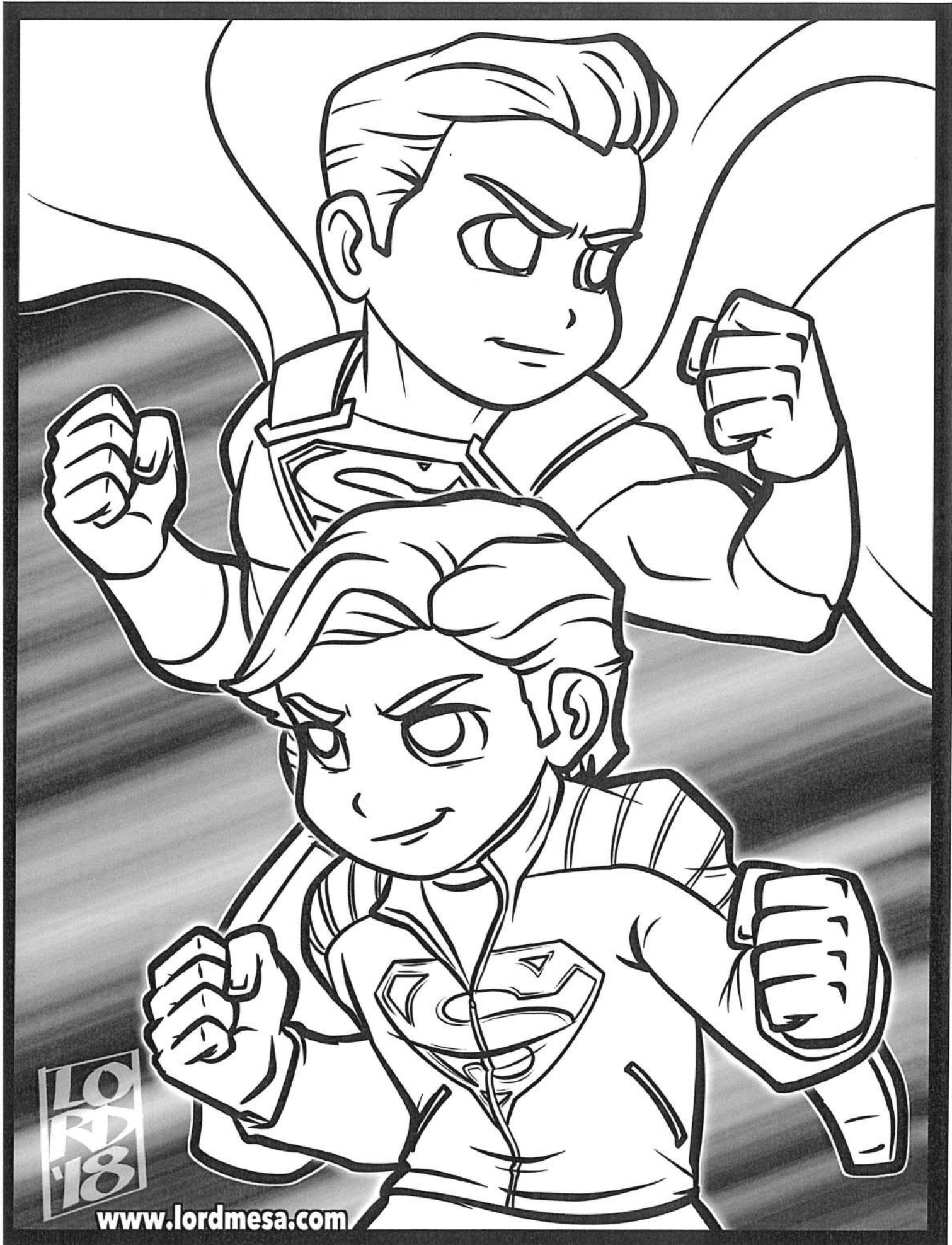
LORD '14

www.lordmesa.com



www.lordmesa.com

LORD
'18



LORD
'18

www.lordmesa.com

INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



INDOOR SCAVENGER HUNT

primary playground

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



101 WAYS TO PLAY OUTDOORS

1. Play leapfrog
2. Jump rope
3. Climb a tree
4. Build a fort
5. Play hide and seek
6. Kick a ball
7. Make a rainbow with the hose
8. Pull weeds
9. Ride a bike or scooter or horse
10. Create a nature collage
11. Build a sand castle
12. Head out on a treasure hunt
13. Roll down a hill
14. Make a bug hotel
15. Balance along a wall
16. Throw a frisbee
17. Balance a bean bag on your head
18. Have an egg and spoon race
19. Hug a tree
20. Create patterns in damp sand
21. Make story stones
22. Paint a fence with water
23. Make texture rubbings with crayons
24. Swing your hips in a hula hoop
25. Make a rain gauge
26. Play tag
27. Draw something you can see
28. Jump in a puddle
29. Play hopscotch
30. Draw on the trampoline (or the footpath) with chalk
31. Read a book
32. Catch raindrops on your tongue
33. Make a set of stilts from tin cans
34. Have a game of marbles
35. Or elastics
36. Enjoy breakfast outside
37. Rake leaves
38. Set up a worm farm
39. Decorate mud pies
40. Run under the sprinkler
41. Paint the outside of a window
42. Make a daisy chain
43. Start a nature journal
44. Lie in a hammock
45. Toast marshmallows
46. Find 10 things to float in a tub of water
47. Write in the sand with a stick
48. Press flowers
49. Make a pinwheel
50. Make a stick sculpture
51. Make a pet rock
52. Try leaf printing
53. Draw around a shadow on the ground
54. Plant vegetables and herbs
55. Grow a bean or sunflower teepee
56. Take photos of what you see
57. Have a 3 legged race
58. Or a wheelbarrow race
59. Gaze at the stars
60. Set up a lemonade stand
61. Paint with feathers
62. Decorate a tree
63. Create a home for a fairy (or an elf)
64. Make a tin can telephone
65. Enjoy a teddy bears picnic
66. Make a drip castle with wet sand
67. Write a letter on a leaf
68. Fly a kite
69. Make up a new game
70. Put on a show
71. Grab a magnifying glass go bug hunting
72. Try a somersault or a handstand or a cartwheel
73. Watch a sunset
74. Spin and get dizzy
75. Start a collection
76. Float a paper boat
77. Make a cave for a dinosaur
78. Wash the dog
79. Wash the car
80. Create a small world for your favourite figurines
81. Make a sundial
82. Host a paper plane flying contest
83. Blow bubbles
84. Dance and sing
85. Make your name from sticks
86. Make a road for toy cars
87. Play torch tag
88. Build a compost bin
89. Throw water balloons
90. Make object impressions in air dry clay
91. Put on a cape and fly
92. Grow a grass head
93. Make a bird bath
94. And a bird feeder
95. Make petal perfume
96. Dig for treasure
97. Make a leaf crown
98. Hang laundry
99. Draw a map of your space
100. Set up a snail race
101. Lie back on the grass and look for shapes in the clouds

Bedroom Items

C	L	O	S	E	T	B	E	D	O	U	T	T	H
L	V	A	I	P	H	O	T	O	S	N	O	E	P
A	M	W	H	L	D	M	I	R	R	O	R	D	I
M	R	W	O	L	L	I	P	L	I	D	S	D	A
P	H	R	O	O	R	U	G	P	N	S	P	Y	L
S	G	D	O	I	S	D	D	Y	W	U	R	B	A
T	T	D	E	R	D	T	U	R	E	R	U	E	R
E	N	H	N	G	S	A	E	V	C	T	U	A	M
S	H	E	L	F	L	N	R	E	E	T	I	R	C
W	A	R	D	R	O	B	E	R	H	T	A	R	L
V	A	E	I	B	O	T	T	O	D	S	O	C	O
D	R	L	S	N	I	A	T	R	U	C	R	I	C
O	B	I	H	P	S	R	E	P	P	I	L	S	K
R	U	A	N	I	G	H	T	S	T	A	N	D	D

RUG
 PHOTO
 MIRROR
 SHELF
 SHEETS
 TEDDY BEAR
 DUVET
 NIGHTSTAND
 CURTAINS
 WARDROBE
 RADIO
 ALARM CLOCK
 BED
 PILLOW
 LAMP
 SLIPPERS
 CLOSET

Play this puzzle online at : <http://thewordsearch.com/puzzle/33/>

Bedroom Items

C	L	O	S	E	T	B	E	D	O	U	T	T	H
L	V	A	I	P	H	O	T	O	S	N	O	E	P
A	M	W	H	L	D	M	I	R	R	O	R	D	I
M	R	W	O	L	L	I	P	L	I	D	S	D	A
P	H	R	O	O	R	U	G	P	N	S	P	Y	L
S	G	D	O	I	S	D	D	Y	W	U	R	B	A
T	T	D	E	R	D	T	U	R	E	R	U	E	R
E	N	H	N	G	S	A	E	V	C	T	U	A	M
S	H	E	L	F	L	N	R	E	E	T	I	R	C
W	A	R	D	R	O	B	E	R	H	T	A	R	L
V	A	E	I	B	O	T	T	O	D	S	O	C	O
D	R	L	S	N	I	A	T	R	U	C	R	I	C
O	B	I	H	P	S	R	E	P	P	I	L	S	K
R	U	A	N	I	G	H	T	S	T	A	N	D	D

- RUG
- PHOTO
- MIRROR
- SHELF
- SHEETS
- TEDDY BEAR
- DUVET
- NIGHTSTAND
- CURTAINS
- WARDROBE
- RADIO
- ALARM CLOCK
- BED
- PILLOW
- LAMP
- SLIPPERS
- CLOSET

Play this puzzle online at : <http://thewordsearch.com/puzzle/33/>

Bedroom Items

C	L	O	S	E	T	B	E	D	O	U	T	T	H
L	V	A	I	P	H	O	T	O	S	N	O	E	P
A	M	W	H	L	D	M	I	R	R	O	R	D	I
M	R	W	O	L	L	I	P	L	I	D	S	D	A
P	H	R	O	O	R	U	G	P	N	S	P	Y	L
S	G	D	O	I	S	D	D	Y	W	U	R	B	A
T	T	D	E	R	D	T	U	R	E	R	U	E	R
E	N	H	N	G	S	A	E	V	C	T	U	A	M
S	H	E	L	F	L	N	R	E	E	T	I	R	C
W	A	R	D	R	O	B	E	R	H	T	A	R	L
V	A	E	I	B	O	T	T	O	D	S	O	C	O
D	R	L	S	N	I	A	T	R	U	C	R	I	C
O	B	I	H	P	S	R	E	P	P	I	L	S	K
R	U	A	N	I	G	H	T	S	T	A	N	D	D

RUG
 PHOTO
 MIRROR
 SHELF
 SHEETS
 TEDDY BEAR
 DUVET
 NIGHTSTAND
 CURTAINS
 WARDROBE
 RADIO
 ALARM CLOCK
 BED
 PILLOW
 LAMP
 SLIPPERS
 CLOSET

Play this puzzle online at : <http://thewordsearch.com/puzzle/33/>

Bedroom Items

C	L	O	S	E	T	B	E	D	O	U	T	T	H
L	V	A	I	P	H	O	T	O	S	N	O	E	P
A	M	W	H	L	D	M	I	R	R	O	R	D	I
M	R	W	O	L	L	I	P	L	I	D	S	D	A
P	H	R	O	O	R	U	G	P	N	S	P	Y	L
S	G	D	O	I	S	D	D	Y	W	U	R	B	A
T	T	D	E	R	D	T	U	R	E	R	U	E	R
E	N	H	N	G	S	A	E	V	C	T	U	A	M
S	H	E	L	F	L	N	R	E	E	T	I	R	C
W	A	R	D	R	O	B	E	R	H	T	A	R	L
V	A	E	I	B	O	T	T	O	D	S	O	C	O
D	R	L	S	N	I	A	T	R	U	C	R	I	C
O	B	I	H	P	S	R	E	P	P	I	L	S	K
R	U	A	N	I	G	H	T	S	T	A	N	D	D

RUG
 PHOTO
 MIRROR
 SHELF
 SHEETS
 TEDDY BEAR
 DUVET
 NIGHTSTAND
 CURTAINS
 WARDROBE
 RADIO
 ALARM CLOCK
 BED
 PILLOW
 LAMP
 SLIPPERS
 CLOSET

Play this puzzle online at : <http://thewordsearch.com/puzzle/33/>

