



# GOOD SHEPHERD PRIMARY SCHOOL

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Dear Parents and Carers,

With the holidays now upon us, it is time for everyone to relax, recharge and enjoy some quality time together. We know that times are tough for so many people and it is hard when we can't get out and about and do the things we would normally do in the holidays.

This package of fun activities has been put together for you to use, if you are in need of some ideas for how to keep entertained during these holidays.

*Please note* that these activities are not compulsory and they are not related to any school work or expectations. It is just a big bank of fun activities for your children and the whole family to choose from and have fun with.

There are lots of categories to choose from and they do not cost anything.

We wish you all peace, love and harmony these holidays. Enjoy your time together and have some well deserved fun and relaxation!

Keep safe and keep smiling.

Warmest regards,

Di Touzell  
(Creative Arts Teacher)



# HOLIDAY FUN FOR THE WHOLE FAMILY

## PICK YOUR OWN ADVENTURE

Page 1

### CREATIVE AND ACTIVE

#### FAMILY TALENT QUEST

Have fun, with your family hosting your very own talent quest, in the comfort of your lounge room.

Share your talents:

- \* singing
- \* dancing
- \* mimes
- \* comedy / jokes
- \* magic tricks

Make score cards and hold them up at the end of each item.

#### CONCERT

Put on a concert for or with your family

- \* sing
- \* dance
- \* play your music instrument
- \* make your own instruments and play them

#### CONCERT

As a family put on a Musical. This can be your favourite musical or combination of musicals.

#### KARAOKE

Put on your favourite song and sing along. Get the whole family involved.

#### PLAYS

Perform your own play. This can be improvised or you could even write your own play and give your family members a role / part each to perform

OR

Put on a Puppet Show - using puppets, stuffed toys figurines etc

All plays and shows can be made up or based on a story or movie.

#### CONSTRUCTION CHALLENGE

Use Lego, blocks or any other construction items (including boxes and other recyclable materials).

**Construction challenges are on pg 5 & 6 of this pack. Challenge 1 for K-2 and Challenge 2 for 3-6.**

#### ARTISTS

Set up your own art studio. Sketch, draw and paint. Your pictures could be of your favourite things, of people, places and animals. You can make patterns and collages. **There are some links for drawing tutorials on page 12 of this pack.**

#### ALL SORTS

- \* Playdough or clay (playdough recipe pg8)
- Painting
- \* Collage (ideas on pg8)
- \* Make cards
- \* Make books
- \* Learn how to knit, crochet or sew
- \* Drawing tutorials (pg12)

#### DANCING & ZUMBA

Follow tutorials online  
(Refer to pg 13 for links)

OR

Make up your own dance and Zumba sessions with your family. Take turns in creating these sessions.

#### YOGA & MEDITATION

Follow tutorials online  
(Refer to pg14 & 15 for links)

OR

Make up your own meditation & yoga sessions with your family. Take turns in creating these sessions

#### OBSTACLE COURSE

Set up your own obstacle course in your backyard for your whole family. Add different tasks to do along the way e.g. do 5 pushups at the end of the 3<sup>rd</sup> obstacle. Take turns to change the obstacle course.



# HOLIDAY FUN FOR THE WHOLE FAMILY

## PICK YOUR OWN ADVENTURE

Page 2

### INDOOR FUN

#### MYSTERY GAMES

Gather your family together and play:

- \* Charades
- \* Mimes
- \* Who Am I? / What Am I? / Where Am I? (Who can give the best clues?)

#### EVERYBODY DANCE NOW

- \* Disco - Make a play list of your favourite songs and your family's favourite songs. Host your very own disco
- \* Dancing Statues - don't forget to freeze when the music stops.

#### PARTY TIME

Host your own party for your family. . .

- \* Musical Chairs
- \* Make your own pass the parcel and play
- \* Play other favourite party games or make up your own

#### READING

- \* Read alone
- \* Read to a member of your family
- \* Read to your whole family
- \* Read to another family via Zoom or FaceTime or similar platform - with parent permission & supervision
- \* Read together
- \* Read to your stuffed animals, teddies and dolls
- \* Listen to authors and stars read a book via video (links on page 16)

#### MEMORY GAME

Have your parent/s collect lots of different items from around the house and lay them out in front of you. You need to look at all of the items for 1 minute. The items are then covered up and you have to remember and write as many of the items as you can.

If you are playing this with your brother or sister; you can take it in turns to be the person who collects the items and the person who has to remember the items.

#### TEST YOUR SENSES

Have your parents or older brother or sister get out different types of food - always check with your parents first.

The aim of the game is to have someone who is blindfolded and they have to guess what each food item is through their sense of taste or touch or smell.

Food ideas:  
cheese - taste  
a potato - touch  
an orange - smell

#### CUBBY HOUSE

Build your own cubby house or fort, using pillows, blankets, chairs, tables and lounges. Read and play with your favourite toys inside. Host an indoor picnic.

#### MOVIE DAY

Set up your lounge room like the movie theatre. Take turns in choosing your favourite movie. Dress up in your favourite clothes or like your favourite character. Don't forget the popcorn!

#### BOARD GAME MARATHON

Play lots of board games and card games. In between each game, get up and move around. Take turns to decide what fun movement activity you're going to do.



# HOLIDAY FUN FOR THE WHOLE FAMILY

## PICK YOUR OWN ADVENTURE

Page 3

**DON'T FORGET TO ALWAYS WEAR A HAT AND PUT ON SUNSCREEN WHEN YOU PLAY OUTSIDE**

### THE GREAT OUTDOORS

#### NATURE ART

Look around outside and gather some nature items for craft. You can make:

- \* animals or people,
- \* collage
- \* cards
- \* construction piece
- \* rock / pebble painting

#### FUN IN THE SUN

Build a Cubby house

Play ball games

Do some skipping

Make up your own games

#### FUN, SUN & FITNESS

Do a cross country run around your backyard

Boot Camp - run your own Boot Camp for your family or to do yourself. Use ideas from school and your own ideas too.

#### CHALK IT UP

**With your parent's permission. . .**

Get out some chalk and on some concrete you can make:

- \* Chalk drawings
- \* Hopscotch
- \* Giant snakes & ladders
- \* Noughts and crosses

#### IN TUNE WITH NATURE

Go on a nature walk. Write or draw what you see. You can take photos too. With this, you can then write a story, a poem or a prayer, or draw a picture or sequence strip or make a story book or poster about what you saw.

#### RELAX IN THE SUN

Sit outside:

- \* Read
- \* Paint
- \* Draw
- \* Cloud watching - look up at the clouds. Do the clouds look like anything?
- \* Have a picnic

#### SHADOW DRAWING

**What you need:**

- \* blank paper
- \* pencils / crayons / textas
- \* action figures / dolls / toys / items from around the house

**What to do:**

\* place your paper on a hard surface, in the sun. Place your item below or above the piece of paper and trace around the shadow. Colour / decorate your shadow drawing.

#### BOWLING

Recycle your plastic bottles - they don't need to be the same size. Clean them out and use them as skittles / tenpins. Set the up and use a tennis ball or other small ball to knock them down.

Another Idea: Use these bottles & add more, to make a chain reaction - like falling dominoes. Line up the bottles, bowl the first one over and watch them all fall one by one. Video it.

#### BIRD WATCHING

Sit outside in the shade and watch for any birds you see flying around or landing in the trees or your garden. Sketch / draw and colour or paint one or more of the birds you see.

OR

You could do this for any bugs or insects you may see.



# HOLIDAY FUN FOR THE WHOLE FAMILY

## PICK YOUR OWN ADVENTURE

Page 4

### DISCOVERY AND MISCELLANEOUS

#### SCAVENGER HUNT

Have fun with family or do this alone. Go on a hunt for all sorts of weird and wonderful things.

You can do a different hunt, each day. How many things can you find?

**Go to Pg 10 & 11 for all of the different scavenger hunt lists.**

#### WHO'S THE BOSS?

Time for you to be imaginative and creative.

Come up with your own ideas and things for you and the whole family to do for the day:

Make your own plan for the day. Come up with activities to do and the times to do them.

Write your own menu for the day.

#### COOKING, BAKING & MAKING

**With your parents permission and supervision...**

Help cook one or more meals

Help cook a favourite meal

Help bake a cake or biscuits / cookies

Make a pizza

Make a salad or a fruit salad or another dish which does not require any cooking

#### PICTIONARY

Play a game of Pictionary. Come up with some themes to draw pictures for. You can write down ideas for each theme onto bits of paper and then draw whatever is written on the paper you pull out. Can your team guess what you have drawn?

#### VIRTUAL TOURS

Visit some of your favourite places, by going on a virtual walk; having virtual tours and seeing live video streaming from:

\* Australian Reptile Park

\* Sydney Aquarium

\* Taronga Zoo

**\* Links on: Pg 16**

#### VIRTUAL STORIES / READ ALOUD

Listen to stories told by authors and stars.

**\* See Pg 16 for links**

#### RANDOM FUN

Visit the Stuckers Challenge Channel and do all sorts of fun activities.

**HOT SEAT:** Interview your family members and find out more about each other. Here are some examples. . .

**For the whole family:** \*ask about their favourite food / colour / show / place to go to / animal etc. Ask them why. | \*ask about their favourite / most special memory \*what makes them scared / happy / sad. Think of more questions of your own, to ask them.

**Ask your parents / grandparents / aunties and uncles:** \*where they went to school | \*what was school like when they went to school | \*what was their favourite subject | \*what is their best childhood memory. Think of more questions to ask. You can also do this via Zoom or FaceTime or similar platform - with your parent's permission & supervision.





# CONSTRUCTION CHALLENGE 1

Page 5

*Take photos of your constructions*

<p><b>MAKE A ROBOT</b></p>	<p><b>BUILD A TOWER</b> (How tall can you make it? How many different types of towers can you build?)</p>	<p><b>CONSTRUCT YOUR HOUSE</b></p>	<p><b>BUILD ANY TYPE OF TRANSPORT</b> (How many different types can you build?)</p>	<p><b>MAKE AN ANIMAL</b> (An Australian animal or a pet or an animal from the: zoo, farm, jungle, rainforest etc)</p>
<p><b>CONSTRUCT A BRIDGE</b></p>	<p><b>DESIGN &amp; CONSTRUCT A CITY / TOWN</b> (You can include things like: shops, a school, a hospital, a railway station, a park etc)</p>	<p><b>MAKE A DINOSAUR</b></p>	<p><b>BUILD A SPACE SHUTTLE TO EXPLORE SPACE AND LAND ON THE MOON</b></p>	<p><b>MAKE SOMETHING FROM YOUR FAVOURITE BOOK</b></p>
<p><b>MAKE A BOX WITH A LID AND HIDE SMETHING IN IT</b></p>	<p><b>BUILD A PIRATE SHIP</b></p>	<p><b>DESIGN &amp; BUILD A PARK OR A THEME PARK</b></p>	<p><b>CONSTRUCT A PYRAMID</b></p>	<p><b>DESIGN &amp; BUILD A CASTLE</b> (Who will live in your castle?)</p>
<p><b>DESIGN &amp; CONSTRUCT SOMETHING WHICH CAN MOVE</b> (push, pull, roll, slide)</p>	<p><b>BUILD OUR SCHOOL</b></p>	<p><b>DESIGN &amp; CONSTRUCT A MAZE</b> (for your figurines to "walk though" or as a marble maze)</p>	<p><b>BUILD YOUR FAVOURITE PERSON, PLACE OR THING</b></p>	<p><b>MAKE A MONSTER OR A MAKE BELIEVE CHARACTER</b></p>
<p><b>DESIGN &amp; BUILD YOUR <u>DREAM</u> HOME</b></p>	<p><b>DESIGN &amp; CREATE A MAKE BELIEVE LAND WHERE ANYTHING CAN HAPPEN</b></p>	<p><b>BUILD A DOG HOUSE AND A TREE HOUSE</b></p>	<p><b>BUILD SOMETHING WITH YOUR EYES CLOSED FOR 5 MINUTES</b></p>	<p><b>DESIGN &amp; CONSTRUCT / BUILD ANYTHING YOU CAN THINK OF</b></p>



# CONSTRUCTION CHALLENGE 2 Page 6

*Take photos of your constructions*

You have entered a construction competition. The winner gets to design and build for people and companies all over the world. Design and build your own masterpiece. It can be anything!

You have been asked to enter 'The World's Greatest Bridge' contest. Can you build a bridge to rival the Sydney Harbour Bridge and The Golden Gate Bridge (San Francisco)?

Your parents want to build a new house and they have asked you to design and build it. Create an award winning deluxe home.

NASA needs you to build a new rocket to take the next lot of astronauts to the moon – including you.

You have entered a Science Fair and have been asked to design and make a new and inventive machine. What will your machine be and what can it do?

Hollywood has hired you and wants you design and construct a movie set for your favourite movie.

The world's largest transport company needs you to design and build a futuristic mode of transport. The transport can be for air, road, rail or any other system.

The International Olympic Committee needs your help. Design and construct a sporting venue for your favourite Olympic sport.

A new estate is about to be developed in your area. Design and construct an exciting area for families to live.

Your favourite author has heard about your talents, from Hollywood and would like you to build a story scene from your favourite book.

You are hired by an amusement park / theme park to create a new rollercoaster.

Your creative flair is required! Design any of the things, listed below, which would suit your favourite character from a book, movie or TV show:  
a house  
a place they'd go to  
a vehicle  
a machine  
an appliance  
a prop

You and your friends are talking about what life would be like if you could be anything, do anything and go anywhere. Who would you be? What would you do? Where would you go? Answer these questions though your construction.

NASA needs your help again. Their space probe is stuck on Mars and they want you to build a robotic device to send into space to retrieve the probe.

The amusement / theme park was impressed with your work on the rollercoaster and would like you to design and build any type of ride you wish to.



# HOLIDAY FUN FOR THE WHOLE FAMILY

## PICK YOUR OWN ADVENTURE

Page 7

### TRAVEL AROUND YOUR HOME

At the moment, we can not travel or go anywhere, but . . . that doesn't stop us from using our imaginations and having some fun. You can create your own mini holiday adventures and visit places using your imagination and creativity. Here are some ideas:

#### Set up your very own family restaurant.

Design your own menus, cook a meal together with your family, set the table and add some special items to your setting, create some posters and displays. Enjoy the meal you have prepared together.

**Revisit special places...** Think about somewhere special where you and / or you have been. This could be somewhere in Australia, another country or a place of interest. Get out any photos or memorabilia you may have and display them. You might even be able to recreate your special place. Imagine you are there. Pretend to do all of the things you would do to get there and all of the things you would do once you are there. Talk about this special place and the memories, with your family.

#### Set up your own Fun Park or Theme park.

Create games, use games you have at home. Set up obstacle courses. Use your bikes and scooters as rides. The list is endless!

**Go on a virtual outing.** There are a lot of places running virtual tours. Some of these places include: Taronga Zoo; Sydney Aquarium; Featherdale Wildlife Park; Sydney Zoo; Tourist attractions in Canberra.

**Set up shops, restaurants or hairdressers** and engage in some imaginary play. Can you think of some other places you can set up?

**A picnic with a difference:** Set up a picnic in your backyard. You could set it up as though you are at the beach and use your beach towels. Don't forget your hat and sunscreen. What else could you add to make it like you are at the beach? Your picnic could be anywhere! In a jungle, at a park or at the zoo. Where else could you pretend to go for a picnic?





# HOLIDAY FUN FOR THE WHOLE FAMILY

## PICK YOUR OWN ADVENTURE

Page 8

### CARE AND WELLBEING

It is always important to care for ourselves and to care for others, but now is an extra important time to be kind to ourselves and to everyone. Here are a few fun and nice things you can do to help:

#### DRAW A CHALK

**DRAWING** on your driveway or a nearby footpath to brighten up someone else's day!

#### CREATE A 'HAPPY

**DANCE'** to your favourite song. Video it and share it with someone you love or are missing.

#### CREATE A SPACE

which is just for you. Add your favourite books, activities, drawing, art or craft activities, puzzles and games.

#### MAKE A CARE

**PACKAGE** with a card and a little gift, which can be hand made, to give to a friend, a neighbour or a family member. Remember no contact, so leave your package on their doorstep.

#### ROCK DROP

Find some large pebbles or small rocks and paint them. Turn them into characters or pictures, or just decorate them with your favourite colours. Go for a walk or to a nearby park and hide your rocks somewhere for others to find. You will make them smile and feel happy.

#### JOKE & RIDDLE TIME

You and each member of your family come up with or find a new joke or brainteaser to share each day or at dinner time. Who is the best joke teller in your house? Who can trick people the most with their brainteasers.

#### SEND A MESSAGE

Make a card, a video message or a voice recording for someone you love or are missing and send it to them.

#### DECORATE YOUR

**WINDOWS** with displays of positivity and fun for passersby to admire, appreciate and enjoy. You will make them smile!

#### LEARN A NEW SKILL

examples include: photography; drawing; painting; gardening; knitting; sewing; calligraphy; a dance or a song.

#### MAKE A WARM

**FUZZIES JAR** find an empty jar and decorate it. Use little pieces of paper to write down things you love about

#### KEEP A JOURNAL

- a little book or somewhere where you can write down your feelings, what is happening and what you are doing. You can add

#### TAKE A WALK

in nature, with your family. Collect items which make you happy. Create a sensory nature table at home and add

each family member, your friends and other people special to you. You can also add positive words, quotes, sayings and things you are grateful for.

photos and other pieces of memorabilia to your journal.  
**CUT OUT SOME PICTURES** from magazines (or draw pictures) showing different emotions you have experienced. You can add it to your journal or make a poster or a collage with your pictures.

to it each day. You could even make a collage or a picture using with your collections.

★ *There are some more fun activities, resources and links for you to have fun with on the following pages. These include links for dance; zumba; meditation and yoga; stories and virtual tours.*



# SCAVENGER HUNT 1

Page 10

## INVENTORS HUNT

Find something that . . .

- ☒ is bumpy
- ☒ is shiny
- ☒ is made of metal
- ☒ you can turn
- ☒ you can twist
- ☒ you can push
- ☒ you can pull
- ☒ you can throw
- ☒ you can roll
- ☒ you can put together
- ☒ is round - find 3 round things
- ☒ is squishy - find 3 squishy things
- ☒ is shaped like a tube
- ☒ is clear - can be seen through
- ☒ uses batteries.

## 5 SENSES HUNT

Find something that . . .

### SMELL

- ☒ smells nice
- ☒ smells bad
- ☒ has your favourite smell

### TASTE

- ☒ tastes sweet
- ☒ tastes sour
- ☒ tastes salty

### SIGHT

- ☒ is small
- ☒ is long
- ☒ is colourful

### TOUCH

- ☒ is soft
- ☒ is smooth
- ☒ is rough

### HEARING

- ☒ is loud
- ☒ is quiet
- ☒ is crunchy.

## BOOK HUNT

Find . . .

- ☒ a book with lots of pictures
- ☒ a book with more than 50 pages
- ☒ a book with more than 100 pages
- ☒ your favourite book
- ☒ a non-fiction book (true / factual / informative)
- ☒ a fiction book (made up / imaginary)
- ☒ a book with a scary character
- ☒ a book with a friendly character
- ☒ more than 1 book by the same author
- ☒ a book which rhymes
- ☒ a book with a girl as the main character
- ☒ a book with a boy as the main character.

## MATHS HUNT

Find . . .

- ☒ 3 things which uses any unit of measurement
- ☒ something which you can weigh
- ☒ something which has prices in it or on it (not a wallet, purse or bag)
- ☒ 2 or more coins which add up to \$1.00
- ☒ silver coins which add up to \$2.00
- ☒ OR one gold coin and silver coins which add up to \$2.00
- ☒ something which is long and short
- ☒ something which is heavy (be careful) and light
- ☒ something which has time written on or in it
- ☒ Find items to create a pattern.



# SCAVENGER HUNT 2

Page 11

## RANDOM HUNT

Find something which . . .

- ☒ is new
- ☒ is old
- ☒ is straight
- ☒ makes a noise
- ☒ starts with 'b'
- ☒ goes together as a pair
- ☒ goes together to rhyme (e.g. a hat and a mat)
- ☒ has a face on it
- ☒ has numbers on it
- ☒ is multi coloured
- ☒ is something you can eat
- ☒ ends with the letter 't'
- ☒ is special to you
- ☒ smaller than your hand.

## INDOOR HUNT

Find. . .

- ☒ a photo of someone you love
- ☒ your favourite toy
- ☒ a toy which has 3 different colours
- ☒ 3 pairs of matching socks
- ☒ your favourite item of clothing
- ☒ something that makes you feel happy
- ☒ something which helps people to do something
- ☒ something round
- ☒ something you can read which is *not* a book
- ☒ 2 spoons of a different size
- ☒ 3 games you can play
- ☒ 3 things you can use for drawing or craft
- ☒ 1 item from your: kitchen, bedroom, and lounge room.

## OUTDOOR HUNT

Find. . .

- ☒ some different leaves
- ☒ a twig or stick (be careful)
- ☒ a pebble or small rock
- ☒ a few blades of grass
- ☒ something rough
- ☒ something smooth
- ☒ something smaller than your hand
- ☒ something bigger than your hand
- ☒ 3 things you play with outside

Count . .

- ☒ how many different insects or bugs you see
- ☒ how many birds you see

Look at . . .

- ☒ the clouds and their shapes.

## RAINBOW HUNT

Find something which is . . .

- ☒ red
- ☒ yellow
- ☒ pink
- ☒ green
- ☒ purple
- ☒ orange
- ☒ blue



## PLAYDOUGH RECIPE:

### Ingredients:

- 2 cups plain flour
- ½ cup oil
- Food colouring
- 1 cup of Water – only use to add gradually and as needed

### Method:

1. Add the oil to the flour and mix thoroughly.
2. Mix food colouring with water.
3. Slowly add and mix in enough of the water to make a soft dough.

## COLLAGE IDEAS

Make your own collage from any craft materials you have. You can also use. . .  
*Recyclable materials* such as: paper; magazines; newspapers; cardboard rolls; paper plates; straws; Easter egg wrappers etc  
*Nature* such as: leaves, twigs and sticks, pebbles and flowers

## DRAWING TUTORIALS

'Captain Underpants' Author and Illustrator, Dav Pilkey will be hosting virtual drawing lessons, readings and more. Swing over to his website at:

'Dav Pilkey at Home':

<https://kids.scholastic.com/kids/books/dav-pilkey-at-home/>

Learn how to draw some of your favourite Disney characters. Go to link below and then follow additional links for more Disney characters.

'Virtual Animation Academy (DISNEY)'

<https://insidethemagic.net/2020/04/draw-louis-princess-and-the-frog-rwb1/>

Learn how to draw strange and wonderful characters from Rob Biddulph's stories

'Draw With Illustrator, Rob Biddulph

<https://www.creativebloq.com/free-kids-drawing-lessons>

## MORE CRAFT

'Art Hub For Kids':

<https://www.youtube.com/user/ArtforKidsHub>

CRAYOLA- Free Colouring pages:

<https://www.crayola.com/featured/free-coloring-pages/>





# DANCE; ZUMBA LINKS

Pg 13

**WITH PARENTS PERMISSION OR SUPERVISION**

**NOTE: You do not need to subscribe to any of these YouTube channels**

**'Just Dance':** You can search the channels in the link below, or go to YouTube and type in: Just Dance and the name of your favourite song.

Follow along and have fun with the whole family.

Have a family dance off - Kids vs Parents 😊.

**Just Dance 2020 Channel:**

[http://youtube.com/channel/UChIjW4BWKLqpojTrS\\_tX0mg](http://youtube.com/channel/UChIjW4BWKLqpojTrS_tX0mg)

**'Go Noodle':** There are lots of fun, funny and crazy dances on 'Go Noodle'. Get up and moving and laugh along with your family. Can you make up some of your own actions and movements to go with the 'Go Noodle' songs and dances?

**Go Noodle Channel:**

<https://www.youtube.com/user/GoNoodleGames>

**'Dance Fever Multisport':** Bust a move and get dancing by joining in with the Australian dance company - 'Dance Fever'. This is a new channel and new videos are being added to their series, each day.

**Dance Fever - Multisport Channel:**

[https://www.youtube.com/channel/UCkBzb4YEA\\_I6K3PBFLlqLZw](https://www.youtube.com/channel/UCkBzb4YEA_I6K3PBFLlqLZw)

**'Dance 2B Fit':** Get up and dance with your family to your favourite songs trending at the moment.

**Dance 2B Fit Channel:**

<https://www.youtube.com/channel/UCAIHf8682kwweWlI3e1nqWA>

**'Zumba Kids':** Go to the link below and look at the Zumba KIDS videos. Challenge your family members and take turns in leading your own Zumba sessions.

**JECA Zumba (For Kids Choreography) Channel:**

<https://www.youtube.com/channel/UCNtzwyHEsIEPkhWYMWabLrg>

**Zumba with Dovydas (Zumba Kids) Channel:**

[https://www.youtube.com/channel/UCOjZigyo\\_fg2V7JdGwePSwg](https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg)

**10 Disney Zumba Videos - Inside the Magic:**

<https://insidethemagic.net/2020/03/disney-zumba-lp1/>



# YOGA LINKS Page 14

**WITH PARENTS PERMISSION OR SUPERVISION**

**NOTE: You do not need to subscribe to any of these YouTube channels**

It is important to take time to really relax and unwind. You can do these yoga and meditation exercises, in the morning and just before bed or any time you choose; especially when you are feeling sad, scared, worried or stressed. Don't forget to also take walks around your garden and take deep breaths, as you take in the nature around you.

The following links are a starting point for the whole family. You do not need to subscribe to these to get access to all of the different videos and they are all free:

***'Cosmic Kids Yoga Channel' (Great for children K-2)***

[https://www.youtube.com/results?sp=mAEB&search\\_query=cosmic+kids+yoga](https://www.youtube.com/results?sp=mAEB&search_query=cosmic+kids+yoga)

***'ALO YOGA' (Several videos to choose from, for the whole family)***

<http://youtube.com/channel/UCJEi1foUiGOBzzQM3QA2H5A>

***'Family Yoga Class' (one video for the whole family)***

<http://youtube.com/watch?v=4H05z7ePsjs>

***'Rainbow Yoga For All Ages – with Adriene' (one video)***

<https://www.youtube.com/watch?v=dF706-QabIo>

***'Yoga For Kids' (one video)***

<https://www.youtube.com/watch?v=X655B4ISakg>

***'Yoga Ed Channel' (Various videos for all ages. Choose the one which best suits you)***

<http://youtube.com/channel/UCZkbiujyDoXqoPPr5D74I7A>

***'MissFIT'S Fun Indoor Training'***

<https://www.youtube.com/channel/UCMbC1-FWzAiZ1UGI456G6PQ>



# MEDITATION LINKS

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**WITH PARENTS PERMISSION OR SUPERVISION**

Use these links for guided meditation or listen to relaxing music and do your own meditation.

When listening to the meditation music, you can play it as you are just sitting somewhere quiet, as you read, do craft or anything else which you find relaxing, even if you just have the music playing in the background as you help around the house or play games.

**'Guided Meditation For Children - Your Secret Treehouse' (whole family)**

<http://youtube.com/watch?v=DWOHcGF1Tmc>

**'Peace Out Guided Meditation for Kids - The Balloon' (Recommended for K-2)**

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

**'Mindfulness Meditation for Children - The Flower' (Recommended for K-2)**

<https://www.youtube.com/watch?v=18rTmH6SVcl>

**'Peace Out Guided Meditation for Kids - Moon and Stars' (Recommended for K-2)**

<https://www.youtube.com/watch?v=QQCnWvwr08U>

**'Guided Meditation For Children - The Gratitude Tree' (Recommended for 3-6)**

<https://www.youtube.com/watch?v=64QzBuhsyuk>

**'Guided Imagery' (Recommended for 2-6)**

[https://www.youtube.com/watch?v=V1-0JJJw\\_IQ](https://www.youtube.com/watch?v=V1-0JJJw_IQ)

**Ocean Escape - Walk Along the Beach - Guided Meditation & Visualisation (3-6)**

[https://www.youtube.com/watch?v=ar\\_W4jSzOIM&list=PL76Tcrfnqvw54sTn4fbH4RiLQ--PGFiQs](https://www.youtube.com/watch?v=ar_W4jSzOIM&list=PL76Tcrfnqvw54sTn4fbH4RiLQ--PGFiQs)

## MEDITATION MUSIC

**Inner Peace - Relaxing, Soothing Music**

<https://www.youtube.com/watch?v=0Y9cJWUAKq4>

**Morning Relaxing Music - Soft Piano**

<https://www.youtube.com/watch?v=arQ01tPVdhs>

**Peaceful Piano and Guitar - Soothing Relaxation with Nature Sounds**

[https://www.youtube.com/watch?v=DGQwd1\\_dpuc](https://www.youtube.com/watch?v=DGQwd1_dpuc)



# VIRTUAL TOURS AND STORY TIME LINKS

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**WITH PARENTS PERMISSION OR SUPERVISION**

**NOTE: You do not need to subscribe to any of these YouTube channels**

## VIRTUAL TOURS

**Australian Reptile Park**

<https://www.youtube.com/channel/UCXEA-bmkdoOnx-YnzjNLDSQ>

**NOTE FOR PARENTS: Live Streaming and virtual tours from Australian Reptile Park are available on Facebook and Twitter**

**Sydney Aquarium**

<https://www.sydneyaquarium.com.au/explore/virtualaquarium/>

**Taronga Zoo**

<https://taronga.org.au/taronga-tv>

## STORY TIME

A lot of authors of some of your favourite books are doing read alouds. Look for the videos in this link, as their live read alouds are scheduled for America's time zone.

**Authors Reading Their own Stories and Virtual Activities:**

<https://www.weareteachers.com/virtual-author-activities/>

Check out this long list of stories, which can be viewed and listened to via various YouTube channels, such as those listed below. **NOTE:** You do not need to subscribe to this channel to view the books.

**Storytime Anytime Channel:**

<https://www.youtube.com/channel/UCKt0xucHzm75HOF4eSxG0ow>

**Storyline Online Channel:**

<https://www.youtube.com/channel/UCnBdzaRy-Ky9Vh54XJlFz1Q>

- ❖ You can also search for your own favourite story, just by typing in the name of the book you would like to listen to and the words "read aloud".

## RANDOM FUN

For lots of different tasks for science, art, craft, music, discovery and more, visit the 'STUCKERS CHALLENGE Channel on YouTube:

<https://www.youtube.com/channel/UCinmlhm1VyHQrAvFiiwKLIA>



HAVE FUN.

RELAX.

ENJOY THIS UNIQUE  
TIME TOGETHER.

MAKE NEW AND  
WONDERFUL MEMORIES.

DO THINGS YOU  
NORMALLY DON'T HAVE  
TIME TO DO.

WE'RE ALL IN THIS  
TOGETHER