



NOOSH SENIOR PROGRAM TERM 2, WEEK 3

Creative	STEM	Life Skill	Active	Spontaneous
<input type="checkbox"/> Story Writing (A.R)	<input type="checkbox"/> Chess (Morn)	<input type="checkbox"/> Grass Heads (M.C)	<input type="checkbox"/> Obstacle Course (O.R)	
<input type="checkbox"/> Nature Craft (S.J)	<input type="checkbox"/> Volcanoes (C) (S.W.)	<input type="checkbox"/> Frozen Fruity Bites	<input type="checkbox"/> Scavenger Hunt (R.G)	
<input type="checkbox"/> Hama Beads (Z.D)	<input type="checkbox"/> Make a 'Find a Word'	<input type="checkbox"/>	<input type="checkbox"/> Frisbee Golf (M.C)	
<input type="checkbox"/> Colouring In (Morn)	<input type="checkbox"/> Riddles	<input type="checkbox"/>	<input type="checkbox"/> Tennis (C) (T)	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Suggested Days:

(C): Child Suggestion

(CAC): Creative Arts Club

(SS): Staff Suggestion

Story Writing:

Resources:

- Paper
- Pens/Pencils

Steps:

1. Hand out paper and pencils to the children participating.
2. Encourage children to write an imaginative story – give them prompts if desired.

Story Prompts:

- You have to write a story about these four words: Dinosaurs, pizza, swimming and school.
- Your character has two best friends, who are in the middle of a disagreement. What is the disagreement about? How does your character help their friends solve their problem?
- Write a story about a magical wizard who has cast a spell on your classroom. What does the spell do? How do you and your classmates work to break the spell?
- Your story begins on the hottest day of the summer. Talk about what your character does to keep cool, and the adventures that happen on this day filled with sunshine.
- Your story begins on the coldest day of the winter. Talk about what your character does to stay warm, and the adventures that happen on this day filled with snowflakes.
- In your short story, you get to be the President of the United States for the day. What do you do? Do you change any laws? Do you meet any new people?
- The story begins just as your main character scores the winning goal for the soccer team. Everyone is celebrating, but then something unexpected happens...
- Tell a story about a dog who is lost in the big city. Who does the dog meet on their journey? Where does the dog end up at the end of his adventure?
- Two characters are walking through a forest, when all of a sudden they discover a mystical unicorn. They try to take a picture, but the unicorn darts away. They start to race after the beautiful creature, and then...

Nature Craft:

Resources:

- Paper
- Glue
- Texters

Children will search for their own nature (leaves etc).

Steps:

1. Children will search for a number of different leaves etc to glue onto their sheet of paper.
2. Hand out one piece of paper per child.
3. Draw an outline of the tree, not including the foliage on top.
4. Glue any gathered leaves onto the paper to create a nature tree (this could include small sticks for branches).



Hama Beads:

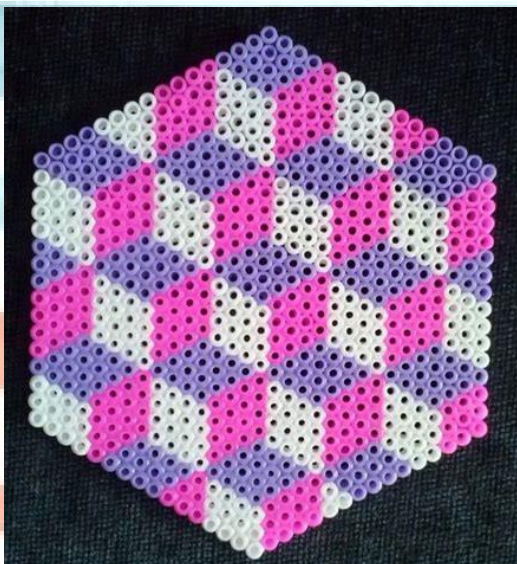
Resources:

- Hama Beads
- Hama Bead Template
- Table Cloth

Steps:

1. Lay out the table cloth
2. Provide children with beads and template
3. Allow them to use their imagination to create a hama bead creation

Note: You may like to show the children these example creations for inspiration



Chess:

Resources:

- Chess Board
- Chess Pieces

Steps:

1. Allow children to play chess based on their own knowledge
OR
2. If they want assistance guide them with how to play and explain them the rules

CAN ONLY MOVE ONCE EXCEPT WHEN IT MAKES ITS FIRST MOVE
AND THEN IT CAN MOVE 2 TIMES

CAN ONLY GO FORWARD AND CAPTURE
DIAGONALLY

PAWN



KNIGHT

MOVES IN AN L SHAPE; 2 UP 1 LEFT
OR RIGHT-OR 1 UP 2 LEFT OR RIGHT

ONLY PIECE THAT CAN
JUMP OVER ANOTHER

CAN ONLY CAPTURE WHEN JUMPING
IF LANDS ON SQUARE WITH ENEMY



BISHOP

A BISHOP MAY ONLY MOVE DIAGONALLY
AND CAN MOVE AS FAR AS ITS
LINE OF SIGHT

A ROOK MAY ONLY MOVE STRAIGHT AND
CAN MOVE AS FAR AS ITS LINE OF SIGHT-
BE IT FORWARD/BACKWARD, LEFT/RIGHT

ROOK



QUEEN

CAN MOVE AND CAPTURE ON ANY SQUARE
IN LINE OF SIGHT

SHE CAN MOVE ON THE STRAIGHTS AND ON THE DIAGONALS

RESTRICTED TO ONE MOVE PER TURN-CAN MOVE
IN ANY DIRECTION - STRAIGHTS OR DIAGONALS

MAY CAPTURE IN ANY DIRECTION

THAT'S WITHIN ITS LEGAL MOVE RANGE

KING



Volcanoes:

Resources:

- Baking Soda
- Vinegar
- Food Colouring
- Dish Wash Soap
- Empty Bottle/Cup

Steps:

1. Add baking soda to bottle/cup
2. Add optional food colouring
3. Add a few drops of dish wash soap
4. NOW FOR THE ERUPTION: add the vinegar

NOTE: If you want larger eruption, increase amount of baking soda and vinegar



Erupting Volcano Experiment

www.gosciencegirls.com

Find A Word:

Resources:

- Paper
- Pencils
- Find A Word Template

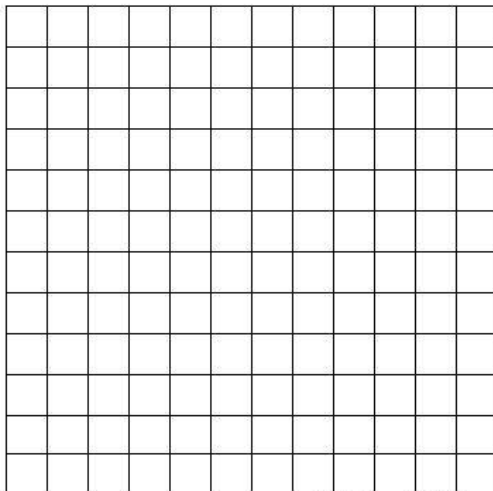
Steps:

1. Provide children with find a word template
2. Allow them to come up with the words
3. You may like to provide the children with a theme if they need inspiration ie. animals, seasons, sports
4. Allow the children to share their find a words with other children to complete

Name: _____

My Word Search

Find the words below in the puzzle and circle them.



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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Ideas:

Animals

Foods

Sports

Colours

Grass Heads:

Resources:

- Googly eyes
- Pantyhose
- Potting soil
- Scissors
- Plastic Cup

Steps:

1. Cut top section off pantyhose so you are left with the two legs
2. Place 2-4 Tbs into each stocking
3. Add soil
4. Secure stocking by tying a knot
5. DECORATE with googly eyes and a mouth
6. Place your grass head into a cup
7. Don't forget to water



Frozen Fruit Bites:

Resources:

- 200g Yoghurt of Choice
- Fresh Berries

Steps:

1. Gather ingredients. Lay out 12 cupcake cases
2. Use a spoon to dollop yoghurt into the bottom of each case
3. Pop a few berries on top and press them into the yoghurt
4. Place into the freezer for an hour or two



Obstacle Course:

Resources:

- Hoola Hoops
- Skipping Rope
- Hurdles (if we have)
- Tennis Ball
- Bucket
- Jumping Sacks
- Foam Mat

Steps:

1. Set up obstacle course
 - Hoola Hoops (jump in and out of them or spin around waist/arm- depending on difficulty)
 - Skipping Rope (normal skip/ backwards or partner skip- change depending on difficulty)
 - Hurdles (hurdle over)
 - Tennis Ball and Bucket (stand away from the bucket and throw ball into it)
 - Jumping Sack
 - Foam Mat (somersault, cartwheel, star jump, roll- depending on difficulty)

Tennis:

Resources:

- Tennis Ball
- Tennis Racket

Steps:

1. Two + players stand apart from each other
2. They begin by throwing the ball into the air and hitting the ball back and forth between the players