



N.O.O.S.H

**Program Term 4 Week 2: National Water Week
19th October - 23rd October 2020**



		Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G	Breakfast 7am – 8.30am	Yogurt with frozen fruit	Wholemeal toast and cereal	Bacon and Eggs	Pancakes	Wholemeal toast cereal
	Creative Activities 7am – 8.30am	Octopus Craft (DD)	Origami Chatter Boxes (DD)	Scribble Art (DD)	Colouring In (DD)	Hama Beads (DD)
	Activities and Games 7am – 8.30am	Piggy in the middle (CS)	Handball Tournament (CS)	Chess (CS)	Basketball Skills (CS)	Board Games (CS)



N.O.O.S.H

**Program Term 4 Week 2: National Water Week
19th October -23rd October 2020**

Monday

Tuesday

Wednesday

Thursday

Friday

Afternoon Tea
3.15pm – 3:45pm

Sandwich platter with ham, cheese, chicken, spreads

Vegetable platter with cheese crackers & salami

Burritos with chicken

Saos and Cruskits

Smoothies

Craft
3.30pm – 5:30pm

Lilypad Craft (SS)

Paper Shark (DD)

Paper Plate Aquarium (DD)

Sponge Sail Boats (SS)

Jelly Fish Craft (DD)

Sport
4:00pm – 5:30pm

Basketball (CS)

Survivor (scissors, paper rock) on grass (SS)

Soccer World Cup (CS)

Creating a restaurant/café (F) (GK)

Red Light, Green Light (CS)

Activity
3.30pm – 5:30pm

Wave in a bottle (DD)

Origami Boats (SS)

Water balloon toss (F) (CB)

Oil & Water experiment (DD)

“Waspital” Game (F) (BN)

Late Activity
5:45pm – 6:30pm

Colouring in

Water themed Quiz (F) (MG)

Card Games

Beanbag Toss

Board Games

Programming Codes:

F: Follow Up

DD: Daily Diary


CC: Cultural Considerations

CS: Child Suggestion

PS: Parent Suggestion

SS: Staff Suggestion

E: Extension

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
		 <p>Scribble Art</p>		
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
 	 	 	 	

MONDAY :

Octopus Craft - <https://iheartcraftythings.com/12-outstanding-octopus-crafts-for-kids.html>

Supplies you will need:

- purple cupcake liner (or whichever color you choose)
- blue sheet of cardstock paper
- purple cardstock paper (or whichever color you choose)
- pink cardstock paper
- 2 large googly eyes
- Cheerios cereal or any "O" cereal
- glue
- scissors
- white crayon

Directions:

1. Start by cutting out 8 Octopus tentacles from your purple cardstock paper. I made them about the width of a Cheerio.
2. Glue your purple cupcake liner and tentacles onto your blue cardstock paper. Cut a mouth out of your pink cardstock paper and then glue it onto your Octopus along with your googly eyes.
3. Add spots of glue on your Octopus tentacles and add your Cheerios.
4. Finish your Octopus by using your white crayon to add water waves around your paper. He turned out to be a cute little guy!

Lily pad Craft - <https://www.thebestideasforkids.com/frog-craft/>

Paper Plates

– Colored Cardstock

For the water lilies – white, purple or pink.

For the frog – red, white and black.

– A dark green cardstock for the frog

– Black Sharpie

<i>Programming Codes:</i>	<i>F: Follow Up</i>	<i>DD: Daily Diary</i>	<i>CC: Cultural Considerations</i>	<i>CS: Child Suggestion</i>	<i>PS: Parent Suggestion</i>	<i>SS: Staff Suggestion</i>	<i>E: Extension</i>	
---------------------------	---------------------	------------------------	------------------------------------	-----------------------------	------------------------------	-----------------------------	---------------------	--

- [Yellow Tissue Paper](#)
- [Green Paint](#)

Make your lily pad.

1. Cut a shape like a pie piece out of the paper plate to make it look like a lily pad.
2. Paint your paper plates. We chose 3 different colors of green. If you plan on using this to display on a spring bulletin board we recommend mixing up the green colors to give the display more interest.

The color of the paper plate that the frog is on is called lime tree and it's a lime green color.

3. Make your water lilies. We made one white, pink and purple flower. Cut out the template and trace and cut out 4 flowers for each water lily. **You can grab the free template at the bottom of this post by subscribing to our newsletter.**
4. Glue the 4 flowers together alternating where the petals rest so that it fills the gaps. Bend/crease/pull the petals up on each flower except for the bottom one.
5. Cut out small squares from the yellow tissue paper. Put around the bottom of a pencil and then dip in some glue. Glue down to the center of the flower.
6. Glue the flowers to your lily pads.

Now make your frog handprint!

1. Trace your handprint on dark green cardstock. Cut out your handprint.
2. Make your frog eyes. You can trace around a toilet paper roll for the white part on white cardstock. Cut smaller black circles to glue inside the eyes.
3. Glue your eyes onto your frog handprint.
4. Draw the mouth with a black sharpie.

5. Cut out a little strip of red cardstock and curl around a pencil for the tongue and then glue down

6. Take the same color green paper as the frog and make a loop. Glue or tape the loop together so it looks like a toilet paper roll. Glue down to your lily pad.

7. Glue your handprint frog to the roll on the paper plate so it stands up

Wave in a Bottle - <https://www.agirlandaglugun.com/2014/08/wave-bottle-for-kids.html>

You just need a clear bottle, white vinegar (or water), coloring, and oil (baby, canola, or vegetable oil)

Fill bottle with 1/3 vinegar and add coloring. Then add oil. Oil sits up top and won't mix! I hot glued the lid on to make sure I didn't end up with a blue mess on my floor!

TUESDAY:

Origami Chatterbox - <https://www.cleverpatch.com.au/ideas/by-product-type/paper-and-card/chatterbox>

How to:

Create a square from your sheet of A4 Copy Paper. Alternatively you can download our free template, print, decorate and cut out ready for folding.

Fold the square in half point to point to make a triangle and then unfold. If using our template, fold so the design is on the outside.

Fold each of the corners in to the centre to create a smaller square.

Fold this smaller square in half to create a rectangle and then open back out.

Flip the square over to the opposite side.

Click the Download Template button above to download your FREE Chatterbox template!





Fold each of the corners in to the centre to create another smaller square.

Fold each of the corners in to the centre to create another smaller square.

Flip the square over and it's time to create your game!

Using a fineliner, write the names of 4 different colours on each of the 4 quarters.

Flip the square over again and underneath each flap you can write a silly challenge or a question for your classmates. On the top of your flap write in the numbers 1 to 8 making sure there is one number on each half of the flap.

With the numbers facing up, fold the square in half to make a rectangle.

Unfold, spin the square 90 degrees, and then fold in half again to create a rectangle.

Now the folds have been made, hold the rectangle with your left hand and slide your thumb and pointer finger up and underneath the two flaps on the right side. Wiggle your fingers and the paper should bend inwards.

Now the folds have been made, hold the rectangle with your left hand and slide your thumb and pointer finger up and underneath the two flaps on the right side. Wiggle your fingers and the paper should bend inwards.

Do the same thing with your left hand on the left hand side of the rectangle. Your chatterbox is now ready to use!



SUPPLIES:

- Blue card stock paper
- White and light blue paint
- Round paint sponge
- Cotton swabs
- Googly eyes
- Scissors
- Glue
- Black marker

Start by cutting five circles from blue cardstock paper: one small, two medium and two large. You can use round household items, like cups or bowl, to trace on paper. You can also use different hues of blue, light blue for the baby shark and darker blue for the parents and grandparents.

Once you have all the circles, fold them in half. Paint the sharks' belly light blue with a round paint sponge. Because paper tends to curl when wet, you may want to hold the circle halves together and secure them with a clothespin.

While you wait for the paint to dry, sketch fishtails and fins on blue paper and cut them out. Glue them all on the sharks.

Glue the eyes and draw with a black marker the eye details, mouths and the sharks' gill slits using three curved lines. Create the teeth with a Q-tip and a bit of white paint.

WEDNESDAY:

Scribble Art - <https://www.firefliesandmudpies.com/scribble-art/>

TO MAKE SCRIBBLE ART YOU WILL NEED:

- [white drawing paper](#)
- [black construction paper](#)
- [scissors](#)
- [black marker](#)
- [crayons](#)
- [glue](#)

DIRECTIONS

Invite your child to use the black marker to create a swirly scribble on the paper. Next, invite them to color in every shape with their crayons.

When the colouring is finished, invite your child to cut out their scribble with scissors.

Last, invite your child to glue their Scribble Art onto a piece of black construction paper and sign their name

Origami Boats - <https://onelittleproject.com/how-to-make-a-paper-boat/>

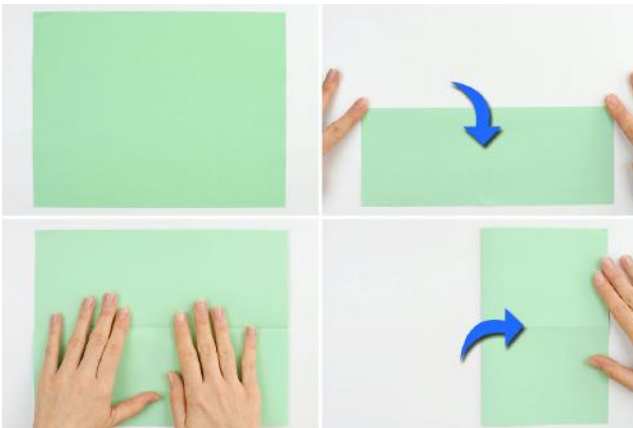
How to Make a Paper Boat:

You only need one thing to make a paper boat:

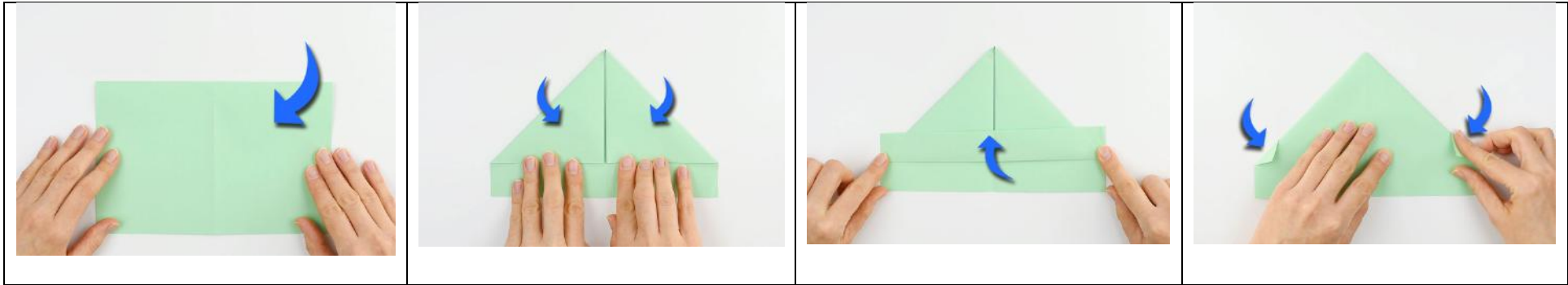
- 1 sheet of letter sized printer paper (8.5" x 11" any colour)

Start by folding your piece of paper in half lengthwise, then open it up again.

Then fold it width-wise, as shown in the photos below.



Rotate the paper as shown in the photo below, so that the fold is at the top.



Take each of the top corners and fold them downwards so that the edges line up with the center fold.

Take one layer of the bottom flap and fold it upwards.

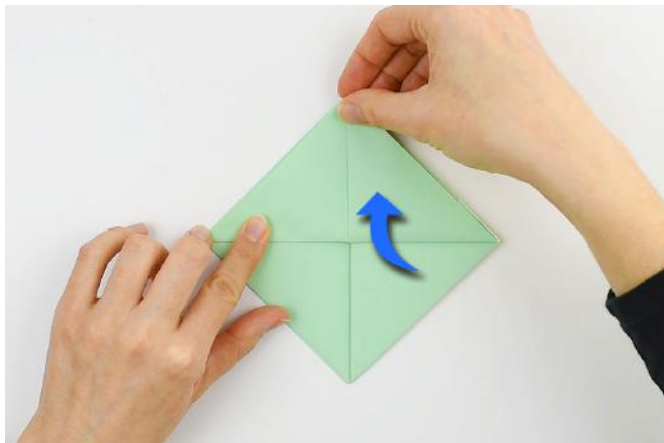
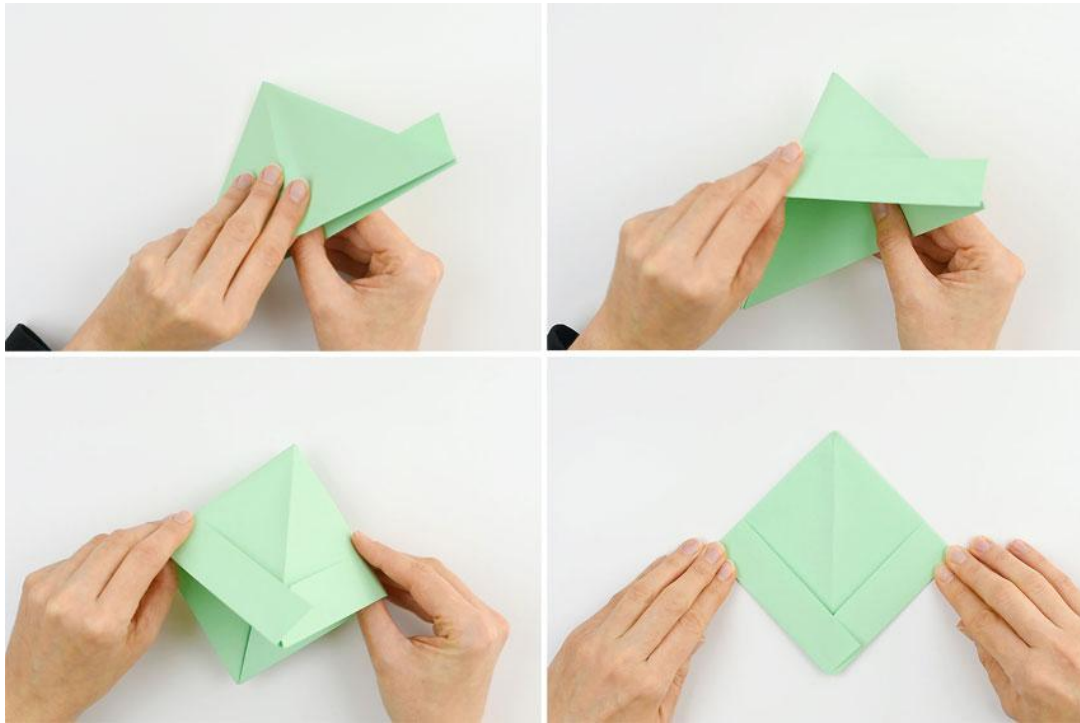
Flip the folded paper over. There should be two little flaps showing behind the triangle shape. Fold those little flaps over diagonally as shown in the photo

Take the remaining bottom flap and fold it upwards.



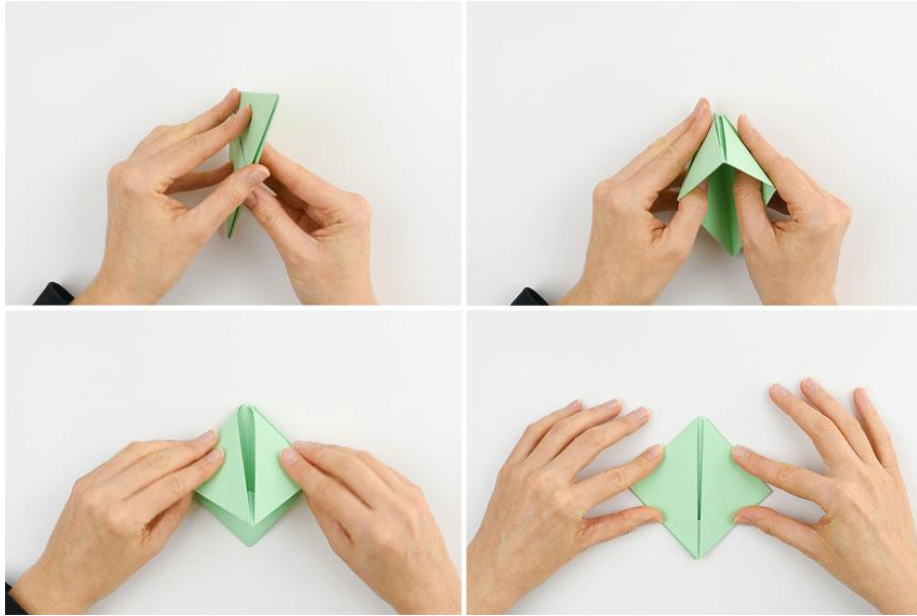
Pick up the folded paper and place your thumbs into the opening at the bottom. Slowly pull your thumbs apart from one another, pulling apart the paper as you go.

When you finish pulling, the paper should be flat again, as shown in the photo below. Run your fingers along all of the folds, pressing to make sure it's completely flat and all the edges are folded.



Starting at the bottom point, take one layer of the folded paper and bring the bottom point up to meet the top point, making sure all of the edges line up. Press along the edge to make a fold.

Flip the paper over. Then take the remaining bottom point and bring it up to meet the top point, again making sure all of the edges line up. Press along the edge to make a fold.



Pick up the folded paper and place your thumbs into the opening at the bottom. Again, slowly pull your thumbs apart from one another, pulling apart the paper as you go.

When you finish pulling, the paper should be flat again, as shown in the photo above.

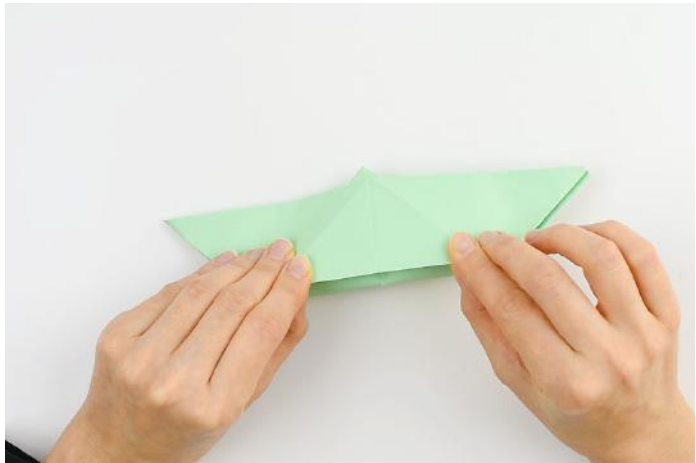


Once again, run your fingers along all of the folds, pressing to make sure it's completely flat and all the edges are folded.

Pick up the folded piece of paper. At the top point, pull apart the 2 sides of folded paper. As you pull it apart, it should open up into a boat shape, as shown in the photo below.



Adjust the paper if needed to make sure it's boat-shaped, then pinch along the bottom edges to make a fold on each side.



Your paper boat is complete!

Paper Plate Aquarium - <https://www.bakerross.co.uk/craft-ideas/kids/paper-plate-aquarium/>

• **Pebeo Matt Deco Acrylic Paint**

Programming Codes:	F: Follow Up	DD: Daily Diary	CC: Cultural Considerations	CS: Child Suggestion	PS: Parent Suggestion	SS: Staff Suggestion	E: Extension	
--------------------	--------------	-----------------	-----------------------------	----------------------	-----------------------	----------------------	--------------	--

- [Black Pen](#)
- [Mini Scallop Shells](#)
- [River Pebbles](#)
- [Tissue Sheet Value Pack](#)
- [Black & White Self-Adhesive Wiggle-Eyes](#)
- [Mini Bags of Coloured Sand](#)
- [OR Coloured Sand](#)
- [PVA Glue](#)
- [Super Tacky Multi-Purpose Glue](#)
- [White Paper Plates](#)
- [Scissors](#)

How to Make

1. Paint two thirds of the top of a paper plate blue using acrylic paint. Leave to dry.
2. Cover the bottom third with PVA glue then cover the glue with yellow sand. Leave for a minute, then shake off the excess sand. Leave to dry.
3. Choose two mini scallop shells to create the fish. Paint the triangular base ends of the shells with a bright colour acrylic paint to create the fish tails. Leave to dry.
4. Select two mini river pebbles to use as a fin on each fish. Paint the river pebbles the same colours as the tails. Leave to dry.
5. Glue a painted pebble onto the middle of one of the fish shell using super tacky glue. Leave to dry. Repeat with the second pebble on the other shell. Leave to dry.
6. Stick a wiggle eye onto each fish.
7. Draw a mouth onto both fish using a thin black pen.
8. Place a line of super tacky glue around the underneath edge of one of the fish and stick to the plate. Leave to dry. Repeat this step with the other fish.
9. To make the seaweed, take some green tissue paper and cut into lots of strips roughly 10cm long, and twist together at one end. Glue the tissue paper bunch to the bottom of the plate on the sandy section on the left. Create another tissue paper bunch and glue on the right. Leave to dry.
10. To make the coral, take some pink and orange tissue paper and cut into lots of strips roughly 6cm long. Twist the strips into sausage shapes and stick to the sand on the plate using super tacky glue. Leave to dry.
11. Using super tacky glue stick some river pebbles at the base of the seaweed and coral, to add detail to the sea bed. Leave to dry.
12. Paint small white circles onto the plate by the mouths of the fish to create bubbles. Leave to dry.

THURSDAY:

Colouring in - <http://www.getcoloringpages.com/underwater-coloring-pages>

Oil and Water Experiment - <https://funlearningforkids.com/oil-water-science-exploration/>



Supplies Needed:

- Baby oil or vegetable oil (depends on if you want it to be clear)
- [Washable liquid watercolors](#) or [food coloring](#)
- [Pipettes](#) or [droppers](#)

*If you decide to use baby oil and watercolors, make sure your kids won't put this in their mouths! As always, keep a close eye on your kids any time that you are doing a science experiment.

1. Put water in several cups and add food coloring or liquid watercolors to the water. Then stir to combine.
2. Place a pipette in each colored glass of water.
3. Fill a cup about half way with oil.

Now let the kids have fun exploring oil and water!

Sponge Sail Boats - <https://www.easypeasyandfun.com/sponge-sailboat-craft-for-kids/>

What you need

Sponges -Used Ocelo brand, and they were 4.5" x 3" x 1/2"

Wood Skewers -used 8" skewers but 12" is fine

construction paper

scissors

glue



Cut your sponges in half with scissors.

Create sails by cutting triangles out of construction paper. If desired, Fold a small piece of construction paper in half and cut a triangle out on the fold. Glue the fold together on the top of the skewer.

Poke the skewer into the sponge so that it goes through the other side at least 1". Remove the skewer. Poke a hole at the top of the construction paper triangle, along the long edge, and poke the skewer through the paper. Keep the skewer about 1/2" to 3/8" from the edge of the paper. Your sail does not have to be taut on the skewer, it can bend.

Push the skewer with the sail through the hole in your sponge. Adjust the sail as necessary and sail away.

To sail. Place the boat into the water and let the sponge absorb water before letting go. You'll need to adjust the skewer up and down through the sponge and adjust the sail for optimal sailing.

Note: They all tipped over at some point. And the sails got wet. But they still worked fine.

FRIDAY:

Hama Bead ideas - <https://www.pinterest.com.au/pin/380554237236352348/>

Jellyfish Craft - <https://iheartcraftythings.com/paper-plate-swimming-jellyfish-craft.html>

May 25, 2017

PAPER PLATE SWIMMING JELLYFISH CRAFT



SUPPLIES paper plate

- small piece of cardboard
- blue paint
- pink paint (or color you'd like to paint your jellyfish)

- paintbrush (We love [sponge brushes!](#))
- [colorful yarn](#)
- [googly eyes stickers](#)
- jumbo craft stick with sticky adhesive (We received these from our friends at [craftprojectideas.com](#). All opinions expressed are my own. You can find them at your local Walmart on the crafts aisle.)
- craft knife (Adult use only!)
- [Elmer's Tacky Glue](#)
- Scissors

1. Gather your materials. Draw the shape of a jellyfish body on your small piece of cardboard and cut it out. Paint the piece with your pink paint, or whatever color you want your jellyfish to be. Set it aside to dry.
2. Paint the top of your paper plate (the side you eat on) with blue paint and paint your adhesive jumbo craft stick with blue paint. Set them aside to dry. (NOTE: If you don't have adhesive craft sticks you can just use a regular jumbo craft stick and glue.)
3. When your paper plate is dry, have an adult use a craft knife to cut a slit in the paper plate about 2/3 down the plate. This is the slit for your jellyfish.
4. Turn your jellyfish body over and add a line of tacky glue at the bottom. Cut several strands of colorful yarn and place them down on the tacky glue. These are your jellyfish tentacles. Turn your swimming jellyfish craft over and place two googly eye stickers on it. Let the jellyfish craft dry completely before playing with it.