



N.O.O.S.H

**Program Term 2 Week 3: Mindfulness and Mums Week
3rd May - 7th May**

Monday

Tuesday

Wednesday

Thursday

Friday

**Breakfast
7am – 8.30am**

A selection of cereals including Cheerios, Rice Bubbles, Cornflakes and Wholemeal toast with a selection of spreads

**Creative Activities
7am – 8.30am**

Make your own word search

Aluminium Spiders

Cereal box crowns

Peg planes

Mandala Turtles

**Activities and Games
7am – 8.30am**

European Handball

Pacman
(CS)

Cricket
(CS)

Soccer
(CS)

Survival tag
(CS)

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Programming Codes:

F: Follow Up

DD: Daily Diary

CC: Cultural Considerations

CS: Child Suggestion

PS: Parent Suggestion

SS: Staff Suggestion

E: Extension



N.O.O.S.H

**Program Term 2 Week 2: Mindfulness and Mums Week
3rd May - 7th May**

Monday

Tuesday

Wednesday

Thursday

Friday

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Afternoon Tea
3.15pm – 3:45pm

Spinach and Cheese Ravioli

Flavoured Rice Cakes and Dried Fruits

Ham, cheese and tomato pastries

Vegetable platter, crackers, cheese and dips

Mini pizzas

Junior Craft
3.30pm – 5:30pm

Mothers Day Craft and Gratitude Flowers

Mothers Day Craft and My Magical Breath Art

Mothers Day Craft and Mandala Hands

Mothers Day Craft and Create your own Mandala

Yoga with Kerri

Sport
4:00pm – 5:30pm

Survival Tag

Capture the flag

Danish Longball

Soccer

Cricket

Senior Activity
3.30pm – 5:30pm

Moving Worm craft (ff PA)

Jellyfish suncatchers

String Art

Marshmallow patience test (ff LM)

Paper Ninja Stars

Late Activity
5:45pm – 6:30pm

You tube video & Red Light Green Light

You tube video & No talking game

You tube video & Musical statues

You tube video & Spider senses

Zumba

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| Monday AM | Tuesday AM | Wednesday AM | Thursday AM | Friday AM |
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|  |  |  |  |  |
| Monday PM | Tuesday PM | Wednesday PM | Thursday PM | Friday PM |
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MONDAY

AM: <https://www.momsandmunchkins.ca/make-your-own-word-search-puzzle/> (template at link)

PM: <https://blissfulkids.com/mindfulness-for-kids-gratitude-flowers/>

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<https://www.youtube.com/watch?v=lxEhFgJ-Bjk>

TUESDAY:

AM : <https://www.thejoysharing.com/2017/10/halloween-spider-craft.html>

PM: <http://learningwithmrslangley.blogspot.com/2019/08/my-magic-breath-lesson-on-mindfulness.html>

<https://www.iheartartsncrafts.com/suncatcher-jellyfish-kids-craft/>

WEDNESDAY:

AM: <https://www.thesuburbanmom.com/2016/09/16/cereal-box-princess-crown-kids-craft/>

PM: <https://www.counselorkeri.com/2019/05/21/mindfulness-group-art-activity/>

Use resource from filler box/sportshed

THURSDAY:

AM: Take a peg and colour it. Colour 2 long popsicle sticks and 1 short. Hot glue the sticks to the peg in the shape as shown on picture.

PM: <https://www.kiddiematters.com/social-emotional-learning-activities-using-a-mandala/>

https://www.youtube.com/watch?v=QX_oy9614HQ

FRIDAY:

AM: <https://hattifant.com/papertoys/hattifants-hungry-turtle-family/> (template on webpage)

PM: <https://www.youtube.com/watch?v=Td6zFtZPkJ4>

<https://frugalfun4boys.com/fold-paper-ninja-stars/>

Materials required

Marshmallows

Straws

Clear Contact

Wool

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