



N.O.O.S.H

**Program Term 2 Week 7: Mindfulness/Mental Health Week
6th June - 10th June 2022**

Monday

Tuesday

Wednesday

Thursday

Friday

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**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**

Finger knitting (CS - AR)

Mental health jar lesson (CS - EG)

Mindful Jar activity (CS - EG)

Mindful Octopus (CS - EG)

Slime (CS - AR)

**Activities and
Games
7am – 8.30am**

Hide and seek

Rob the nest

Tip and tag games

Soccer

Basketball

Programming Codes:

F: Follow Up

DD: Daily Diary

CC: Cultural Considerations

CS: Child Suggestion

PS: Parent Suggestion

SS: Staff Suggestion

E: Extension




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A F T E R N O O N	Afternoon Tea 3.15pm – 3:45pm					
	Free Play Stations	Building Blocks	Dress ups	Car/ramp play	Board games	Drawing/colouring in
	Juniors Activity 3.30pm – 5:30pm	Floor is lava (F)	Discos (F)	Fort Building (F)	Pet rocks (F)	Taste testing (F)
	Spontaneous Activity					
	Sport 4:00pm – 5:30pm	Oz Tag	Bullrush (F)	Capture the flag (F)	Constructing obstacle course (F)	Soccer
	Late Activity 5:45pm – 6:30pm	Bang/buzz off hairy legs	Murder Winks	Celebrity heads/hangman (F)	Two truths one lie	Card games

Monday AM	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
				
Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
				

MONDAY

AM: <https://onelittleproject.com/finger-knitting/>

PM: <https://fungameskidsplay.com/floor-is-lava-game.html>

TUESDAY:

AM - <https://teachingideas.ca/2018/03/30/mental-health-lessons-for-kids/>

PM: https://www.momjunction.com/articles/dance-games-and-activities-for-kids_00399936/?amp=1#DancePartyGames1

WEDNESDAY:

AM: <https://www.morethanmainstreet.com/easy-mindfulness-activities-for-kids/>

PM: Children to build forts with their own resources at NOOSH

THURSDAY:

AM: <https://www.southernplate.com/how-to-make-cloud-dough/>

PM: <https://www.thecrafttrain.com/fluffy-pet-rocks/>

FRIDAY:

AM: <https://littlebinsforlittlehands.com/fluffy-slime-recipe/?epik=dj0yJnU9ODJ3eFlwUlo1b01KRVhxVXg5dGgya21QNGNvQTdoQmkmcD0wJm49Vmd5ZmZVcEVBT1NvTEU5X2o1ZjU2QSZ0PUFBQUFBR0tZTndz>

PM: https://www.fantasticfunandlearning.com/fun-taste-test-science-experiments-kids.html?vgo_ee=1JNE5XMOWzK2O0%2FJb3vdih47y7P5Y7TsO21jzdZL5Xo%3D

Resources needed:

<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>	
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