



**N.O.O.S.H**

**Seniors Program Term 2 Week 7: Mindfulness/mental health Week  
6th - 10th June**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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**Afternoon Tea**  
3.15pm – 3:45pm

**Activity**  
3.30pm – 5:30pm

**Sport**  
4:00pm – 5:30pm

**Spontaneous activities**

Sherbert

Dnd

Cloud drawings

Dream catchers  
(F EP)

affirmation peg  
game

44 Home

Netball

Scavenger hunt

Among us

Bullrush

*Programming Codes:*

*F: Follow Up*

*DD: Daily Diary*









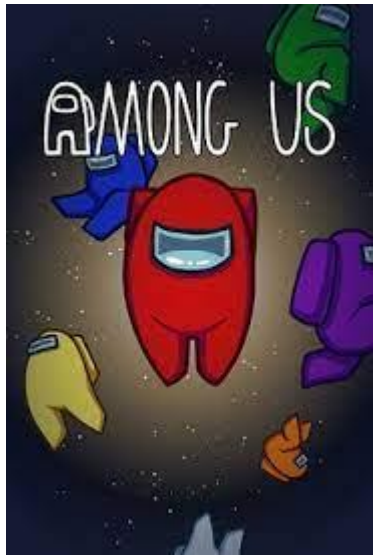

*CC: Cultural Considerations*

*CS: Child Suggestion*

*PS: Parent Suggestion*

*SS: Staff Suggestion*

*E: Extension*

Monday PM	Tuesday PM	Wednesday PM	Thursday PM	Friday PM
				
				

**MONDAY**

PM <https://www.kidspot.com.au/kitchen/recipes/make-sherbet-recipe/tp6o99fc>

**TUESDAY:**

PM:

**WEDNESDAY:**

PM: This activity requires clipboards, pencils and paper. Children lie back, look up at the clouds and interpret what shape they look like and then draw the cloud as something else, i.e. a bunny

**Scavenger hunt**

Each pair can write out a list of 10 items for the other team to find. then its a race to find the other tams stuff first.

**THURSDAY:**

PM: <https://janecanblogdotcom.wordpress.com/2015/02/27/diy-kids-dream-catcher/>

Among us is on the drive, or can allow the kids to play without the tasks.

**FRIDAY:**

PM: For the affirmation peg game, have either sticky notes or pieces of paper attached to pegs, children then write out a positive affirmation and attempt to sneak it onto someone they wrote it about

Resources

<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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