

PLAY

AT

HOME

PROGRAM

TERM 3

WEEK 1

Welcome to week 1

Afternoon Plan

3:00 - 3:45

Afternoon tea & Outside time

3:45 - 4:45

Activities or Cooking

4:45 - 5:00

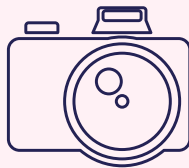
Tidy up time

5:00 - 5:30

Active play or Walk outside

5:30 - 6:00

Quiet time



Please take a photo of all your creations and send it to LEXI

aibbotson@pymblelc.nsw.edu.au

or

oshcadmin@pymblelc.nsw.edu.au

We miss you all and would love to see what you are getting up to while you are at home!

FREE CRAFT

At OSHC one of the children's favourite things to play with is free craft. Free craft is made up of open-ended materials which encourage children to create, invent, design, manipulate and play. They can be as simple as a stick, leaves, some rocks or sea shells collected from the beach. They can be beads or matchsticks; anything which leaves room for the child to get creativey.

Examples of free craft items:

- toothpicks
- craft match
- sticksold
- buttons
- beads
- pipe-cleaners
- craft wire
- popsicle sticks
- sequins

Natural materials:

- sticks
- rocks
- shells
- leaves
- flat marbles
- glass gems



NATURE CRAFT



YOU WILL NEED:

flowers or petals

leaves

seed pods

little stones

gum-nuts

IF YOU WANT TO KEEP YOUR CRAFT:

cardboard or paper

glue

HOW TO:

You will need to go outside, maybe on a walk, and look for the items you will need to make your craft.

When you get home you can choose if you would like to make your items on the floor/ table or if you want to keep them you will need to make them on paper and use glue to stick them down.

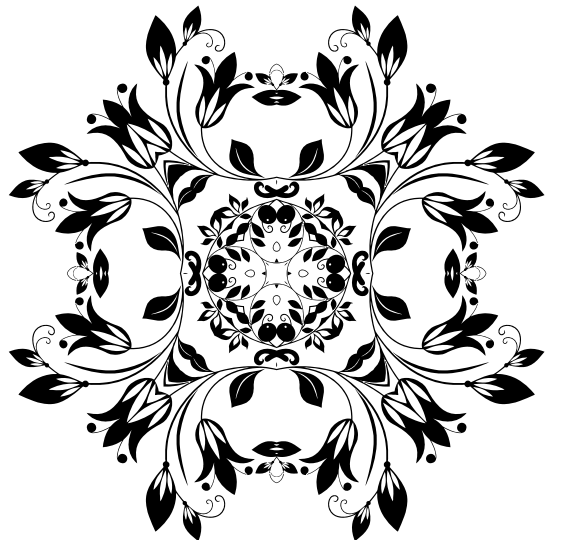
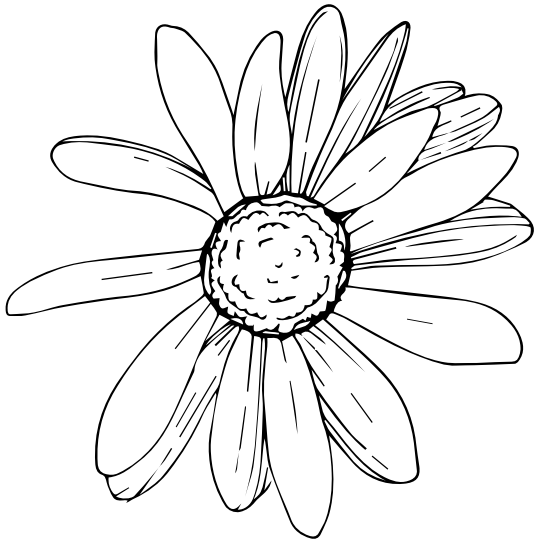
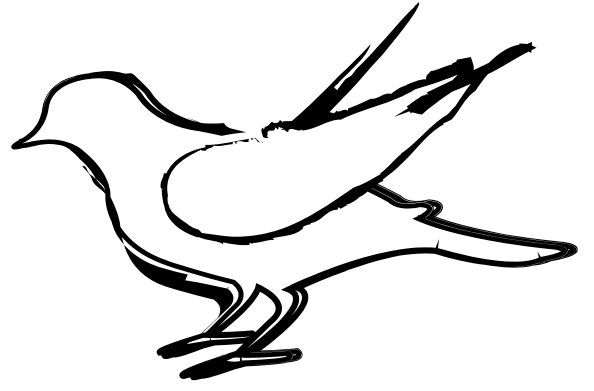
BIRD:

if you are going to make a bird you will need to select the leaves that look most like feathers and start to arrange them in the shape of a bird. If you need help you can use the bird template.

PATTERNS OR MANDALAS:

you can make your mandala on some paper or simple on the ground. if it has been raining you could also make it on top of a big puddle!

Remember a mandala should be symmetrical.



Toilet Paper Roll Flowers





You will need:

Toilet paper rolls, ruler, scissors, tape, or glue gun.

Optional: Paint



1. Use the ruler to mark lines on your roll. Mark a line every centimetre. 9 lines, 10 sections.



2. Squash down your roll



3. Use the scissors to cut out 10 sections, cut along each line.



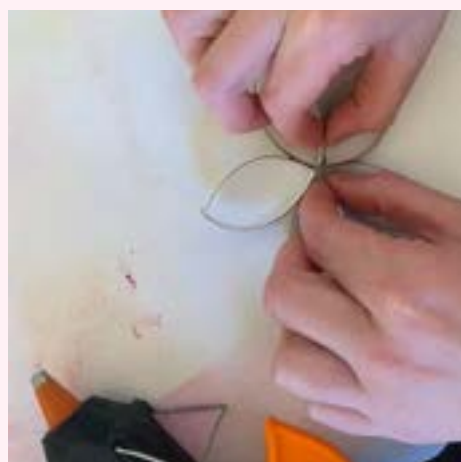
4. When you have cut out all your sections you can start to make your flower pattern.



5. When you have your shape set, you can get your glue or tape ready to go!



6. When you place the glue on each petal make sure you pinch it so it dries. TAPE - wrap 1cm of tape around the petals.

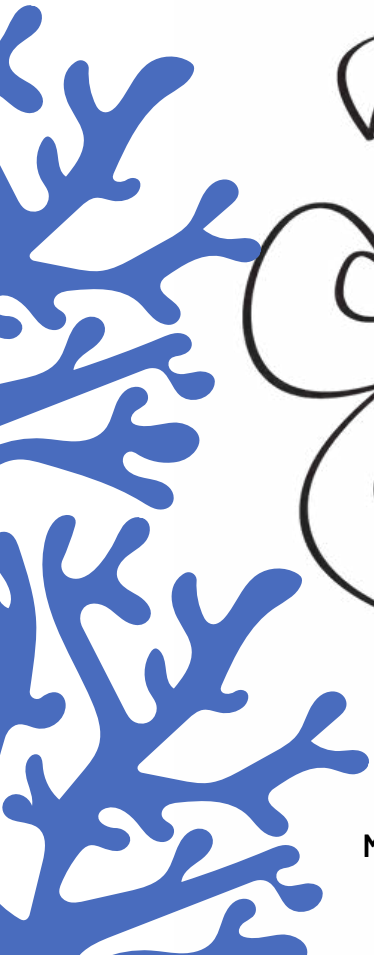


7. when you have finished make sure all the tape or glue will hold by pinching each petal one more time.



8. Finished! You can build on your finished flower to make it bigger or add different designs!

Mermaid Craft



Make sure you take a photo of your creations and send it to LEXI



Toilet Paper Roll



Under The Sea Craft



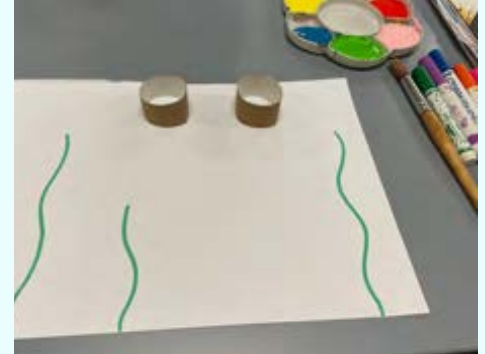
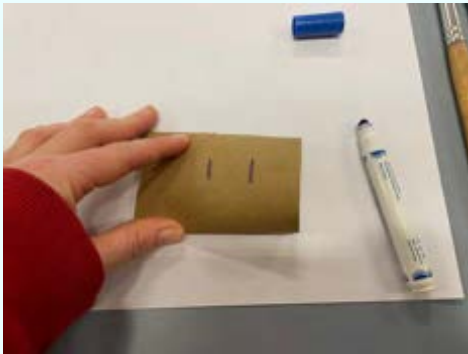
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creations and send it to LEXI





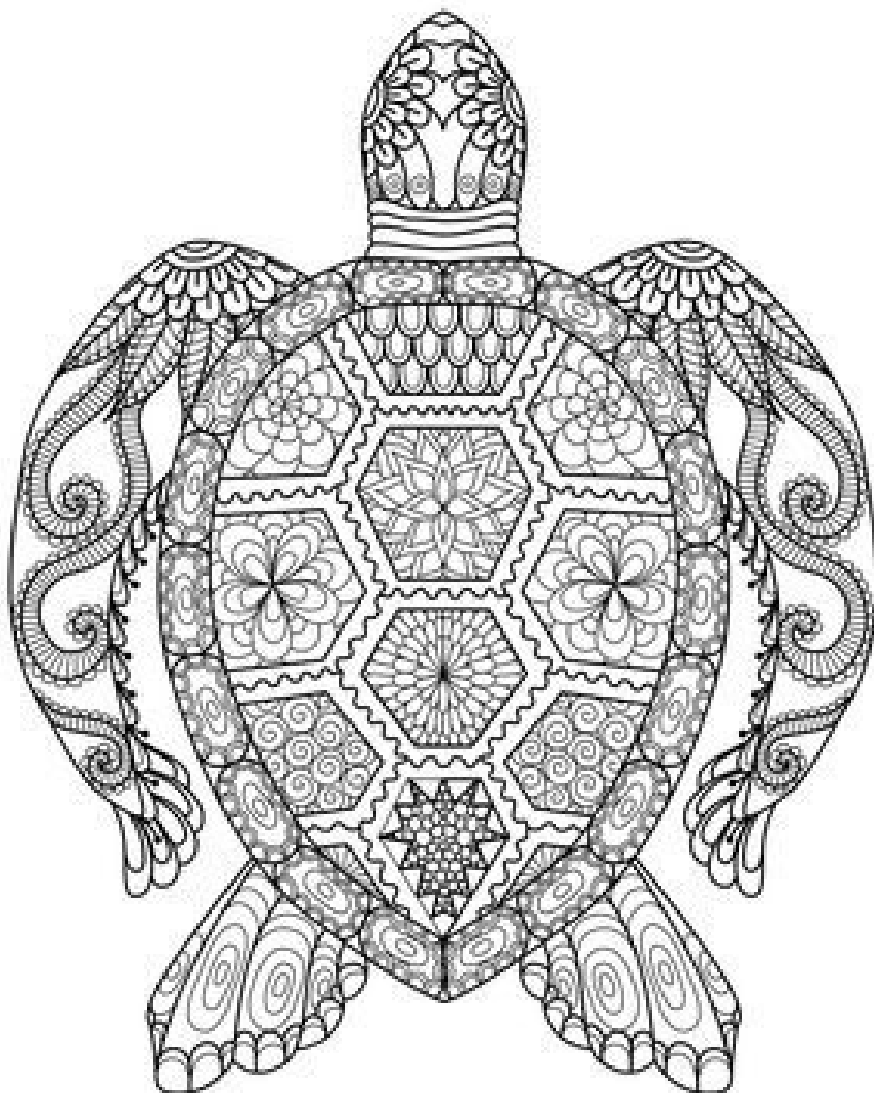
You will need:
Toilet paper rolls, scissors,
markers, Paint, Paint Brush.

Optional: water colours to decorate at the end!



ZENTANGLE

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns



Zentangle art is unplanned so you can focus on each stroke and not worry about the result.

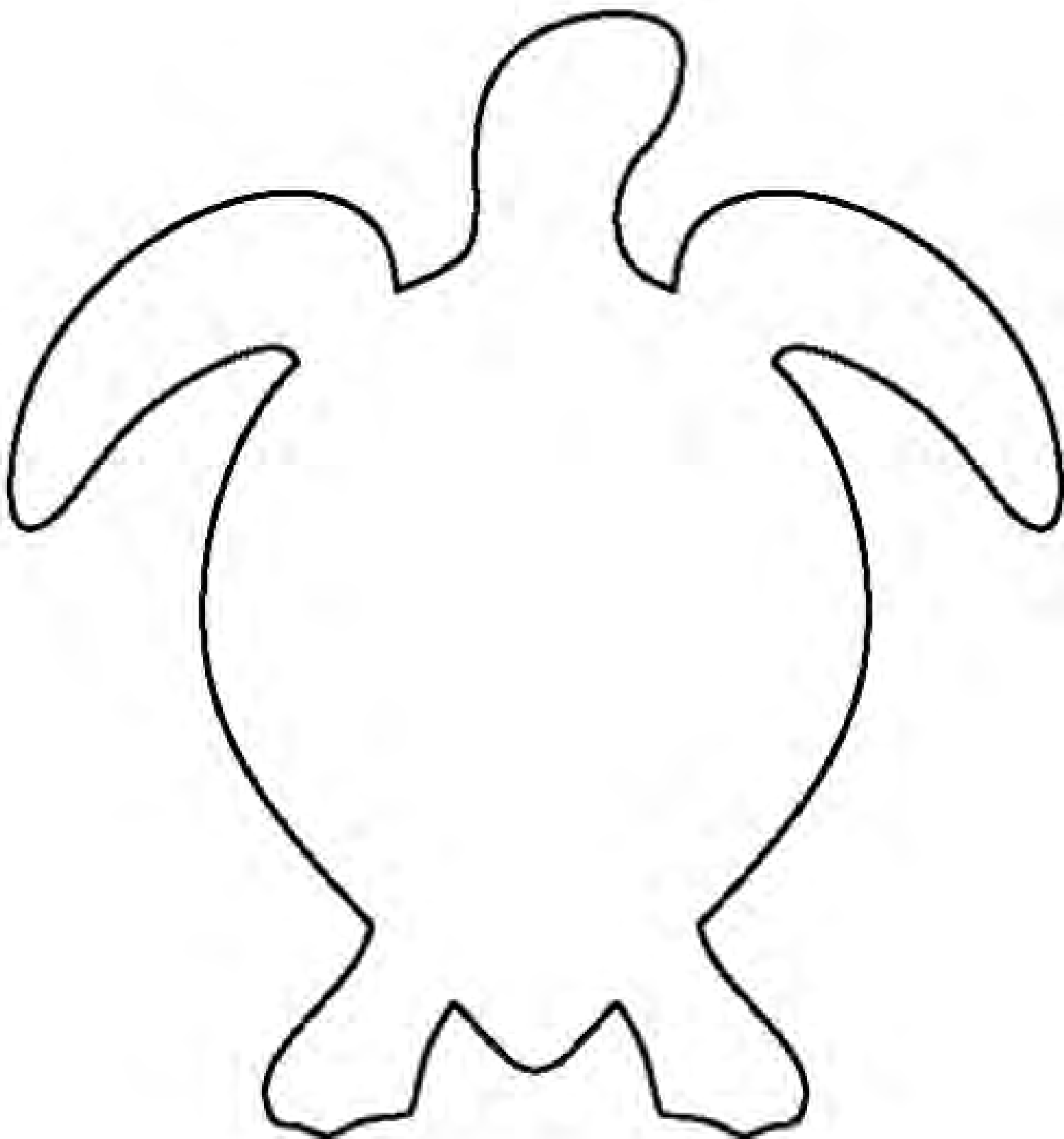


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Make sure you take a photo of your creations and send it to LEXI



The Indoor Scavenger Hunt

You will need to use a watch, i-pad or phone to time yourself!

See how fast you can find everything on the list by running around your house and ticking them off the list! Then challenge someone in your family to beat your time!

- A phone charger
- A pair of running shoes
- A water bottle
- A remote control
- A letter / Piece of mail
- A mirror
- A pillow with more than 3 colours on it
- A shampoo bottle
- 2 tooth brushes
- A mug
- A family photo
- A kitchen chair
- A lamp
- A bath or shower
- A bottle of milk

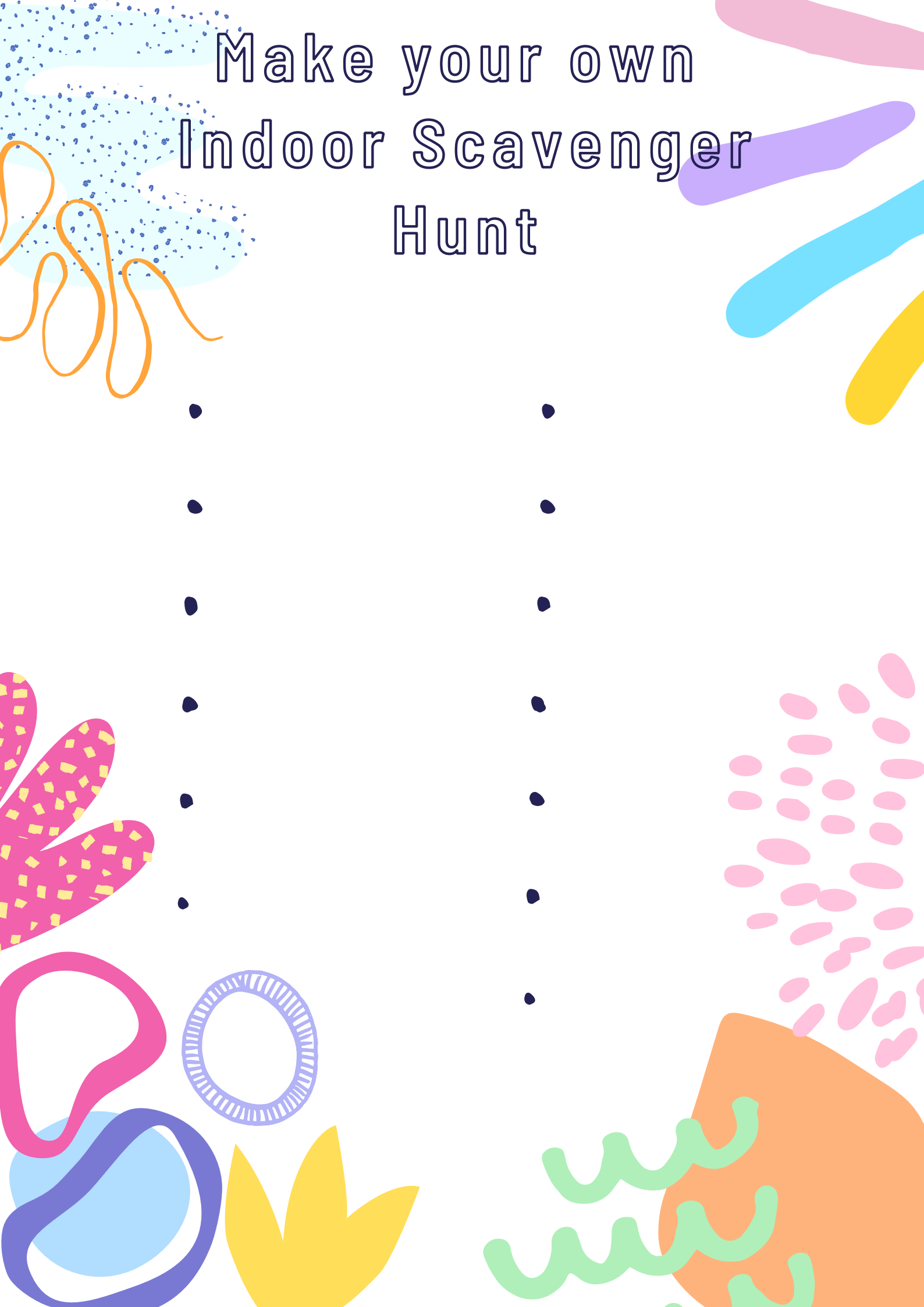
How Long did it take you?

It took Ara in year 11, 1 minute and 40 seconds to find every item

Could anyone do it faster?

Could you make your own scavenger hunt?

Make your own Indoor Scavenger Hunt



Word Search

V U W X T H P Y M H B D F A D
V I W Y P N O L H T L C I S R
C N D F E F E M T A S X K E A
S G J K W R T M E M J V K F O
B A C K P A C K I W C H R T B
Q Q R B C I P C M R O I K E E
D F L F K M V O V K E R P A T
Z H P Z Z A O Q O N O P K C I
Q G T C R R O T D N F O X H H
K U T W S Y C S H Y X A B E W
P D Y S L K E J K X Y Q X R J
U W A R E T H G I L H G I H J
S L R P M Y P H Y Z J H H I N
C M B J R Q E I X W S H T I M
H C N U L P A D N K D O G L Q

BACKPACK

BOOK

CLASSROOM

EXPERIMENT

FRIENDS

HIGHLIGHTER

HOMEWORK

LUNCH

MATH

TEACHER

WHITEBOARD

Word Search

K W M V P M P K A M V R Q O Y
H R T S H U S J E G I M F C D
C Q K S M E F A P P L E D H G
C S T P V L L B I J L O L P Q
V H K A I S O D C W I T G W E
X I E Y O C W J Z H P A X I M
N L Q C G U E X G L E Z L I H
Z Q O N M T R E O T K M N N B
W R P P I W O V K V O N U C X
N K R C Z A E A I T N I U L N
K R W E T E R B X Y J H Z M R
W Y T R Q O M C Y A D C Y G B
U Y P G W E T T W R T K H P N
L C P N T O N M C C I S S W M
H E Y C A K H Z Y E R H V I A

APPLE

CORN

FLOWER

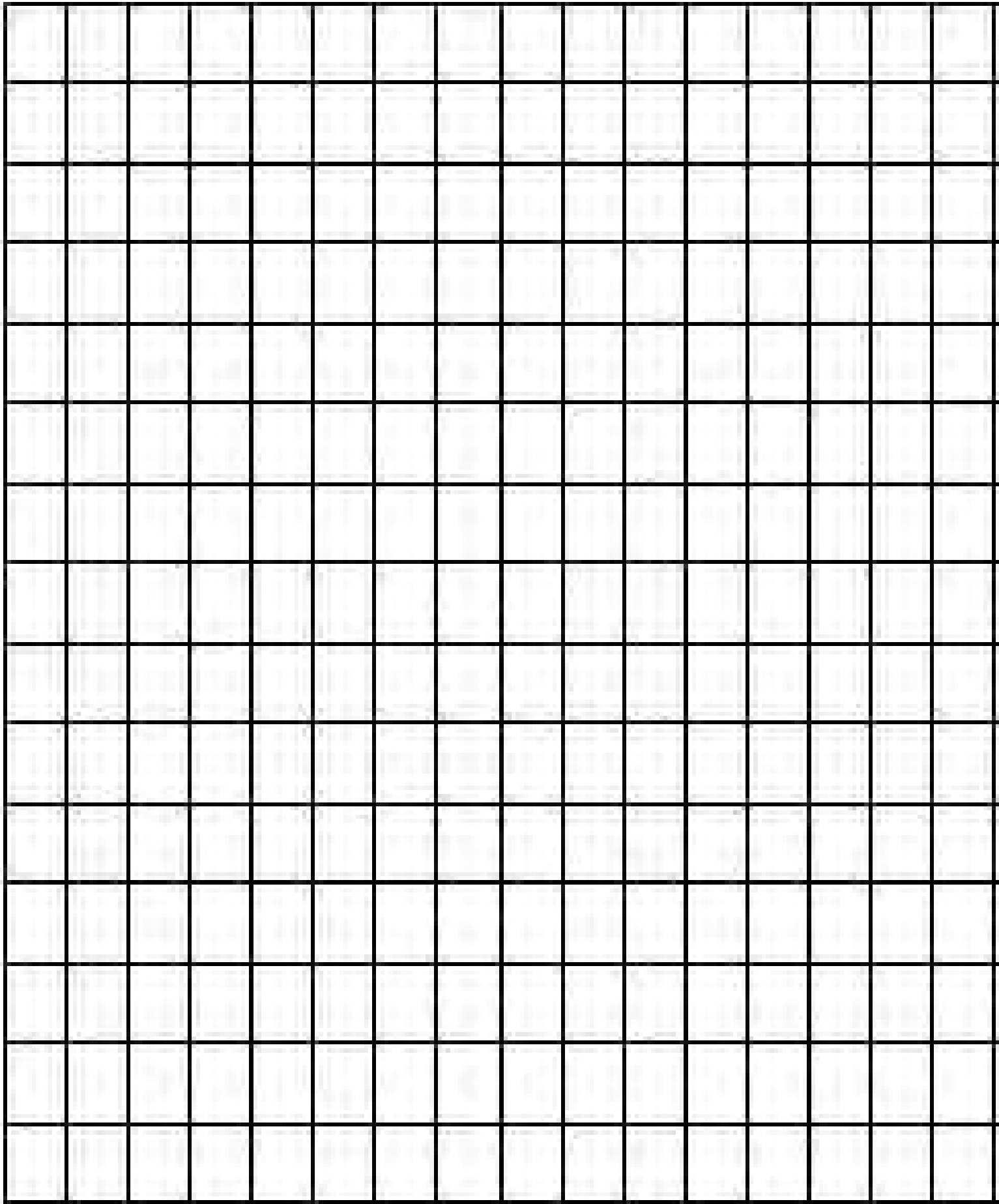
LEAVES

LOVE

PUMPKIN

RAIN

Make your own word search



CHALLENGE

TOILET PAPER TOWER

Collect as many toilet paper rolls as you can from around your house and build a tower!

Try and build a tower taller than yourself, if you can try and build it taller than your mum or dad!

For another challenge try and balance your school hat on top of the tower, good luck!



Make sure you take a photo of your creations and send it to LEXI



CHALLENGE

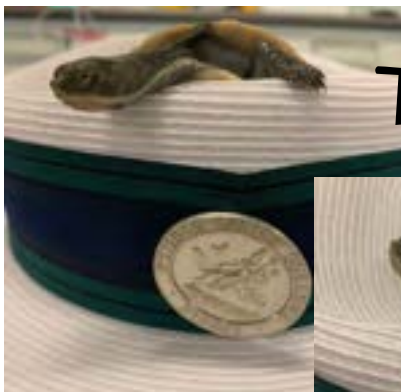
Photo shoot

A) PEOPLE

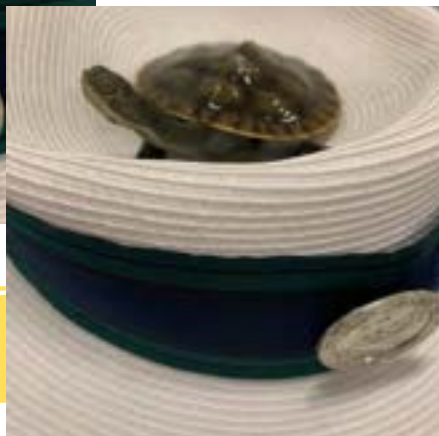
- you will need to dress up as your mum and dad. dress up in what they would wear to work!
- Dress up as your brother or sister. dress up in what they would wear to school!

B) PETS

- take a photo of your pet when they are all snuggled up asleep!
- take a photo of your pet with your school hat or school bag!



TACO



PLC OSHC



SEBASTIAN
at home

**MAKE ME FOR
DINNER OR
LUNCH**

SLURPY NOODLES

INGREDIENTS:

-1 tbsp Olive oil

-6 Spring onions, trimmed and chopped

-300g Pumpkin, peeled and seeds removed, grated

**-1 cup of Canned no added salt sweet corn kernels,
drained**

- 6 cups Salt reduced stock

-300g Vermicelli

-100g Bean shoots, rinsed and drained

-1 1/2 tbsp Salt reduced soy sauce

METHOD:

1. Heat a large saucepan over medium-high heat, add the oil and stir-fry the onion, pumpkin and corn for 2 – 3 minutes.

2. Stir in the vegetable stock and bring the mixture to the boil over high heat.

3. Add the noodles and cook for 3 minutes. Remove from the heat and stir in bean shoots and soy sauce. Serve immediately in small bowls or heat-proof cups with spoons

Lexi's Chocolate Cupcakes

Ingredients

For the cupcakes

125 g butter softened

165 g (3/4 cup) caster sugar

2 eggs lightly beaten

1 tsp vanilla extract

190 g (1 and 1/4 cups) self raising flour

35 g (1/3 cup) cocoa

160 g (2/3 cup) milk

For the Icing

130 g chocolate

130 g unsalted butter softened

220 g (1 and 1/2 cups) icing sugar

1 tsp vanilla extract

2-3 tbs milk

sprinkles/100s and 1000s



Idea: You can make your Cupcakes GLUTEN FREE by using GF flour. You will also need to add a tablespoon of baking soda



METHOD

For the cupcakes

1. Preheat oven to 170°C (fan-forced). Line 12 muffin holes with patty paper or cupcake holders.
2. Cream the butter and sugar together with beaters until light and fluffy.
3. Add the eggs and vanilla and beat until well combined.
4. Alternate folding through the sifted flour and cocoa with the milk until combined.
5. Spoon the mixture into the patty paper lined muffin pans.
6. Bake for 15-20 minutes or until cooked when tested.
7. Leave in the pan to cool for 10 minutes before placing on a wire rack to cool completely.

For the Icing

1. To make the frosting, melt the chocolate in the microwave on 50% power for 2-3 minutes (stirring every 30 seconds until melted). Allow the chocolate to cool slightly.
2. Beat the butter in a bowl until soft. Gradually beat in the icing sugar and vanilla extract.
3. Fold through the melted chocolate until completely combined. If the mixture is too firm, add 1-2 tablespoons of milk and beat again until smooth.

Marshmallow Fudge

Ingredients

450g icing sugar, plus extra for dusting

100g marshmallows

2 tbsp milk

100g unsalted butter

A few drops of vanilla extract

Cooking Method

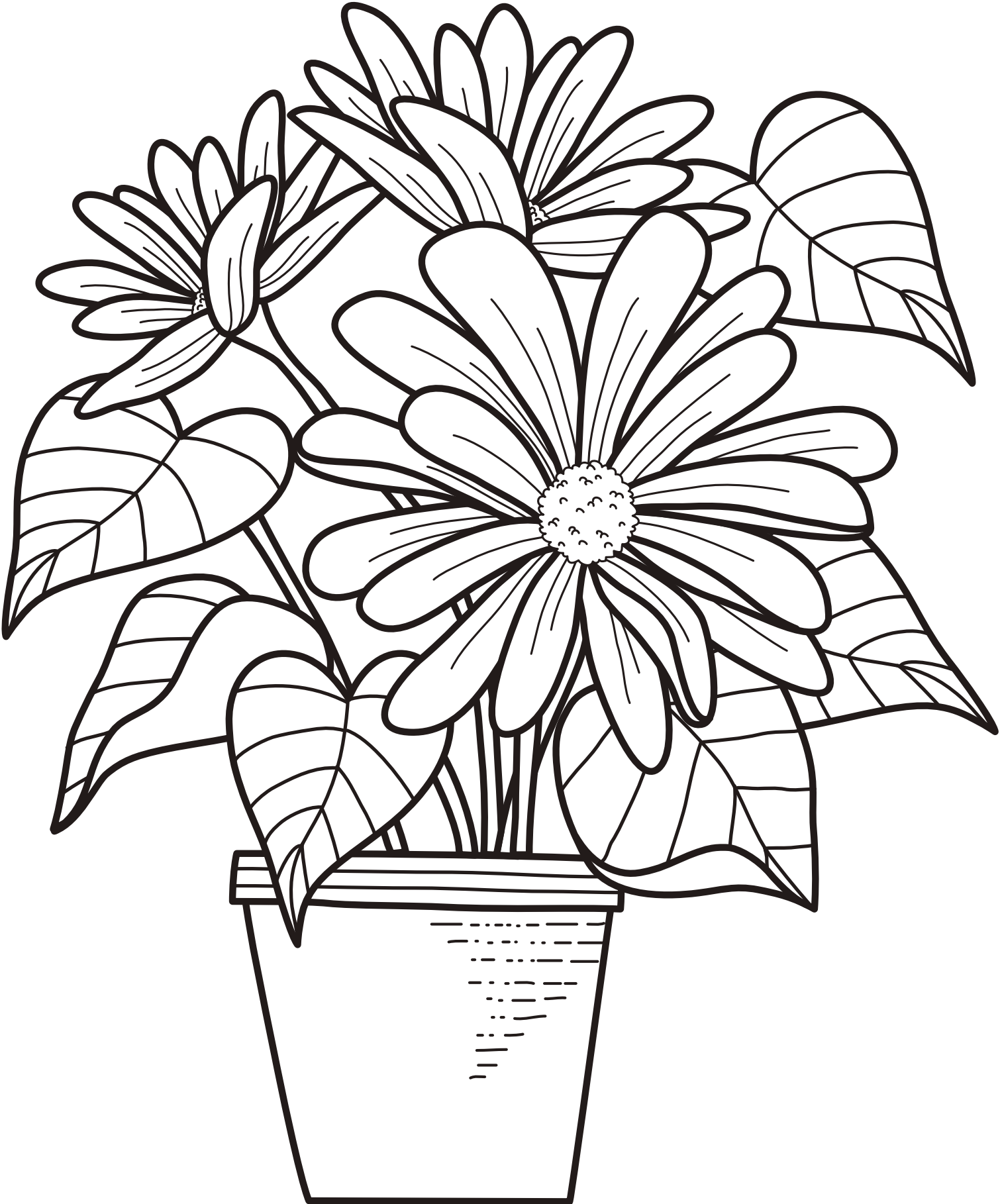
1. Sift the icing sugar into a large bowl and make a well in the centre.
2. Put the marshmallows in a pan and add the milk, butter and vanilla extract. Put the pan over a low heat and stir very carefully with a wooden spoon for a few minutes, until melted.
3. Pour the mixture into the middle of the sugar and mix until it is a smooth dough. Cool for 10 minutes, then put onto a piece of non-stick baking paper, wrap and chill in the fridge for about 1 hour to firm up.

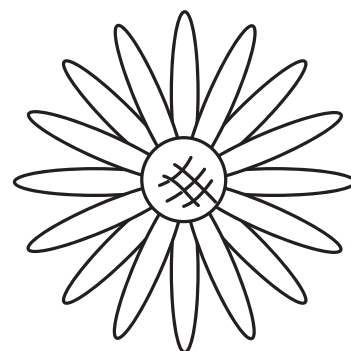
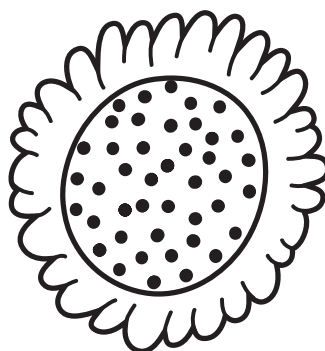
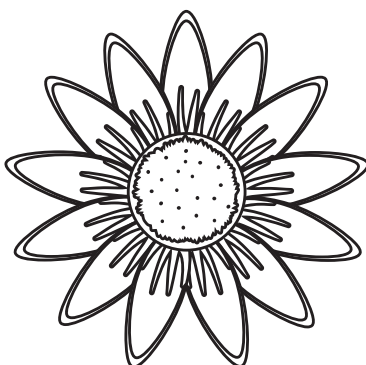
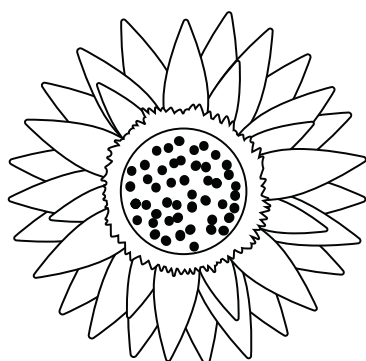
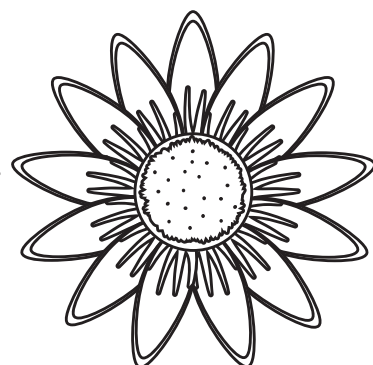
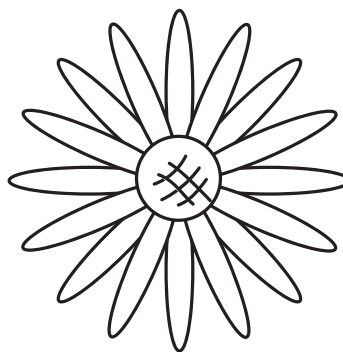
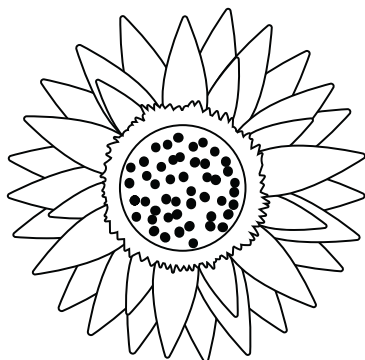
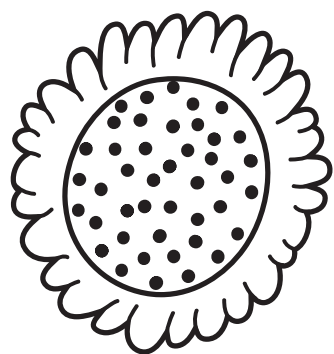
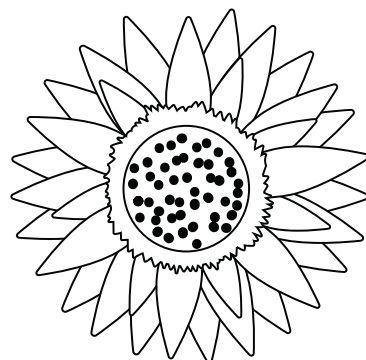
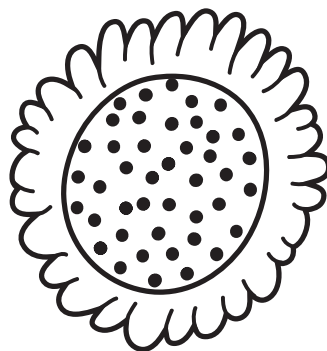
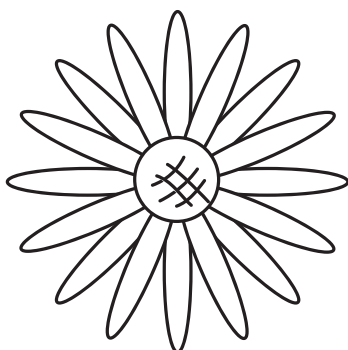
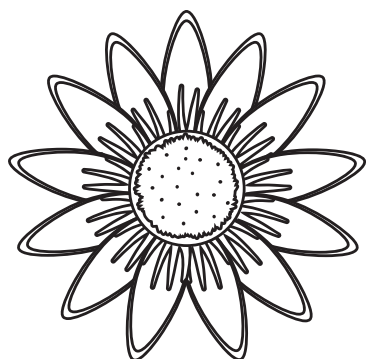
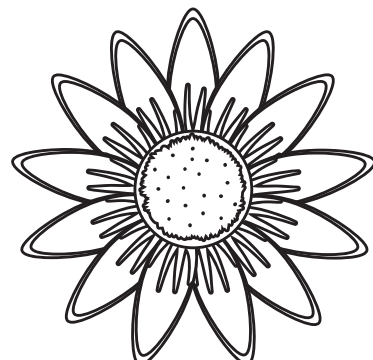
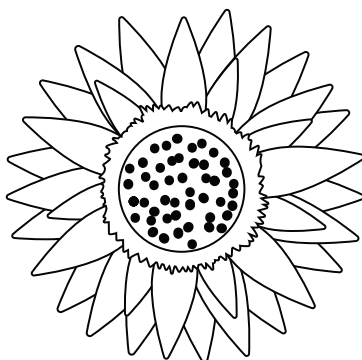
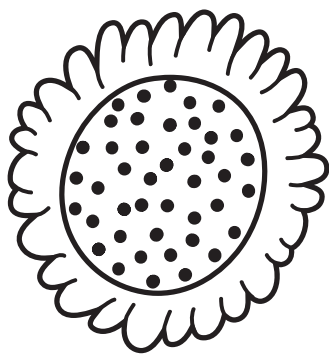
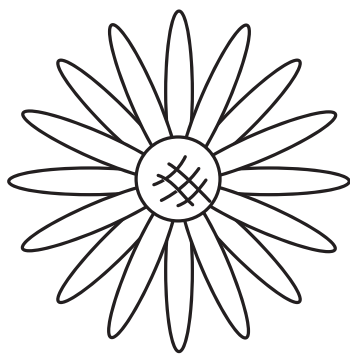
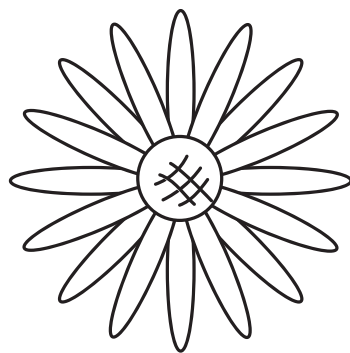
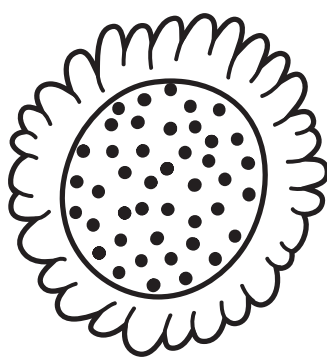
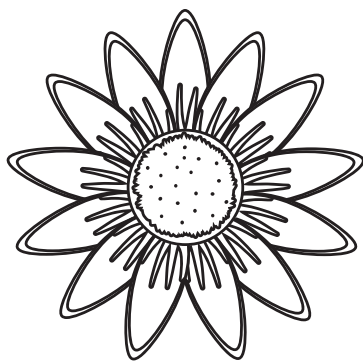
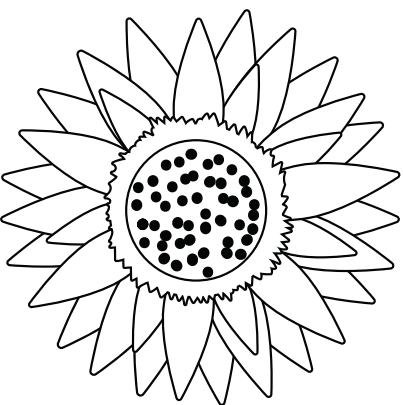
Finishing Touches

1. Sprinkle icing sugar over a work surface and a rolling pin. Cut the fudge into 4 equal pieces, then roll 1 piece at a time with the rolling pin until it is about 5mm thick.
2. Choose some small Cookie cutters and use to cut out fudge shapes.
Re-roll the trimmings to make about 70-80 shapes.

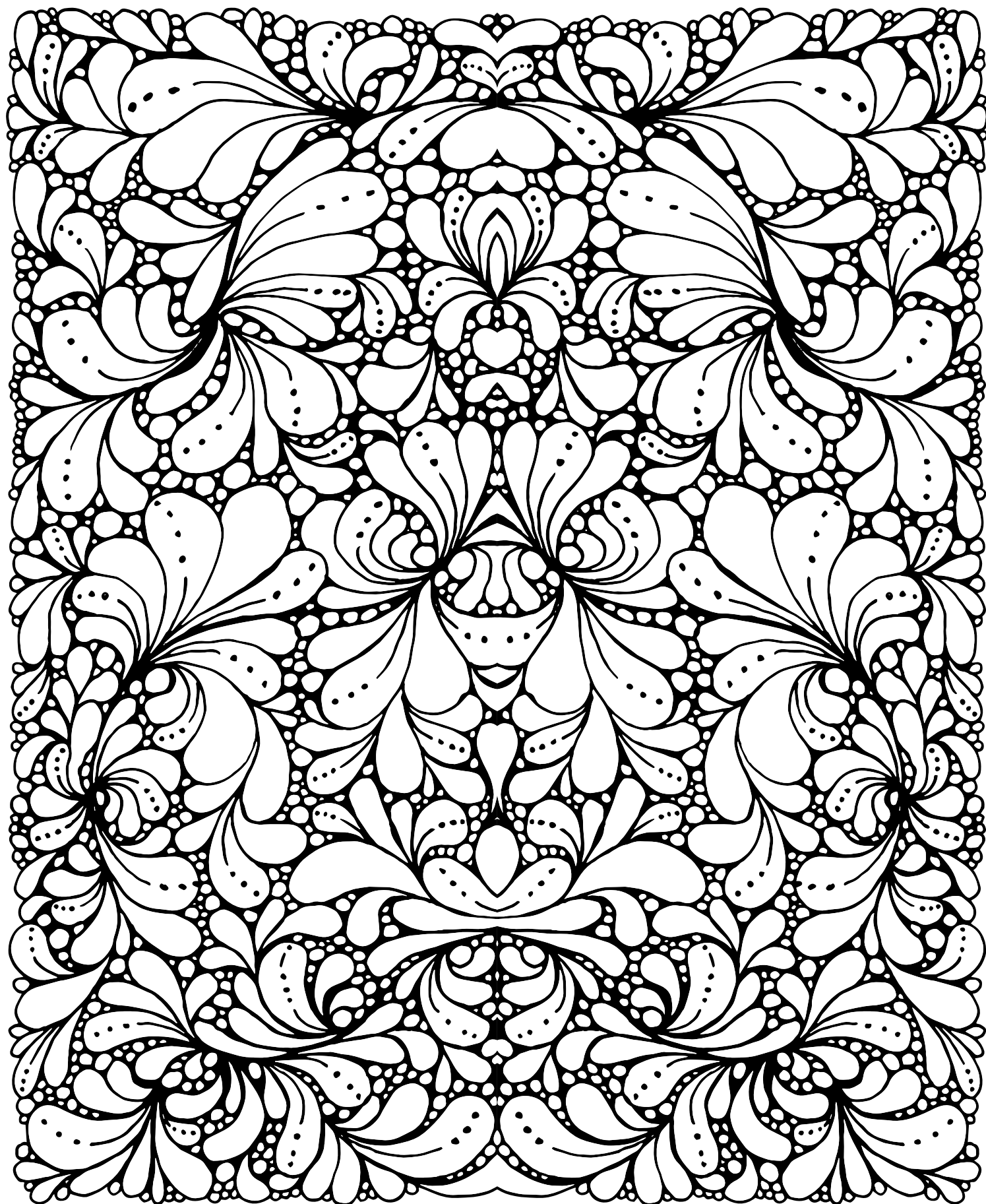
Put on baking sheets lined with baking paper and leave for 30 minutes to firm up slightly. Store in an airtight container with baking paper between each layer to stop them sticking together, and keep in a cool place for up to 3 weeks.

COLOURING IN





COLOURING IN



KEEP
CALM
AND



BELIEVE



in Yourself



COLOURING IN



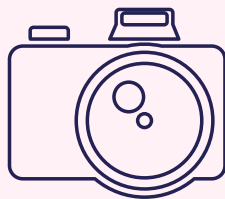


FEEDBACK

We are missing you all, A LOT!

Please send us any feedback you have about our play at home program. We are making it for you and so would love to know what you would like to do more of.

Or something that you love to do at home that we can share with every one!



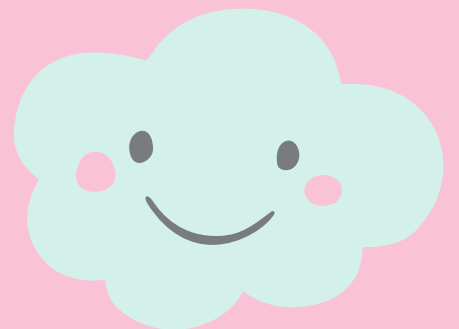
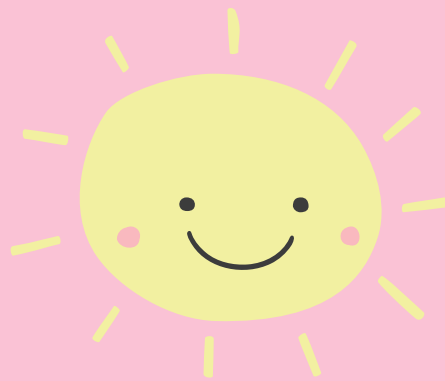
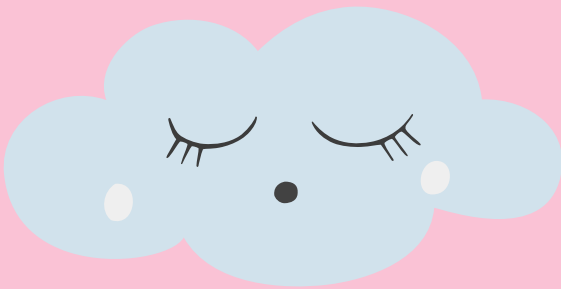
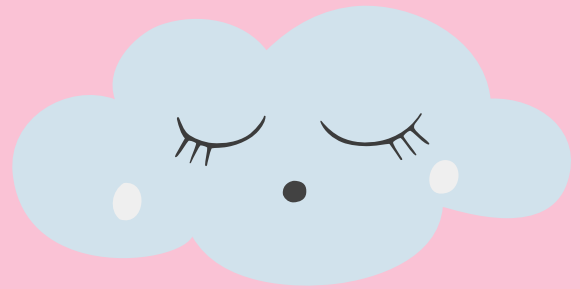
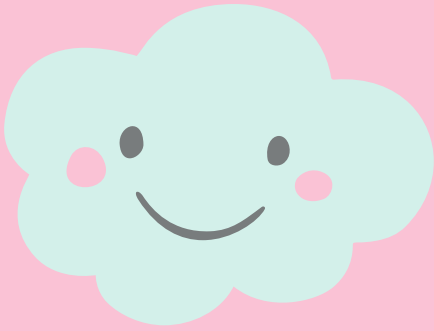
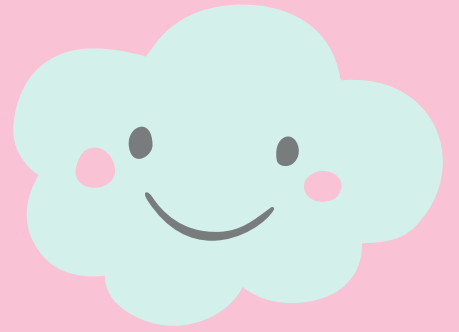
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SEE YOU SOON!



PLAY

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HOME

PROGRAM

TERM 3

WEEK 2

Welcome to week 2

Afternoon Plan

3:00 – 3:45

Afternoon tea & Outside time

3:45 – 4:45

Activities or Cooking

4:45 – 5:00

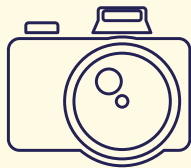
Tidy up time

5:00 – 5:30

Active play or Walk outside

5:30 – 6:00

Quiet time



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We miss you all and would love to see what you are getting up to while you are at home!

From Last Week

Ruby Year3



Claire Year4



Lexi & Jayna



Lily Year2



Nadia Year1



Isabella Year2



FREE CRAFT

At OSHC one of the children's favourite things to play with is free craft. Free craft is made up of open-ended materials which encourage children to create, invent, design, manipulate and play. They can be as simple as a stick, leaves, some rocks or sea shells collected from the beach. They can be beads or matchsticks; anything which leaves room for the child to get creative.

Examples of free craft items:

- toothpicks
- craft
- matchsticks
- old buttons
- beads
- pipe-cleaners
- craft wire
- popsicle sticks
- sequins

Natural materials:

- sticks
- rocks
- shells
- leaves
- marbles
- seaglass



NATURE CRAFT



YOU WILL NEED:

flowers or petals

leaves

seed pods

little stones

gum-nuts

IF YOU WANT TO KEEP YOUR CRAFT:

cardboard or paper

glue

HOW TO:

You will need to go outside, maybe on a walk, and look for the items you will need to make your craft.

When you get home you can choose if you would like to make your items on the floor/ table, or if you want to keep them you will need to make them on paper and use glue to stick them down.

BIRD:

if you are going to make a bird you will need to select the leaves that look most like feathers and start to arrange them in the shape of a bird. If you need help you can use the bird template.

PATTERNS OR MANDALAS:

you can make your mandala on some paper or simply on the ground. if it has been raining you could also make it on top of a big puddle!

Remember a mandala should be symmetrical.



"PLAY IS THE HIGHEST FORM OF RESEARCH"

ALBERT EINSTEIN



NATURE PAINTING

You will need to grab some paint, paper, sticks, leaves or any thing you would like to use to paint!

Instead of using a paint brush you can use sticks and tie leaves on the end or you could use a sponge from the kitchen.



Toilet Paper Roll

Garden Craft





Grab all the things you will need!
Paper, Paint/ Brushes,
Scissors, Rolls



Cut up your toilet paper rolls
into sections



Shape your little sections into
the shapes you would like



Paint onto your shaped roll and
use it to stamp onto the paper

NOTE: if you do not want to use paint you can trace
the shapes with pencils or texters.



Use different shapes to make
different looking flowers and
butterflies



When your paint has dried you
can use texters or more paint to
decorate your artwork

Toilet Paper Roll Butterfly Craft



Grab all the things you will need!
Brown paper bag, Scissors,
Rolls, Glue, Texas



Using the bottom of the bag,
draw on your wings.



stick the wings on to the Toilet
paper roll using the Glue



Cut out two love hearts



Cut out two love hearts and
stick them on your butterfly

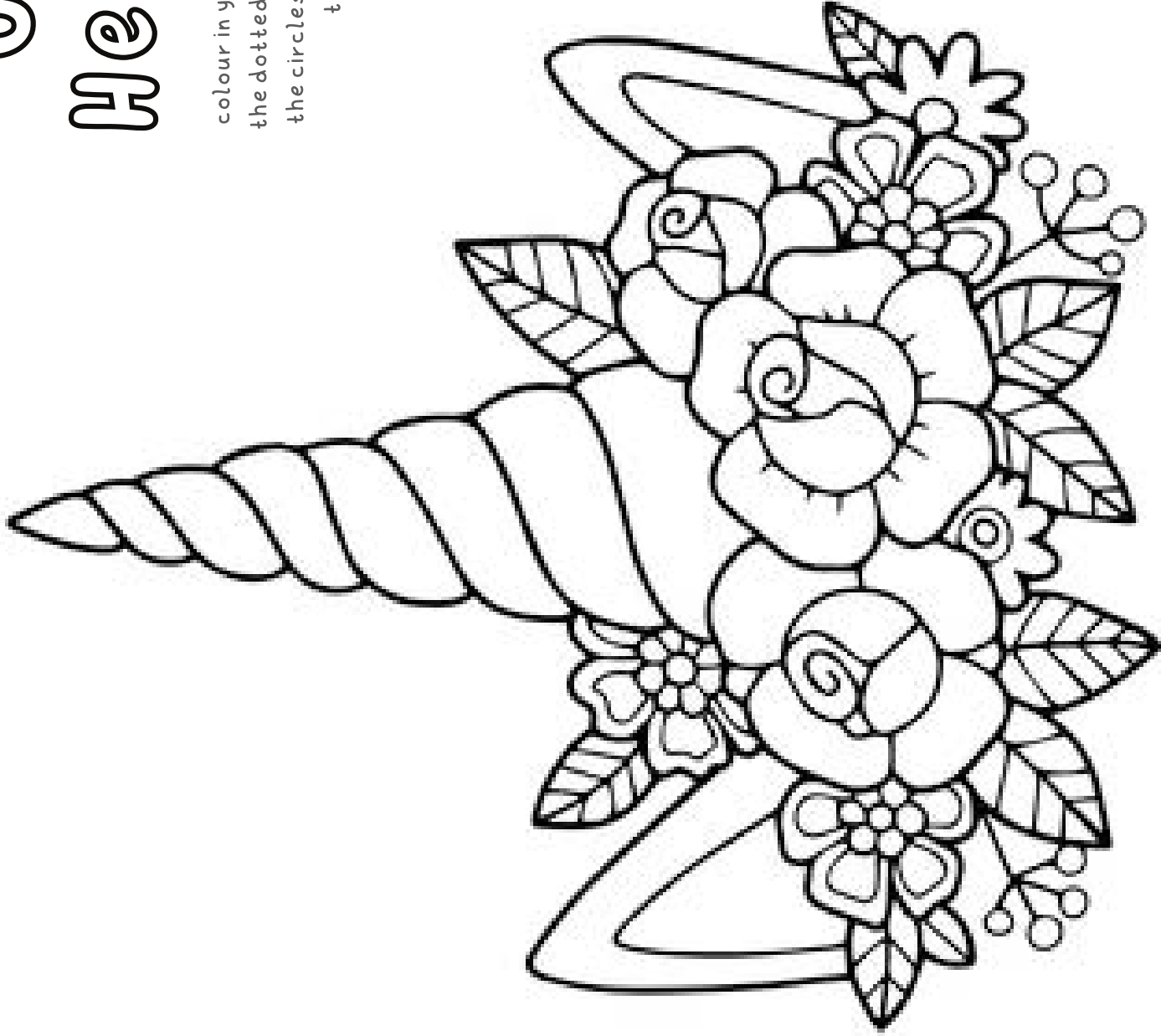


Now it is time to decorate your
butterfly!



Unicorn Headband

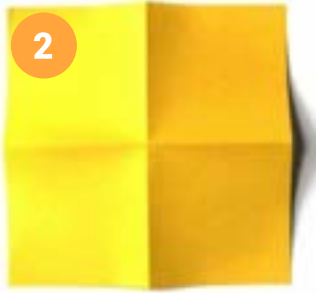
colour in your headband and then cut along
the dotted line. Uses a hole punch to cut out
the circles on the end and then use a ribbon
to secure the headband!



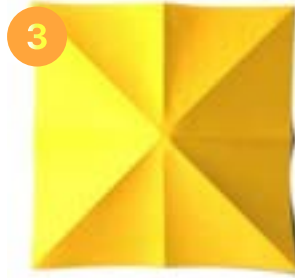
ORIGAMI BUTTERFLY



1. Fold your paper in half (white side on the inside) to create a mountain fold.



2. Open out and fold in half again this time the opposite way.



3. Open out and fold along both diagonals making two more mountain folds.



4. Flip it over so the coloured side is facing down.

Bring the sides in to meet at the centre.



5. Fold the centre folds in and collapse down to make a triangle. This is called a waterbomb base.



6. Fold the top layer of both corners up to meet in the centre.

7. Flip it over and lift the bottom corner up.

You want to fold it past the top edge so the tip of the triangle extends over the top.

8. Flatten the centre but not the edges of the crease.



9. Fold the tip of the triangle over and crease.

To finish fold the butterfly in half to shape it.

ORIGAMI TURTLE



1. This is the front of our origami paper, our origami turtle will end up this colour.

2. Fold the paper diagonally in half so that you have a triangle shape.



3. Fold the bottom right point up to the top point.



4. Fold the bottom left point up to the top point.



5. Fold both points down to the bottom point.



6. Fold both bottom points diagonally outwards as shown.



7. Rotate the paper



8. Using scissors, cut where indicated. Cut only the front-most layer of paper.



9. Fold the two flaps outward to match the ones at the top.



10. Fold the top point down.



11. Fold the top flap back upwards, leaving a small gap, this is a pleat fold.



12. Fold the left and right points to the middle.



13. Unfold the previous step and fold the left and right points again but this time leave a small gap.

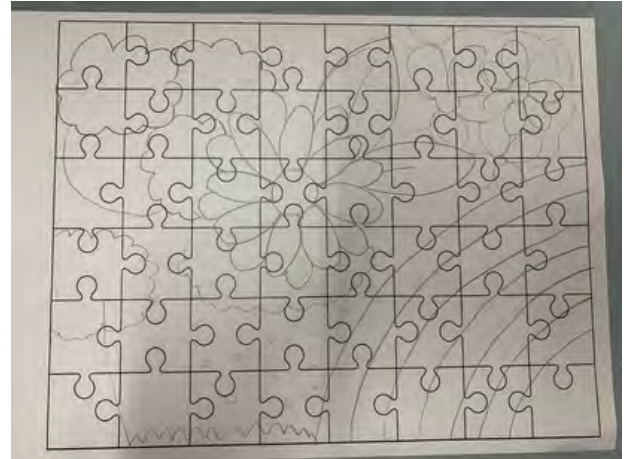
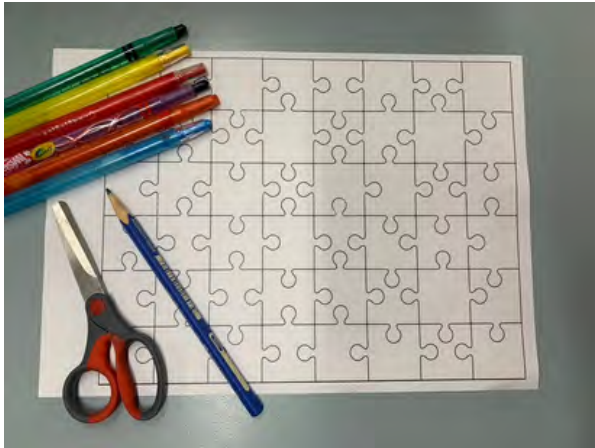
14. Finally, push the left and right sides in again, this will give the turtle a more 3D look and allow the feet to rest underneath the turtle.



15. Flip the origami turtle over to the other side and adjust the legs however you like. You could draw a little face on the turtle as well.

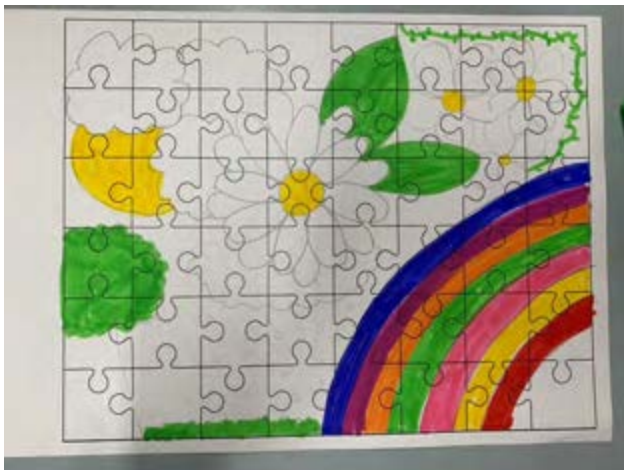
MAKE YOUR OWN JIGSAW PUZZLE

Using the template on the next page, you can make your own jigsaw puzzle.



WHAT YOU WILL NEED:
the template of the puzzle,
textas, scissors, and a pencil

1. You will need to draw in your puzzle picture with pencil.



2. Then you can colour it in!

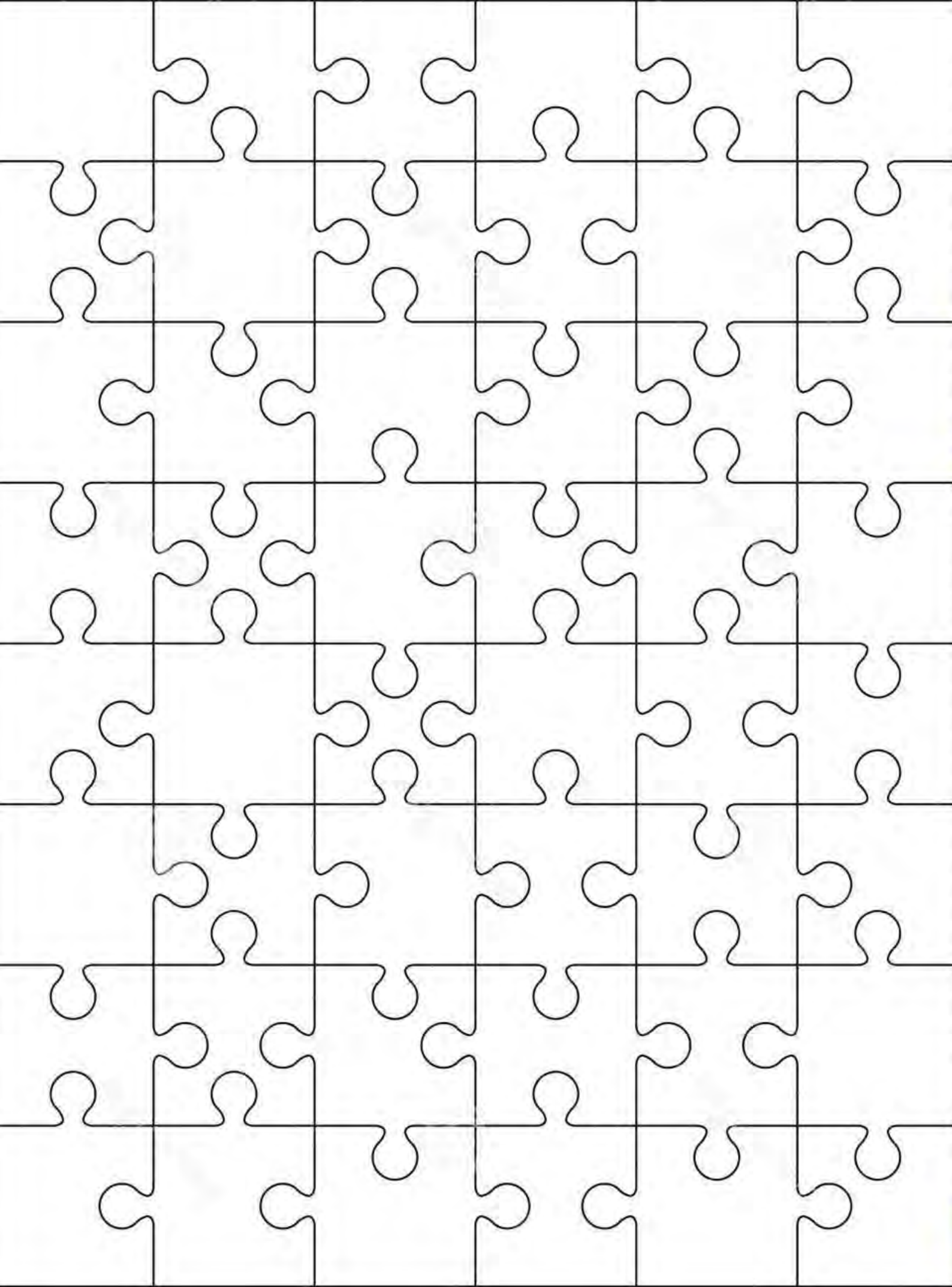


3. When you have finished colouring in your puzzle, you can cut it out with your scissors.

When you have cut out the puzzle you can get Mum, Dad or your siblings to do your puzzle!



Make sure you take a photo of your creations and send it to LEXI



COLOUR SCAVENGER HUNT

Can you find something for each colour?
You could look inside or you could look outside.

Navy Blue

Pink

Green

Yellow

Purple

Blue

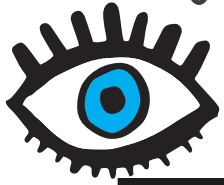
Brown

Black

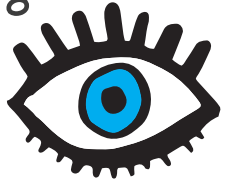
White

Write down or draw what you found for each colour

WHAT CAN YOU SEE?



Draw what you can see out of your window!





GO FOR GOLD

Help us support our Pymble Olympians go for gold at the Tokyo Olympic Games.

Due to COVID19 there will be no spectators at the Olympics this year.

Please make an A4 art work supporting all the Australian athletes!

Or

Complete the attached colouring in

Please send your art work to:

aibbotson@pymblelc.nsw.edu.au

or

oshcadmin@pymblelc.nsw.edu.au

We will then send all artworks to the Australian Olympic teams and our Pymble Athletes!

PYMBLE PROUD

Genevieve Horton
Rowing

Edwina Tops-Alexander
Equestrian

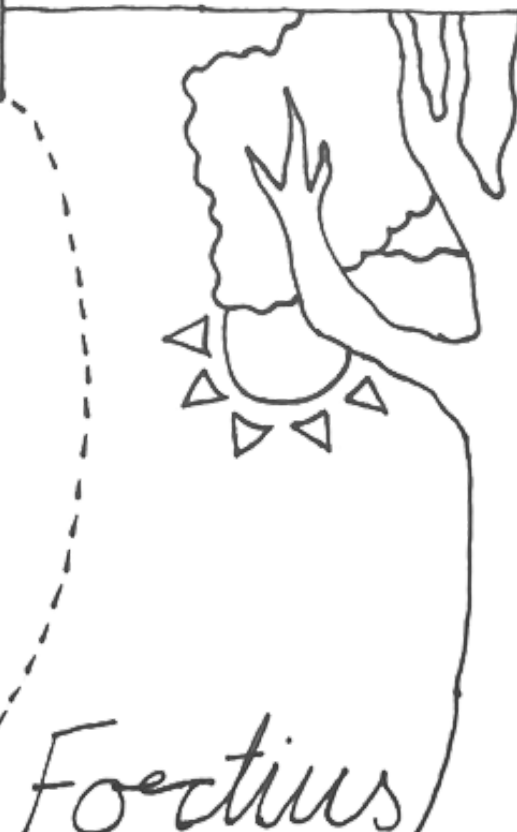
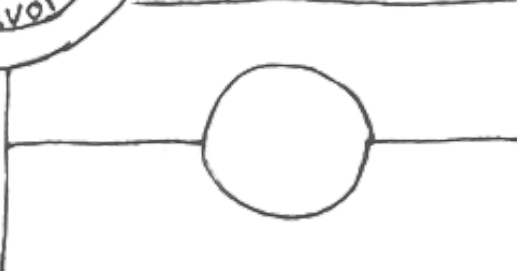
Mackenzie Little
Javelin

Abbey Harkin
Swimming

Olympics



What is your favorite sport?



Citius

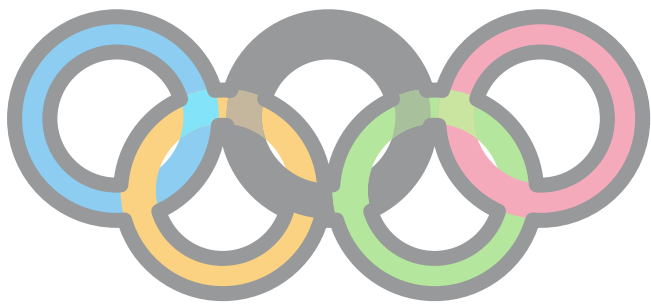
Altius

Foectius

2

1

3



MINI OLYMPICS @ HOME

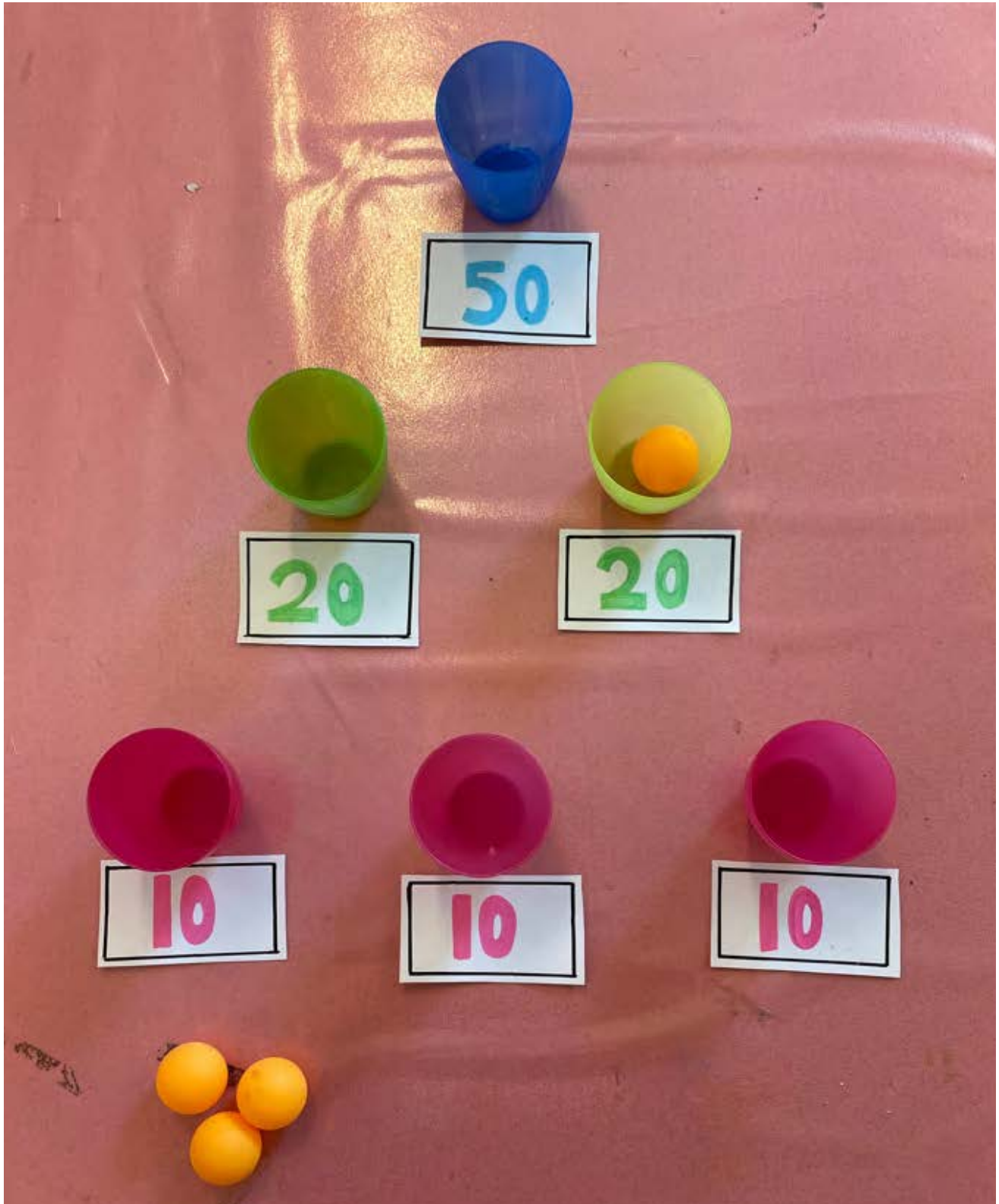
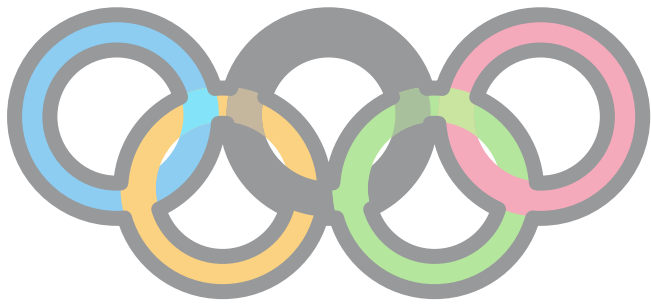
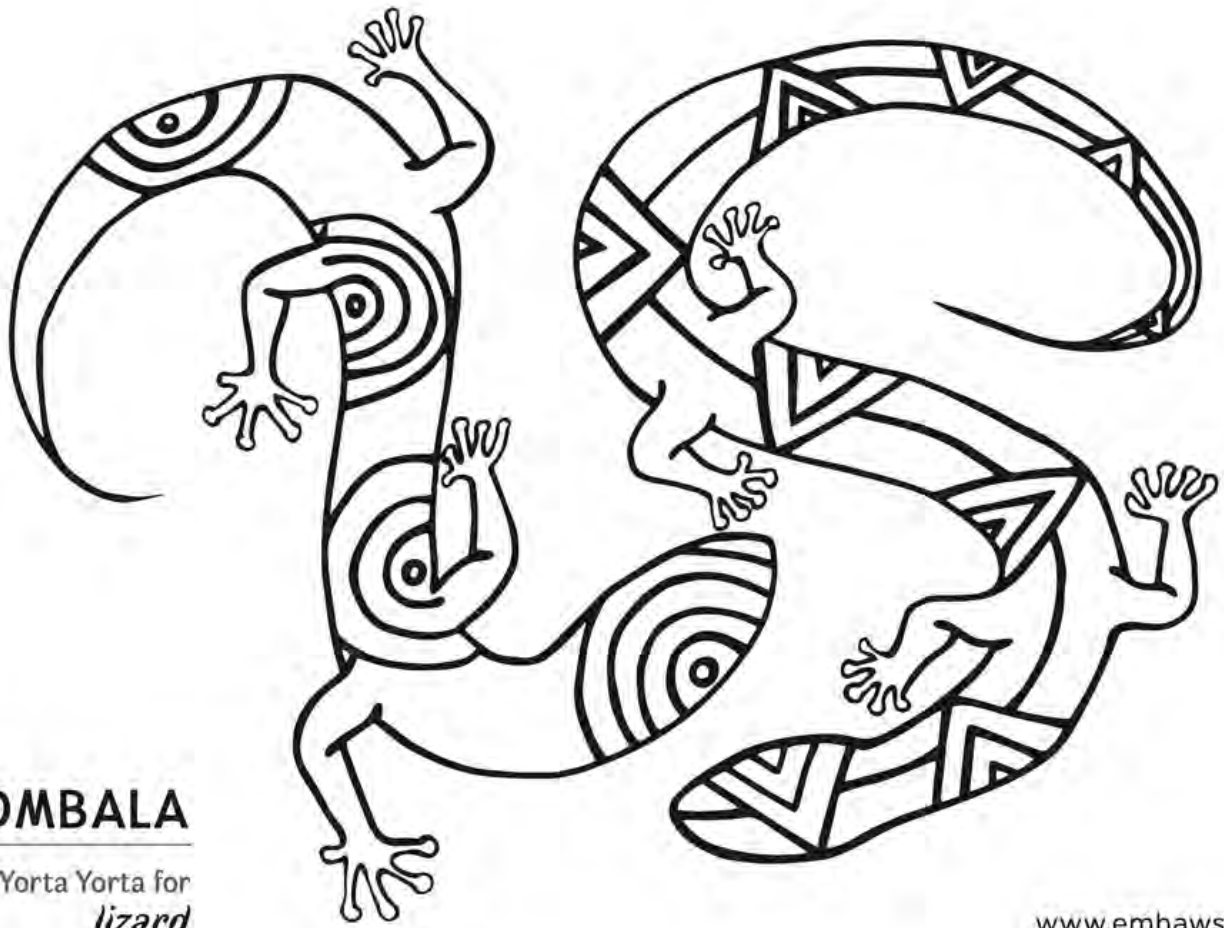


TABLE TOP BASKETBALL



MY OLYMPIC MEDAL DESIGN

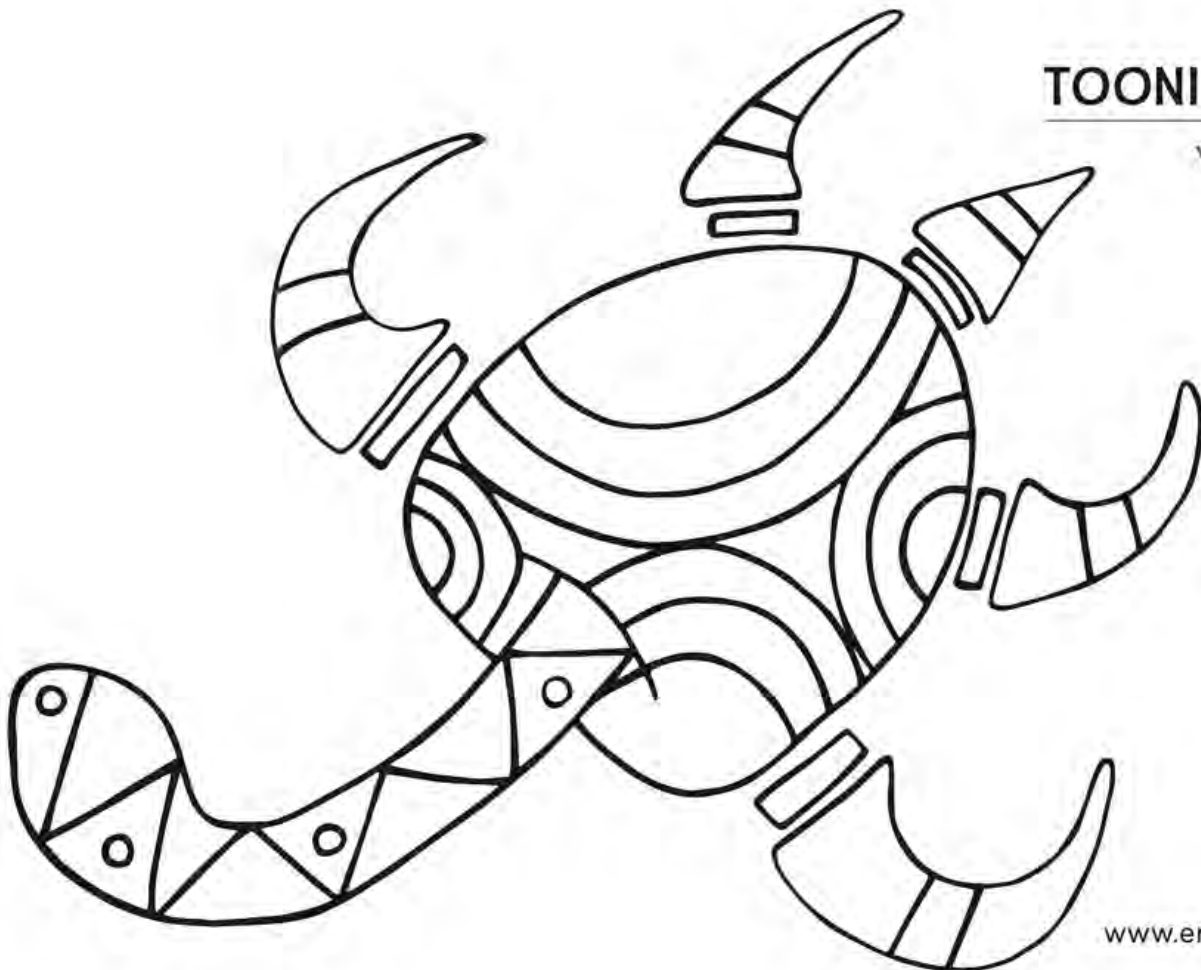




BOMBALA

Yorta Yorta for
lizard

www.emhaws.org.au



TOONI MOOM

Yorta Yorta for
turtle

www.emhaws.org.au





DANCE

like there's nobody watching

LOVE


like you'll never be hurt

SING

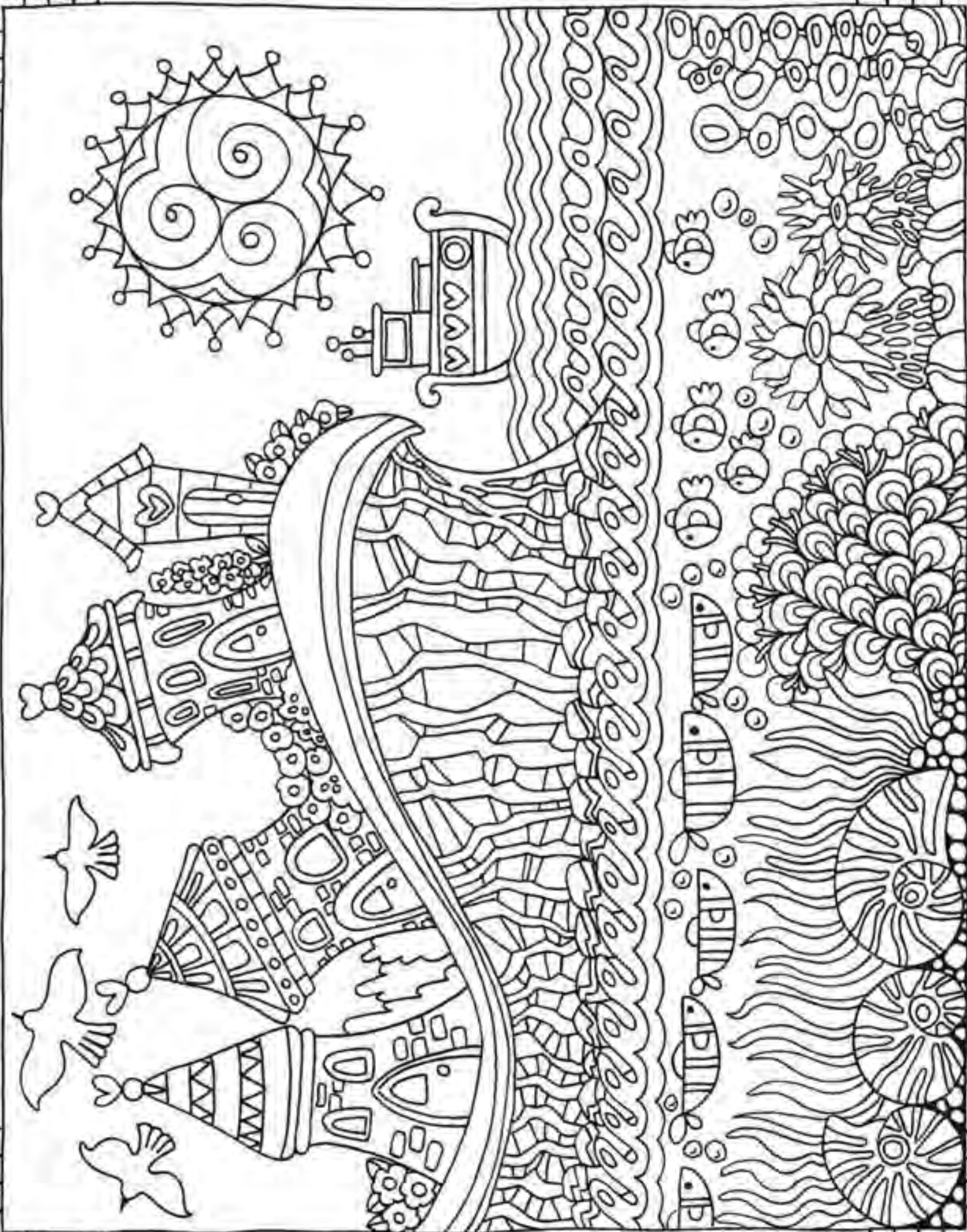
like there's nobody listening

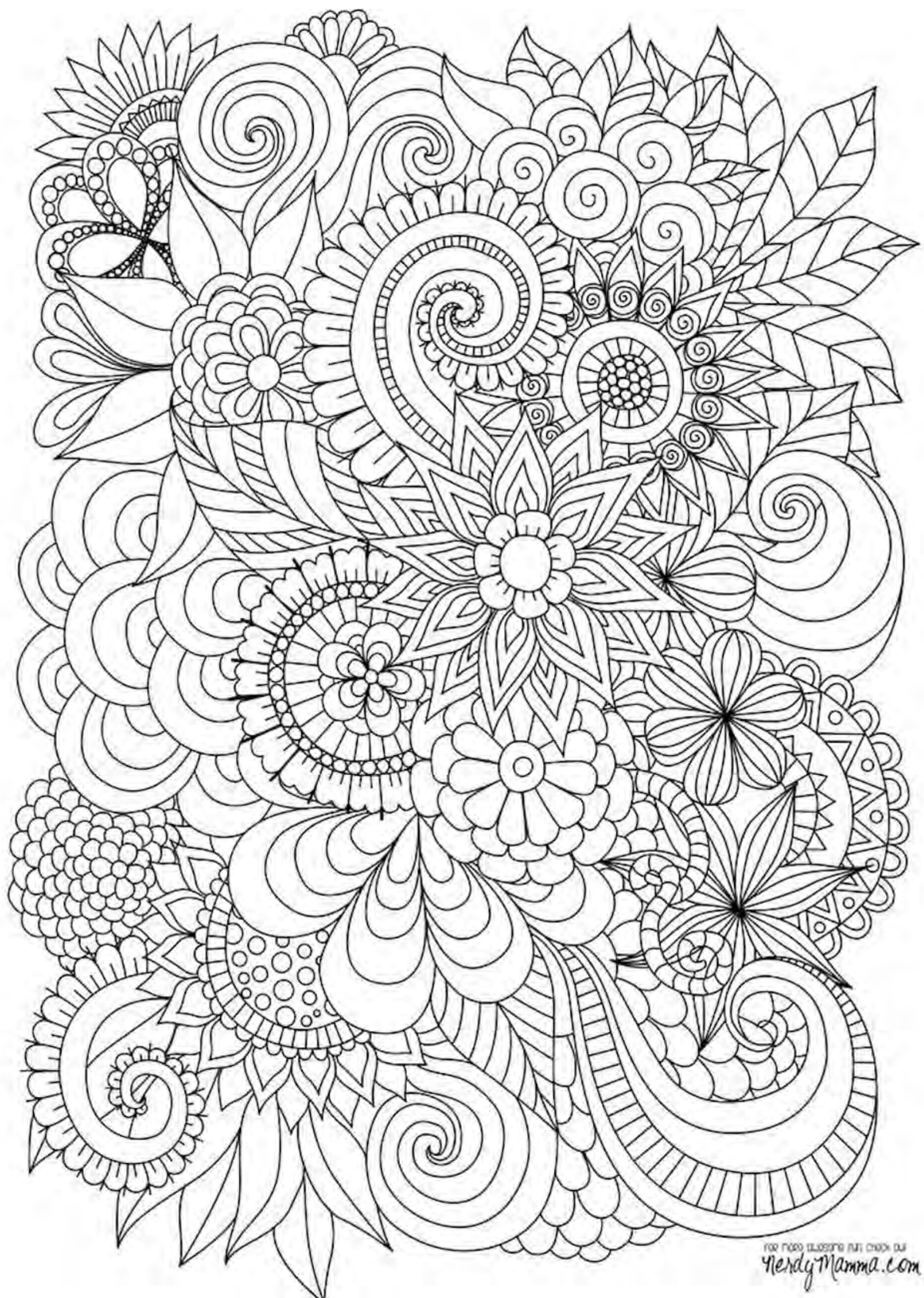
LIVE

like it's heaven on earth.



QUOTE: WILLIAM W. PURKEY
ART: CAKESPY ♡ ♡ ♡ ♡ ♡





FRIED RICE

MAKE ME FOR
DINNER OR
LUNCH



INGREDIENTS:

- 4 cups of rice
- 3 tbsp Canola oil
- 1 Egg beaten
- 4 slices of lean ham, cut into strips
- 2 Capsicums sliced
- 1 Spring onion
- 250g Bean shoots, rinsed and drained well
- 1/2 small Cabbage shredded
- 2 tbsp Salt reduced soy sauce
- 1 pinch Black pepper

METHOD:

1. heat 1 tbsp of oil in a frying pan and add the beaten eggs in a thin layer.
2. Cook until set, then remove from pan and set aside. When cool, cut into strips. If not using egg, set sliced ham aside.
3. Add the remaining oil to the pan and stir-fry the capsicums, spring onions, bean shoots and cabbage until almost tender, about 5 minutes.
4. Gradually stir in the rice and cook until heated through and piping hot, about 10 minutes.
5. Stir in the soy sauce, sesame oil, pepper and egg (or ham) slices, then remove from the heat and serve at once.

THUMBPRINT COOKIES

INGREDIENTS:

- 1 3/4 c. all-purpose flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 3/4 c. (1 1/2 sticks) butter, softened
- 1/2 c. sugar
- 1 large egg
- 1 tsp. pure vanilla extract
- 1/3 c. assorted jams, for filling cookies

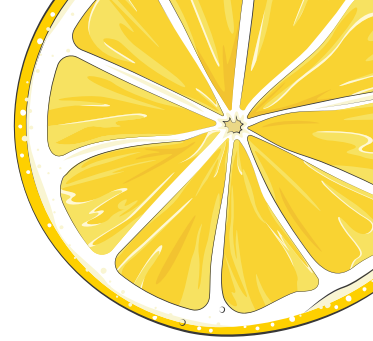
SERVES 35
COOKING TIME
= 30-40



METHOD:

1. Preheat oven to 350° and line two baking sheets with parchment. In a large bowl, whisk together flour, baking powder, and salt.
2. In another bowl, beat butter and sugar until pale and fluffy, about 3 minutes. Beat in egg and vanilla, then add dry ingredients in two batches until incorporated.
3. Using a small cookie scoop. Scoop small balls onto prepared baking sheets. Press a thumbprint into centre of each ball, 1/2 way down. Fill with a small spoonful of jam.
4. Bake until edges of cookies are golden, 13 to 14 minutes. Cool on baking sheets before serving.

LEMON BUTTER COOKIES



INGREDIENTS:

- 2 unsalted butter {softened}
- 1 cup confectioners' sugar
- 1 tablespoon lemon Zest {finely grated}
- 1 ½ tablespoons lemon juice {freshly squeezed}
- 2 cups all-purpose flour
- ¾ teaspoon salt

ICING

- ½ cup confectioners' sugar {plus 2 tablespoons}
- 1 tablespoon lemon juice {freshly squeezed}
- 1 tablespoon unsalted butter {softened}
- Finely grated lemon Zest {for garnish}

DIRECTIONS MAKE THE COOKIES

Step 1

Preheat the oven to 350° and position racks in the upper and lower thirds. In a large bowl, using a handheld electric mixer, beat the butter with the confectioners' sugar until very smooth, about 2 minutes. Beat in the lemon Zest and juice, then beat in the flour and salt until just incorporated; scrape down the side of the bowl as necessary.

Step 2

Roll half of the dough into 1-inch balls. Arrange the balls 1 inch apart on 2 baking sheets {we love these ones from Nordic Ware} and, using your fingers, gently flatten each cookie. Bake for 12 to 14 minutes, until the cookies are lightly browned on the bottom and just firm; shift the baking sheets from top to bottom and front to back halfway through baking. Let the cookies cool on the baking sheets for 2 minutes, then ~~move~~ transfer them to a rack to cool completely. Let the baking sheets cool slightly, then repeat with the remaining dough

MAKE THE ICING

Step 3

In a bowl, whisk the confectioners' sugar with the lemon juice and butter until smooth.

Step 4

Spread the lemon glaze on the cooled cookies and garnish with finely grated lemon Zest. Let stand until the glaze is set, about 15 minutes.

BABY FRITTATAS

INGREDIENTS

- 3 large eggs
- 2 tablespoons milk
- 2 tablespoons parmesan cheese, grated
- 1/4 cup asparagus, diced
- 3 sun dried tomatoes, packed in oil and diced
- 1/4 teaspoon salt

PREPARATION

1. Preheat the oven 375 degrees.
2. Spray or grease mini muffin tins with oil or butter.
3. Whisk the eggs and milk together. Add the cheese, tomatoes and vegetables.
4. Add a heaping tablespoon of egg/vegetable mixture to each muffin cup.
5. Bake for 12-14 minutes.
6. Cool and serve.

DID YOU KNOW

You can add all sorts of yummy veggies to your baby frittatas! when we have them at OSHC we have we also have them with just ham and cheese or with spinach and capsicum.

What would you like to add to your Baby Frittatas?

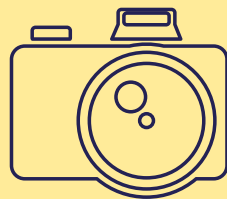


FEEDBACK

We are missing you all, A LOT!

Please send us any feedback you have about our play at home program. We are making it for you and so would love to know what you would like to do more of.

Or something that you love to do at home that we can share with every one!



Please take a photo of ALL your creations and send it to LEXI

aibbotson@pymblelc.nsw.edu.au

or

oshcadmin@pymblelc.nsw.edu.au

SEE YOU SOON!

PLAY

AT

HOME

PROGRAM

TERM 3

WEEK 3

Welcome to week 3

Afternoon Plan

3:00 – 3:45

Afternoon tea & Outside time

3:45 – 4:45

Activities or Cooking

4:45 – 5:00

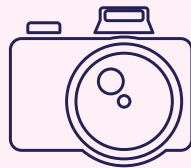
Tidy up time

5:00 – 5:30

Active play or Walk outside

5:30 – 6:00

Quiet time



Please take a photo of all your creations and send it to LEXI

aibbotson@pymblelc.nsw.edu.au

or

oshcadmin@pymblelc.nsw.edu.au

We miss you all and would love to see what you are getting up to while you are at home!

From Last Week



Jayna



Sarah J Year 5



Mikayla Year 3



Emily Year 6

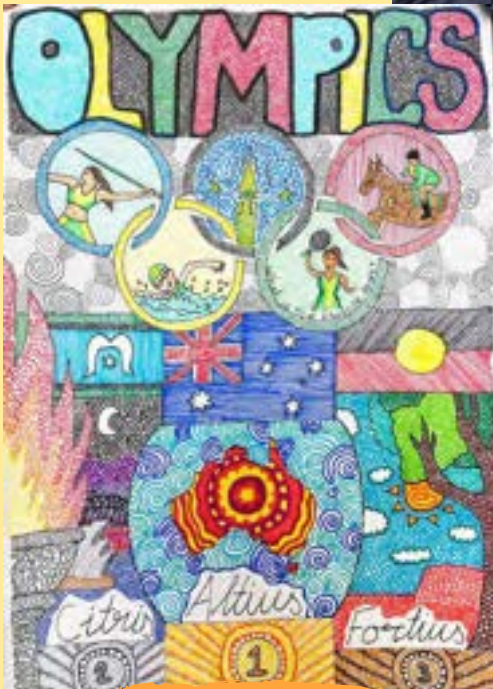
Nadya Year 2



Abigail Year 4



Annika V Year 4



Lexi

Isabella Year 2



Sophie K Year 5

Thank you for sharing!



FREE CRAFT

At OSHC one of the children's favourite things to play with is free craft. Free craft is made up of open-ended materials which encourage children to create, invent, design, manipulate and play. They can be as simple as a stick, leaves, some rocks or sea shells collected from the beach. They can be beads or matchsticks; anything which leaves room for the child to get creative.

Examples of free craft items:

- toothpicks
- craft
- matchsticks
- old buttons
- beads
- pipe-cleaners
- craft wire
- popsicle sticks
- sequins

Natural materials:

- sticks
- rocks
- shells
- leaves
- marbles
- seaglass



NATURE PERFUME

1. Make a special stirring stick by winding different coloured string around a short stick.
2. Have a look around your garden, or go for a walk outside to collect items that could be used to make a potion or perfume.
3. To make the perfume, pour a small amount of water into a clear plastic cup. Add things such as fallen leaves and petals, natural herbs, wild fruits or anything else you have collected.
4. To make the potion, add weird and wonderful natural things into a clear plastic cup. Some things you could add are: a pinch of fairy dust, and a drop of dew from a leafy tree.
5. Use your stirring stick to stir your perfume and decide which concoction smells the best. Or, you can use the stirring stick to mix the magic potion and cast a spell on your friends!
6. If you would like to, write about your perfume or potion and any special qualities it has on a label that you can attach to the cup with ribbon or string.



NATURE CRAFT



YOU WILL NEED:

flowers or petals

leaves

seed pods

little stones

gum-nuts

IF YOU WANT TO KEEP YOUR CRAFT:

cardboard or paper

glue

HOW TO:

You will need to go outside, maybe on a walk, and look for the items you will need to make your craft.

When you get home you can choose if you would like to make your items on the floor/ table, or if you want to keep them you will need to make them on paper and use glue to stick them down.

BIRD:

if you are going to make a bird you will need to select the leaves that look most like feathers and start to arrange them in the shape of a bird. If you need help you can use the bird template.

PATTERNS OR MANDALAS:

you can make your mandala on some paper or simply on the ground. if it has been raining you could also make it on top of a big puddle!

Remember a mandala should be symmetrical.





photos from OSHC term 2 & 3 2020



NATURE WEAVING



You will need to go for a walk and collect four sticks. It works best if the sticks are the same size.



Make a square with your sticks



Then you will need to cut four bits of wool. Approx. 50-60 cm long



Using your wool, tie up all four of the corners. Make sure that you tie them up nice and tight.

NATURE WEAVING



You will now need to work out how wool you will need to wrap the inside of your square. when you have enough wool cut it off the larger ball of wool.



Start by knotting one end of the wool to the sticks. then weave over the top stick, back down to the bottom stick, when you reach the end make suer you knot it off, very tightly.



Time to collect some leafs, flowers and pods!



When you have collected your items, you can thread them on to your empty weave.



DIY Parachute

You'll Need:

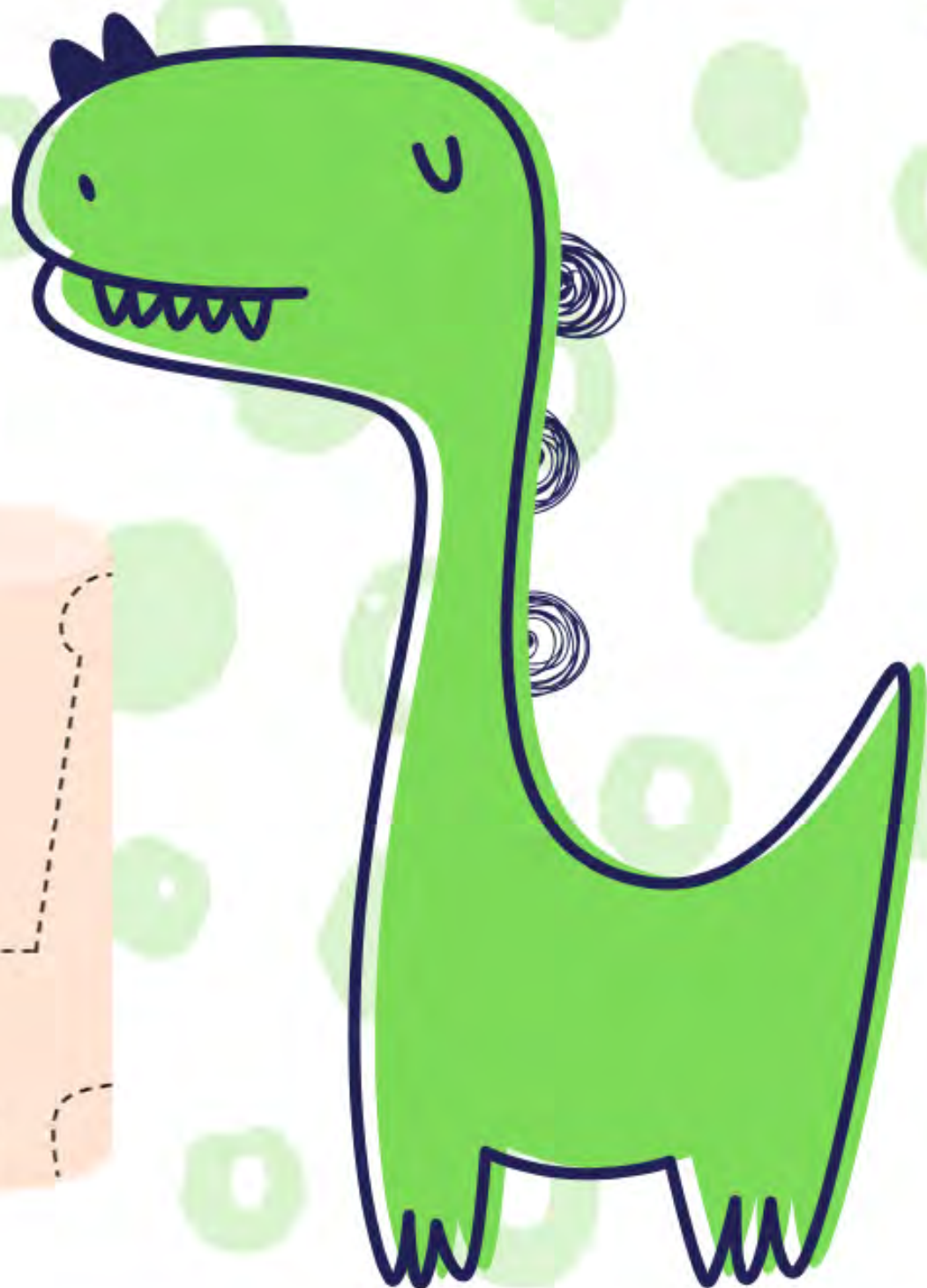
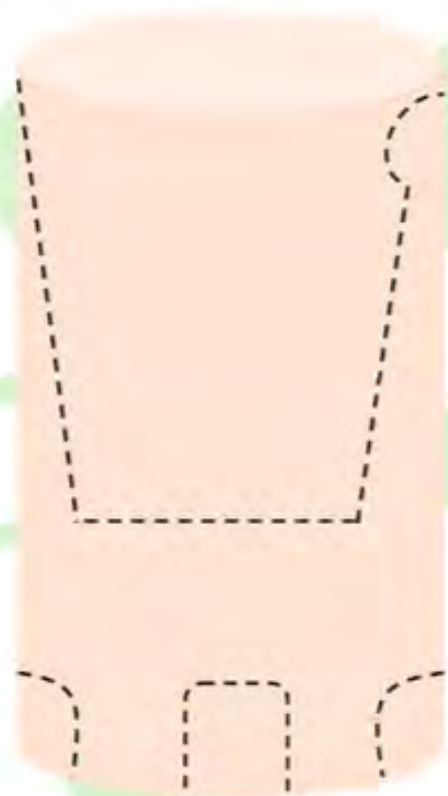
- Lightweight plastic bag
- Scissors
- Hole puncher
- 8 pieces of yarn or twine, cut to the same length
- Clear tape
- Small toy



Making the parachute:

1. Cut the grocery bag down to a large flat square.
2. Trim off the corners of the square so you now have an octagon (8-sided shape).
3. Use the hole-punch to punch small holes near each angle.
4. Put clear tape over the holes as reinforcement, and then punch holes again.
5. Tie one end of each piece of yarn to each hole.
6. Pull the other ends of the 8 pieces of yarn together and tie them in a knot.
7. Push your small toy through the knot. Now you have a parachutist!
8. Hold the parachute out in front of you, above your head with both hands and release it.

Toilet Paper Roll Dinosaur





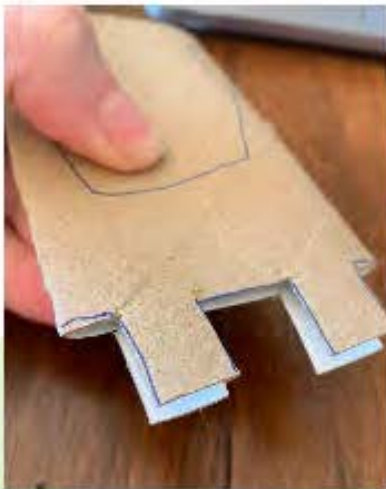
You will need:
toilet paper roll, scissors
and a pen
Optional: Paint



1. Squash down your Toilet paper roll so that it stays nice and flat.



2. draw on the shape of the dinosaur! for a larger example of the shape to draw see the first Dinosaur page.



3. Cut out your dinosaur. Be very careful to make sure that you hold the roll together as you cut.



4. When you have finished cutting out the Dino it will look like this.



5. Squeeze your Dino back into a round shape again, so that he can stand on his feet.



6. Then fold down your head. Making sure you fold it quite firmly so that it will stay down.



7. Finished!
You can now decorate using textas or craons or paint!



CAN BE USED AS A EGG HOLDER :)

Toilet Paper Roll Dinosaur



You will need:

- Toilet paper roll
- Glue
- Scissors
- Coloured paper
- Pencil



Toilet Paper Roll Dinosaur



Start by drawing the outline on the roll.



Cut out your shape



Use your new Dino shape to draw some spikes for its back.



Cut out the spikes



Stick on the spikes



Make some spots for your Dino



Stick on your spots



Time to make some sharp teeth for your Dino



Stick in the teeth!

EGG CARTON BIG FLOWERS

Cut out your egg carton flower shape and remember to cut out the pointy bit from the middle so that you can stick on your pompom.

Use your favourite colours to paint or colour in your flowers!



EGG CARTON IDEAS



PAPER PLANE

THE DART



1. Fold the paper in half vertically.



4. Fold the plane in half toward you.



2. Unfold the paper and fold each of the top corners into the centre line.



5. Fold the wings down, matching the top edges up with the bottom edge of the body.



3. Fold the top edges into the centre line.



6. The finished plane should look like this.

PAPER PLANE

THE BUMBLE



1. Fold the paper in half vertically.



2. Unfold the paper and fold each of the top corners into the centre line.



3. Fold the peak toward you and little from the bottom of the paper.



4. Fold both top corners into the centre line.



5. Fold the remaining tip over the two flaps at the centre line to lock them in place.



6. Fold the plane in half away from you.



7. Fold the wings down 3cm from the bottom of the plane.



8. Fold up the sides of each wing.

9. Cut two small slits at the back of each wing. Fold up the tabs.

Optional: Add double stick tape to the inside of the body.

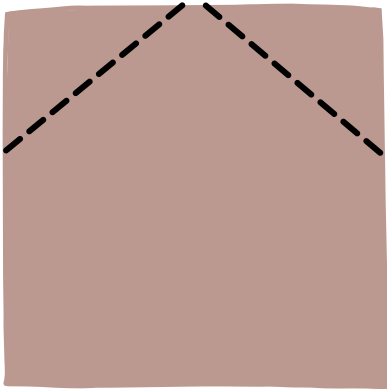


Make sure you take a photo of your creations and send it to LEXI



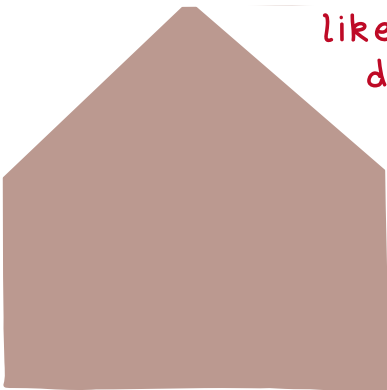
CHRISTMAS IN JULY

BROWN PAPER BAG CHRISTMAS HOUSE



1. Get your brown paper bag and fold down the top corners.

2. Now your bag looks like this, you can decorate it.



Please take a photo of all your creations and send it to LEXI

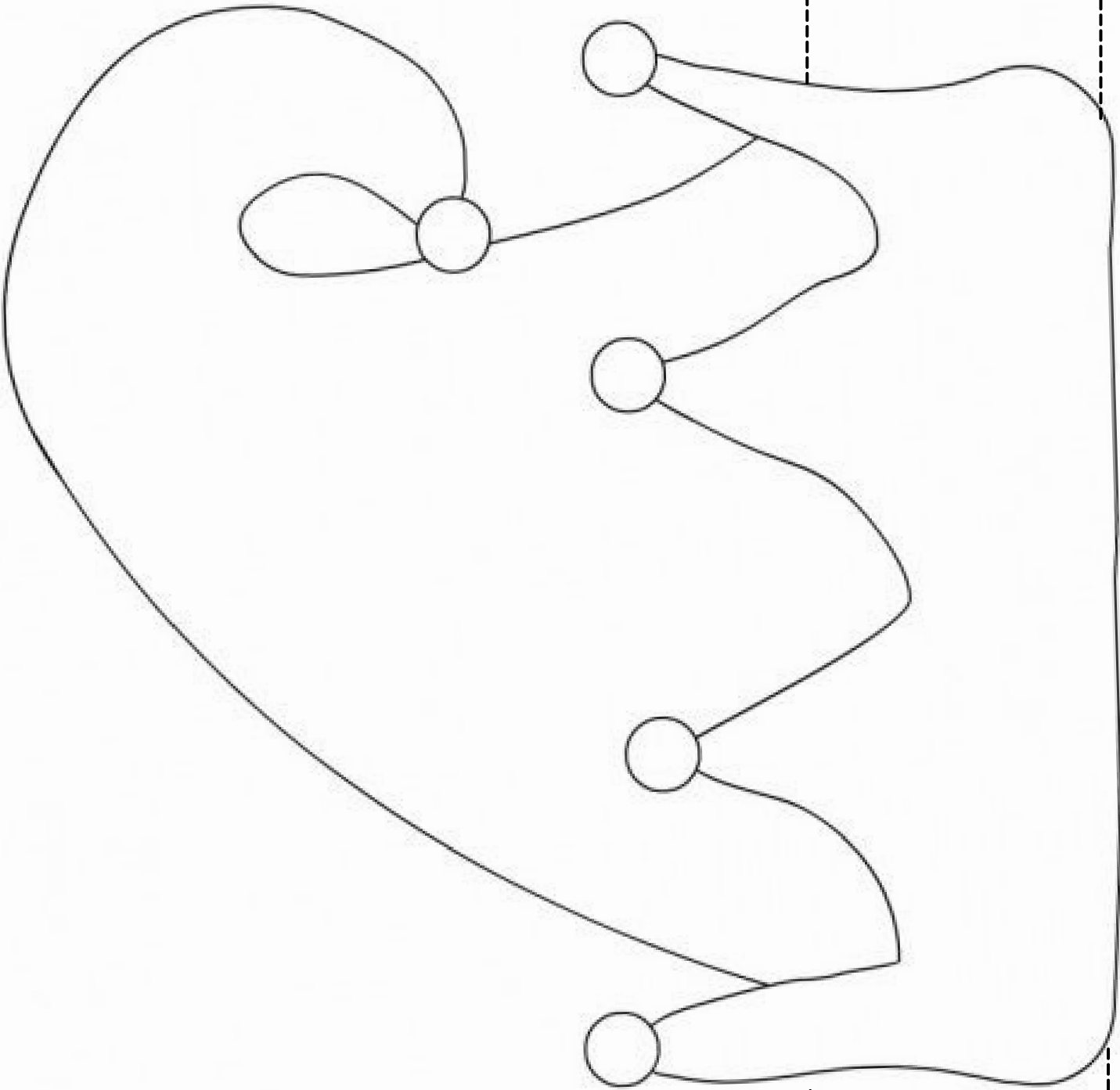


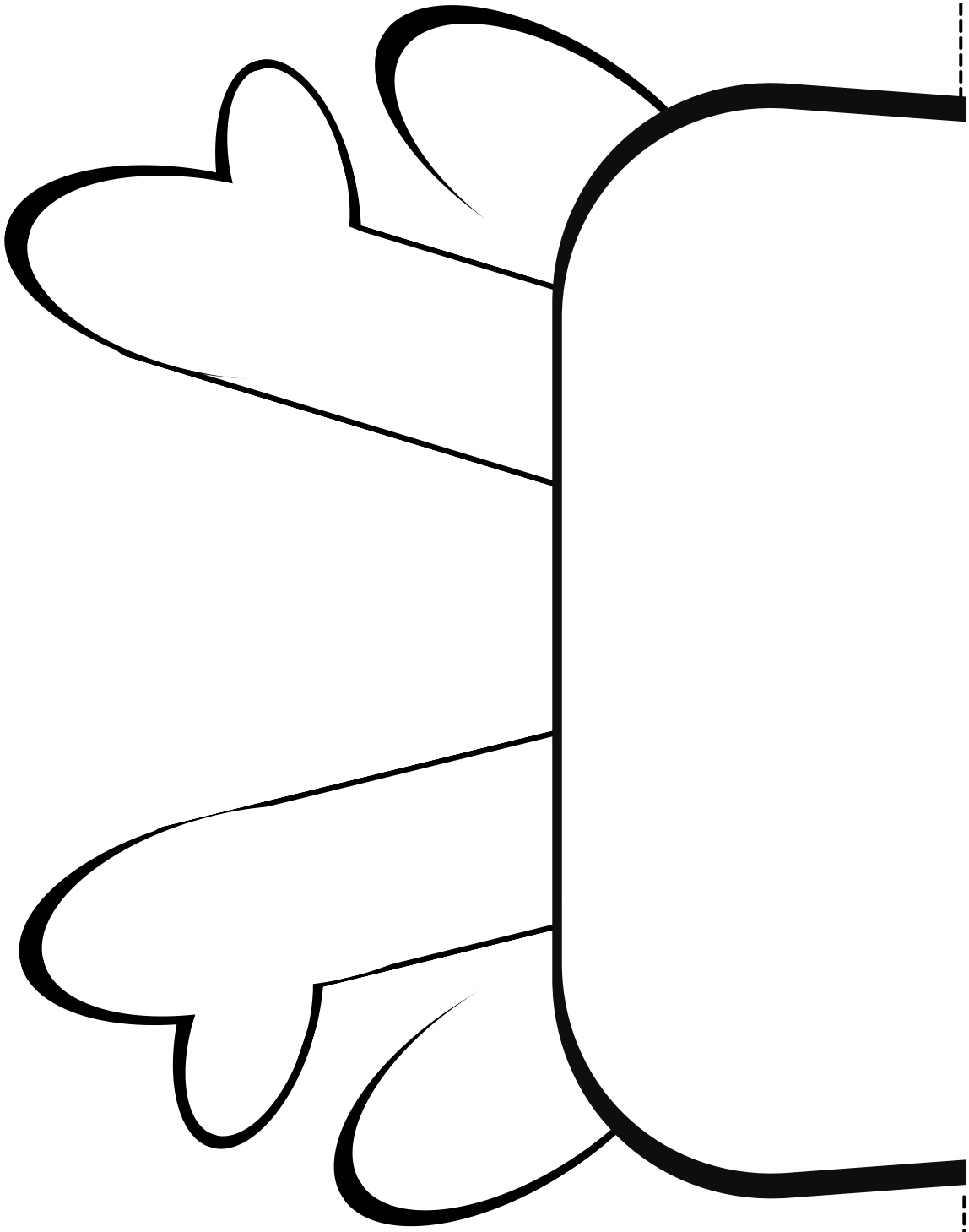


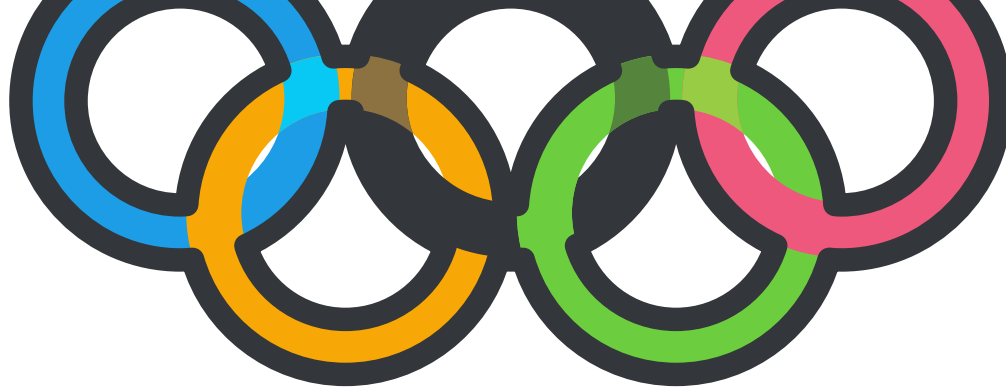
CHRISTMAS IN JULY

CHRISTMAS HEADBANDS









GO FOR GOLD

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Due to COVID19 there will be no spectators at the Olympics this year.

Please make an A4 art work supporting all the Australian athletes!

Or

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or

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PYMBLE PROUD

Genevieve Horton
Rowing

Edwina Tops-Alexander
Equestrian

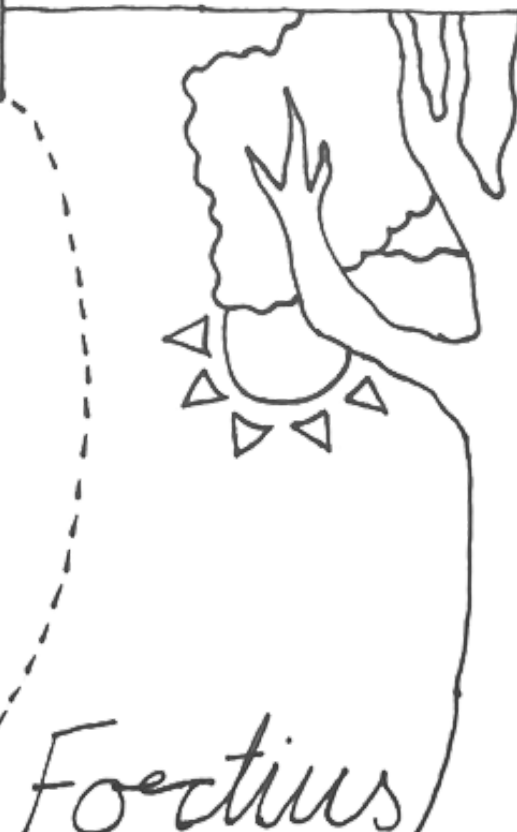
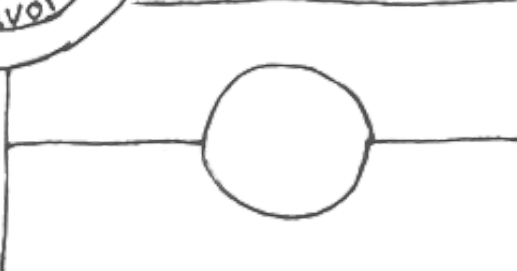
Mackenzie Little
Javelin

Abbey Harkin
Swimming

Olympics



What is your favorite sport?



Citius

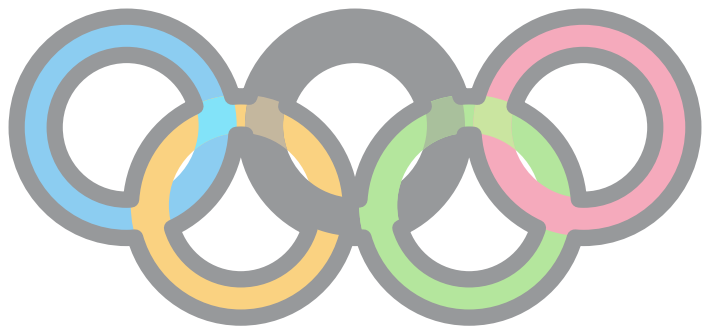
Altius

Foectius

2

1

3



PYMBLE PROUD



Pymble Alumni Edwina Tops-Alexander Showjumper {1991} who has been selected on the Australian Olympic Equestrian Team for the Tokyo Olympics. This amazing achievement will be Edwina's 4th Olympics. Edwina will head to Tokyo with the 13-year-old bay mare Identity Vitseroel, with whom she has been partnered with since 2019.

Competes:

Show jumping Individual and Teams:

Monday 2nd August - Saturday 7th August 2021



Pymble Alumni Genevieve Horton {2012} has been selected to join Rowing Australia team heading to Tokyo for the Olympics! Genevieve will be competing in the Women's Eight and this is her second Olympics representing Australia!

Competes: Women's Eight

Heats - Sunday July 25th 10am - 12.40pm

Repechages - Wednesday July 28th 9.30am - 12.40pm

Final - Friday 30th July 9.45am - 11.45am

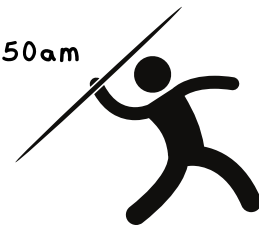


Pymble Alumni Mackenzie Little {2014} will represent Australia at the Tokyo Olympics! Mackenzie will be competing in the Women's Javelin! In 2019 Mackenzie achieved her personal best throwing 61.42m and cementing her position as the sixth-best in Australian history.

Competes:

Women's Javelin Qualifying - Tuesday 3rd August 10.20/11.50am

Women's Javelin Final - Friday 6th August 9.50am



Pymble Alumni Abbey Harkin {2015} has been selected as one of the 35 swimmers representing Australia at the Tokyo Olympics. At the 2021 Australia Swimming Championships Abbey dominated the breaststroke events medalling in all three distances. Claiming gold in the 200m breaststroke, with a time of 2:25.26, silver in the 100m and bronze in the 50m.

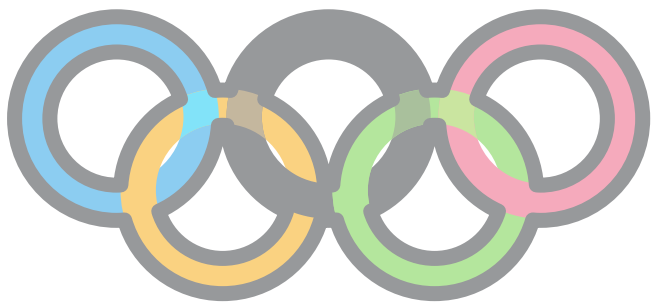
Competes:

Heats - 19.52pm Wednesday 28th July 200m Breaststroke

Semi Finals - 11.54am Thursday 29th July 200m Breaststroke

Finals - 10.41am Friday 30th July 200m Breaststroke

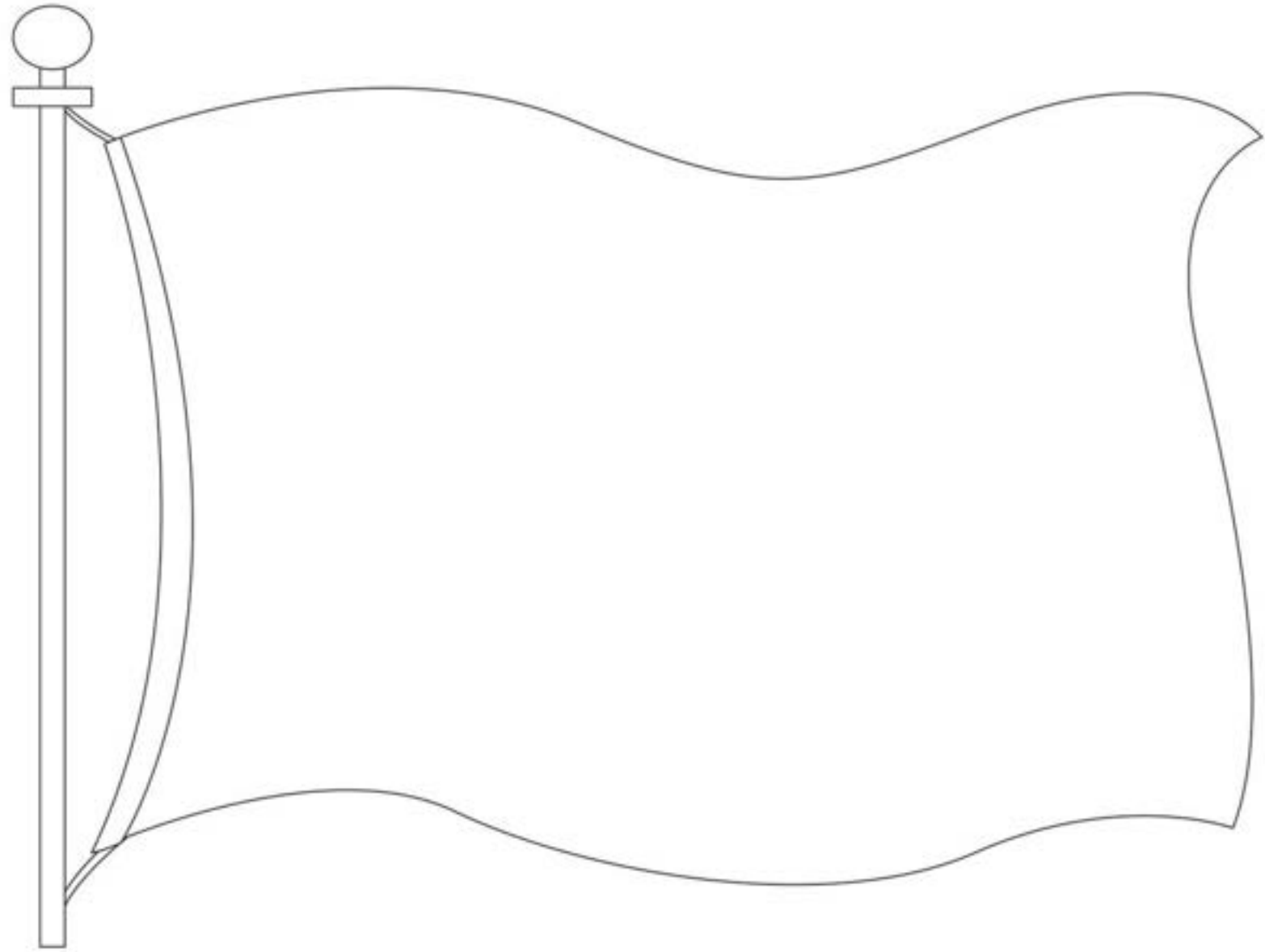


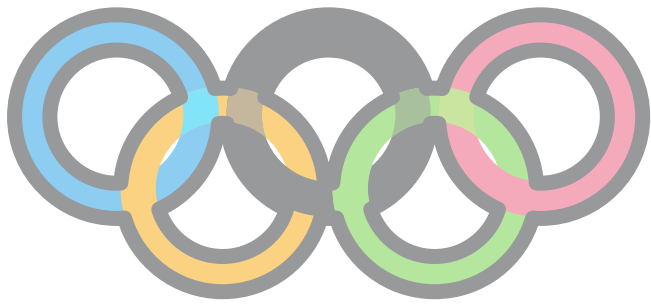


MAKE YOUR OWN FLAG

When an athlete at the olympic games wins a medal, you will see the flag of their country displayed during the medal ceremony.

Can you design your own flag?





UNJUMBLE

tAhtelcis

liyCcng

okeHcy

ghfttlnगीiiieW

oxBgni

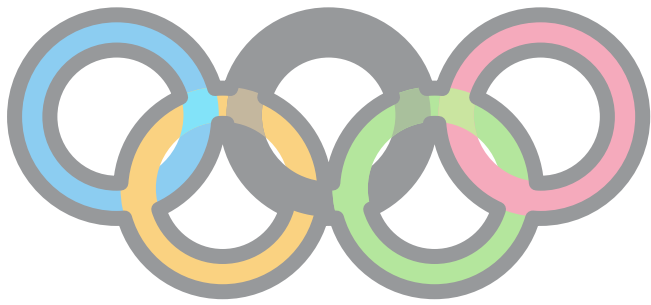
Gtsicsynma

gwoinR

wiignmmS

Tisenn

qstueErnai



TRIVIA

Where did the Olympic games happen in ancient times?

In which year was the first Winter Olympics held?

What do the five rings on the Olympics flag refer to?

Which country has won the most Olympic medals?

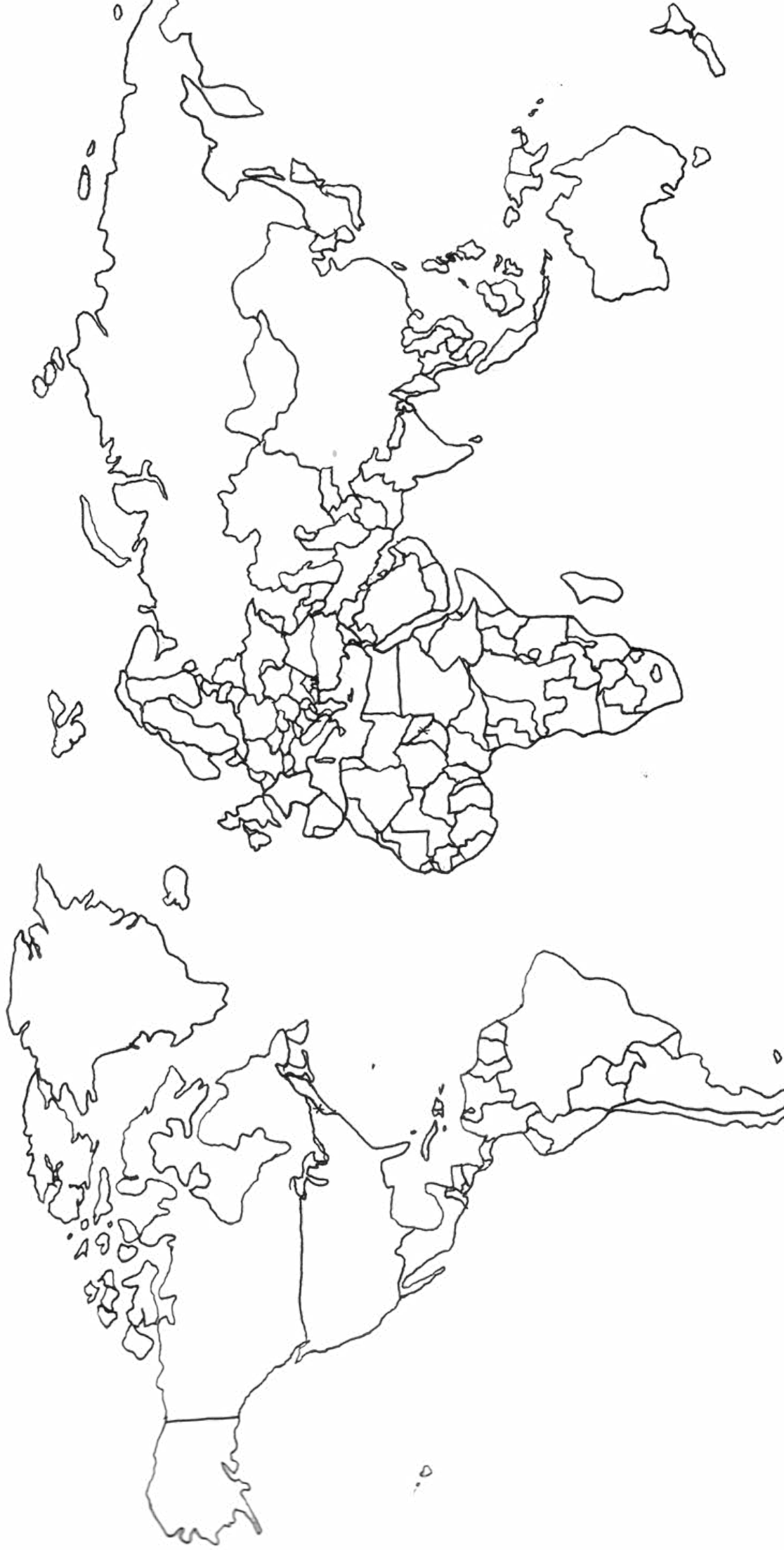
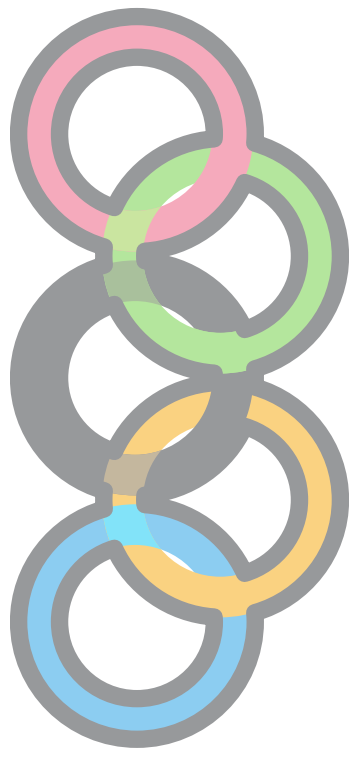
How often do the Olympics happen?

Who has the record for the most Australian Olympic medals
in total?

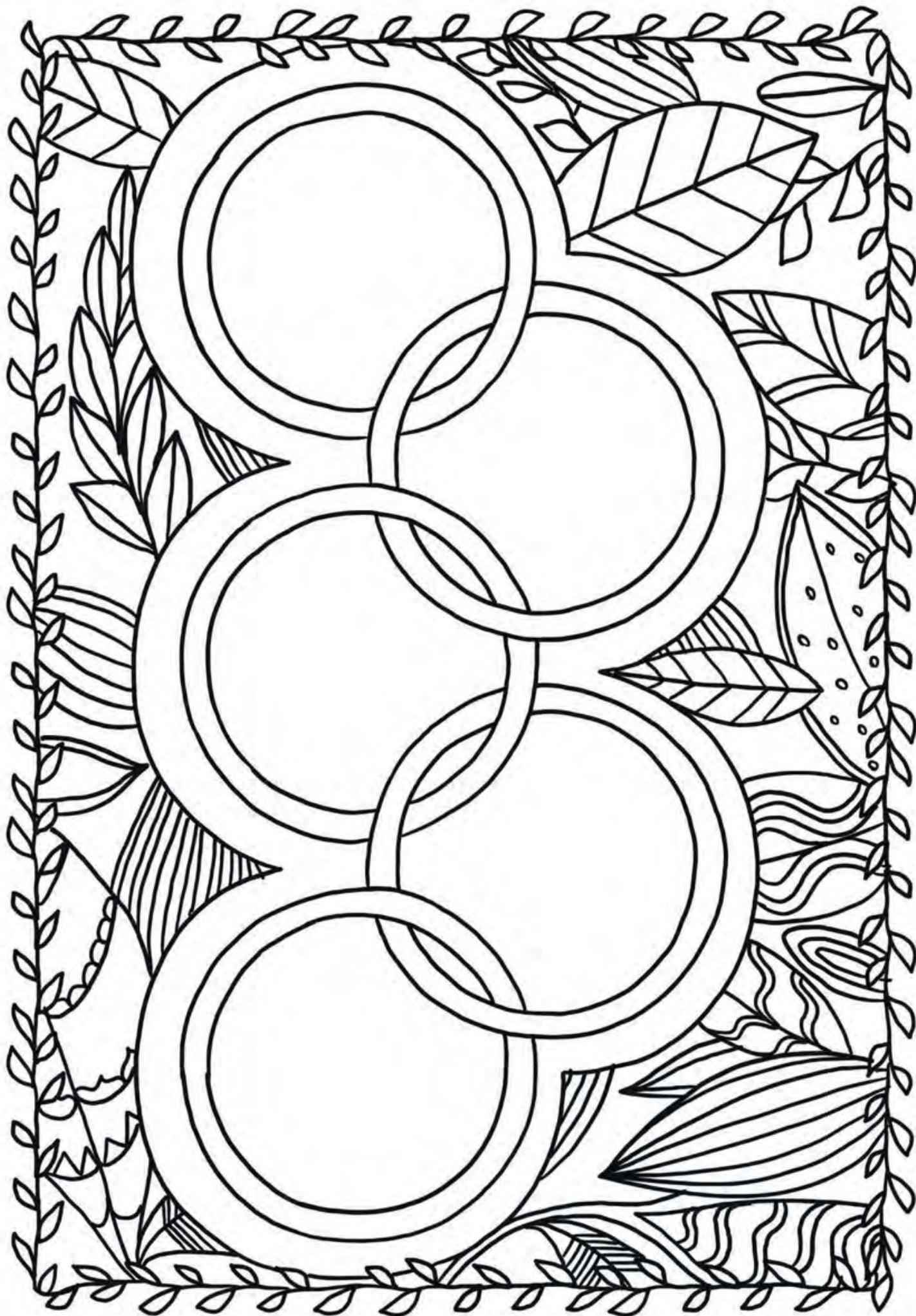
Who is the only Australian person to light the Olympic
Flame and win a gold medal at the same Games?

What are the names of Australian swimming's first siblings
to qualify for the same event, the 50m freestyle at the
London Olympics in 2012?

HOW MANY COUNTRIES
CAN YOU NAME?







Lemon Pasta



INGREDIENTS

- spaghetti
- 3 tablespoons olive oil
- 2 garlic cloves minced
- 2 tablespoons fresh parsley plus more for serving
- Juice and Zest of one lemon
- ¼ cup grated parmesan cheese optional
- Freshly cracked black pepper for serving

INSTRUCTIONS

1. Cook the spaghetti in a pot of salted water according to package instructions until al dente. Drain, reserving ½ cup of the cooking pasta liquid.
2. In a large skillet over medium heat, heat the olive oil. Add the garlic, parsley, lemon zest and lemon juice. Add the cooking pasta liquid and parmesan cheese and stir to combine. Bring the sauce to a simmer.
3. Transfer the cooked spaghetti to the skillet with the pasta sauce and toss until well coated. Serve with extra parsley and parmesan cheese, if desired.

NOTES

You can add some fresh rocket to your pasta dish as you are serving i also added some extra cheese! if you want to make it extra creamy you can add milk instead of water.

Christmas
in July



Reindeer

Poop

INGREDIENTS

4 cups Kellogg's[®] Rice Bubbles[®]

1 cup icing sugar

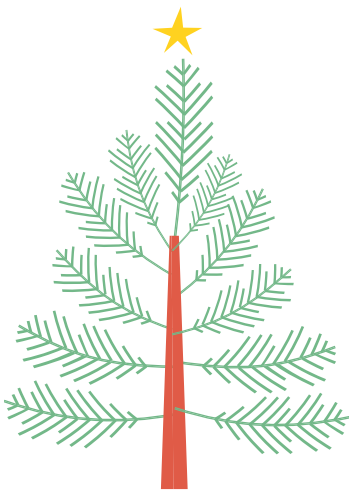
1 cup desiccated coconut

250g capha[®]*, chopped

3 Tbsp cocoa

DIRECTIONS

1. In a large bowl, mix the Kellogg's[®] Rice Bubbles[®], icing sugar, cocoa & coconut.
2. Slowly melt the capha[®] in a saucepan over a low heat. Allow to cool slightly. Add to Rice Bubbles mixture, stirring until well combined.
3. Spoon mixture into paper patty cases and refrigerate until firm.



Christmas in July

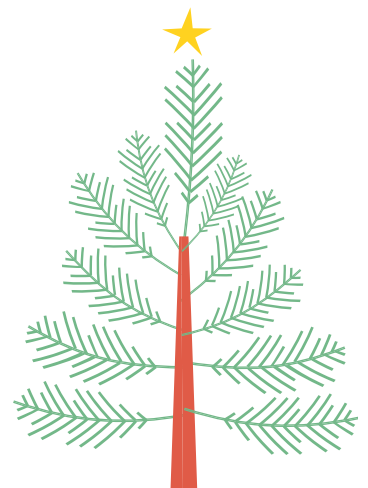
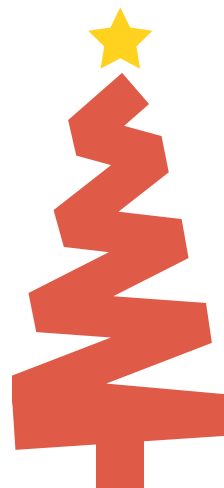
Yoghurt Bark

Ingredients

- 1kg Greek yoghurt
- 1/2 cup honey, melted
- 1/2 cup + 2 tbs desiccated coconut
- 1/3 cup dried cranberries
- 1 cup pistachios, chopped
- 1 punnet raspberries, chopped

Method

1. Line a large, flat baking tray with baking paper and spray with olive oil.
2. Combine yoghurt, honey and 1/2 cup coconut, then pour onto the tray spread into an even layer.
3. Scatter cranberries, pistachios and raspberries evenly over the yoghurt, and top with 2 tbs coconut.
4. Freeze until hard then cut or break and serve immediately.

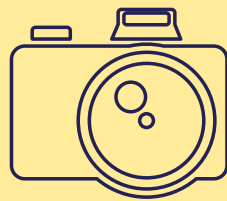


FEEDBACK

We are missing you all, A LOT!

Please send us any feedback you have about our play at home program. We are making it for you and so would love to know what you would like to do more of.

Or something that you love to do at home that we can share with every one!



Please take a photo of ALL your creations and send it to LEXI

aibbotson@pymblelc.nsw.edu.au

or

oshcadmin@pymblelc.nsw.edu.au

SEE YOU SOON!

PLAY

AT

HOME

PROGRAM

TERM 3

WEEK 4

Welcome to week 4

Afternoon Plan

3:00 – 3:45

Afternoon tea & Outside time

3:45 – 4:45

Activities or Cooking

4:45 – 5:00

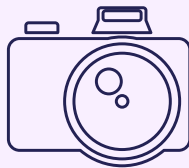
Tidy up time

5:00 – 5:30

Active play or Walk outside

5:30 – 6:00

Quiet time



Please take a photo of all your creations and send it to LEXI

aibbotson@pymblelc.nsw.edu.au

or

oshcadmin@pymblelc.nsw.edu.au

We miss you all and would love to see what you are getting up to while you are at home!

From Last Week

Carol B



Saoirse Kindy

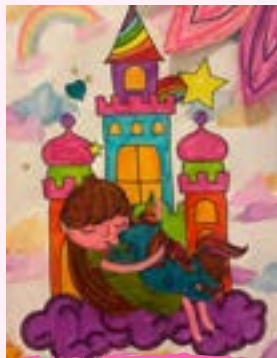


Diya Year 3

Thank you
for sharing!



Elise Year 2



Jayna



FREE CRAFT

At OSHC one of the children's favourite things to play with is free craft. Free craft is made up of open-ended materials which encourage children to create, invent, design, manipulate and play. They can be as simple as a stick, leaves, some rocks or sea shells collected from the beach. They can be beads or matchsticks; anything which leaves room for the child to get creative.

Examples of free craft items:

- toothpicks
- craft
- matchsticks
- old buttons
- beads
- pipe-cleaners
- craft wire
- popsicle sticks
- sequins

Natural materials:

- sticks
- rocks
- shells
- leaves
- marbles
- seaglass

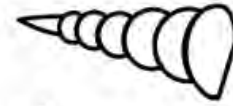
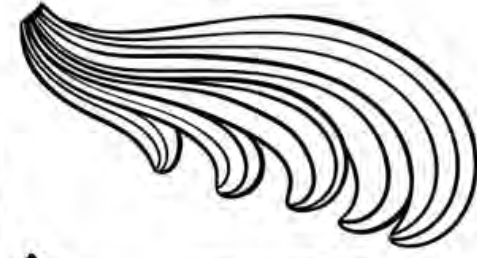


Get creative with the templates from Mini Mad Things on the next two pages of mythical creature body parts and crazy monster parts and make your own collage. Add in your own drawings, photos or images from magazines/ the news paper to complete your collage.

CUT & CREATE

COLLAGE MYTHICAL CREATURES

Trim out these mythical creature parts and have fun creating your own imaginary mythical creatures. Add magazine pictures or your own drawings into your collage to complete your creatures!

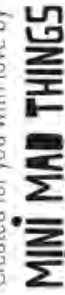


Created for you with love by



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CREATIVE NATURE CRAFT

This activity is designed to help connect children to the wonders of the natural world through sensory experiences and play-based learning!



YOU WILL NEED:

A garden or other natural space to go for a walk – ask an adult first! –, where you can collect natural material.

There is no limit to how natural materials can be used, so collect lots of things!

As you collect items please be respectful to the plants and little bugs and animals and do not rip or take things off trees or plants! only collect items that are on the floor.

Now it is time to decorate your collected items! You can use paint (this works best) or chalk or give them a try.

You can also use the collected items to make a pattern or picture.

Have Fun!



TOILET PAPER ROLL SUCCULENTS

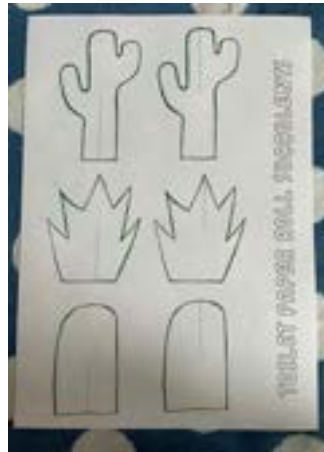
Make your own little paper garden!
You will need paper, scissors, Texas and
a toilet paper roll.



TOILET PAPER ROLL SUCCULENTS



start by cutting your toilet paper roll into three sections.



Print out your succulent template.



Cut out the succulents, remember to cut along the dotted line.



Slide the two succulent sections together.

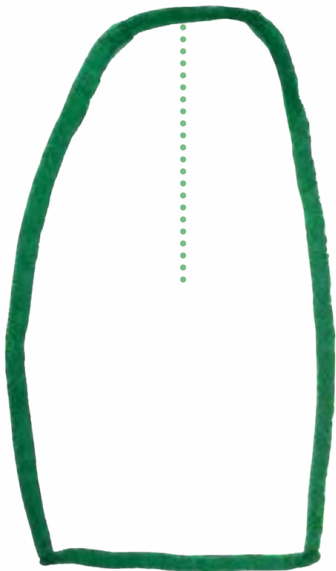
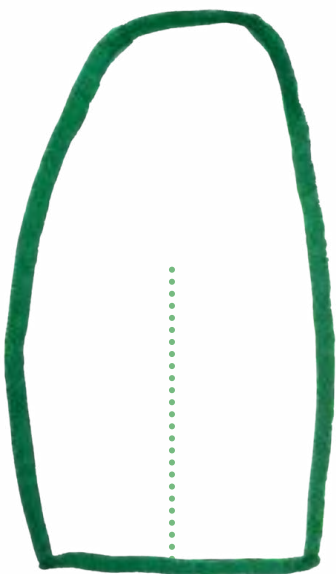
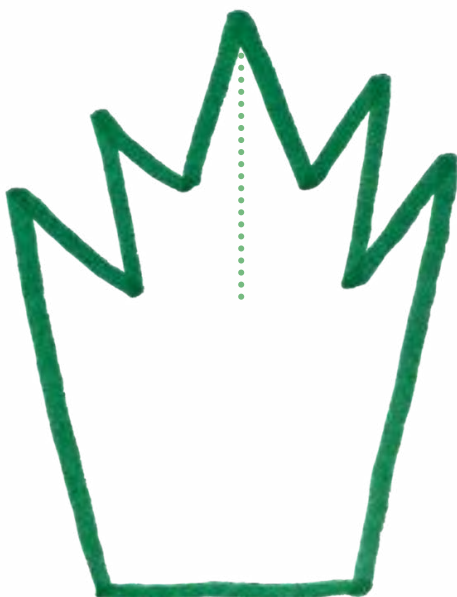
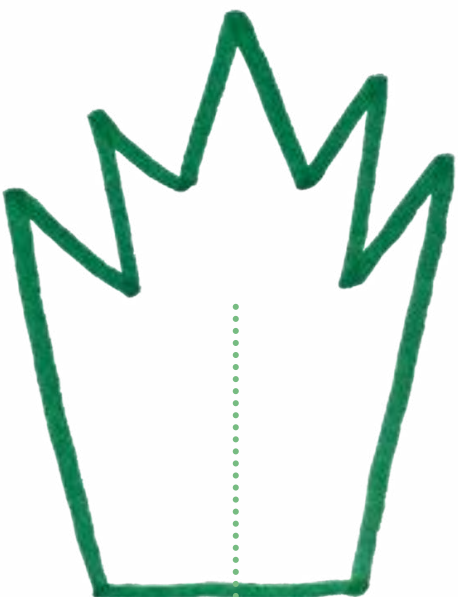
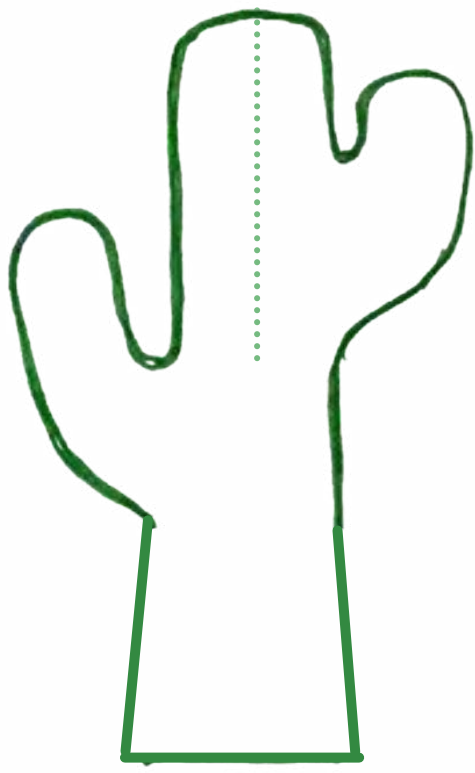
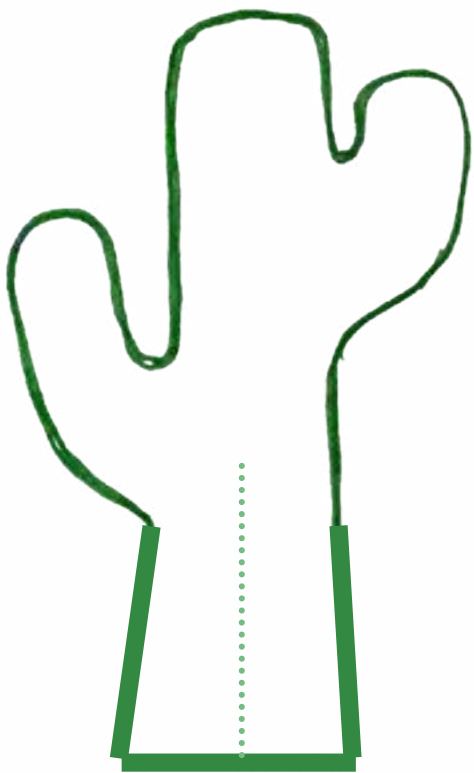


Then you can place it in to the roll (a little pot)



And now it is time to decorate your new succulents!





TOILET PAPER ROLL SUCCULENTS

3D PAPER BUTTERFLY CRAFT

Before you start you will need to print out the butterfly template on the other page. You will also need Textas or coloured pencils, glue and scissors.



3D PAPER BUTTERFLY CRAFT



Start by colouring in the butterflies on the printed out template.



Then Cut out the butterflies. You don't have to use all the butterflies, if you don't want to.

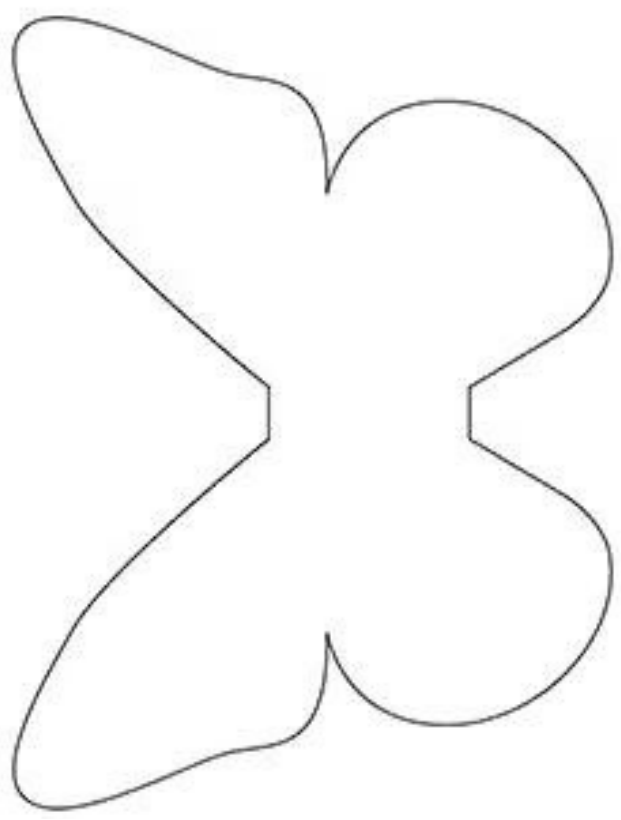
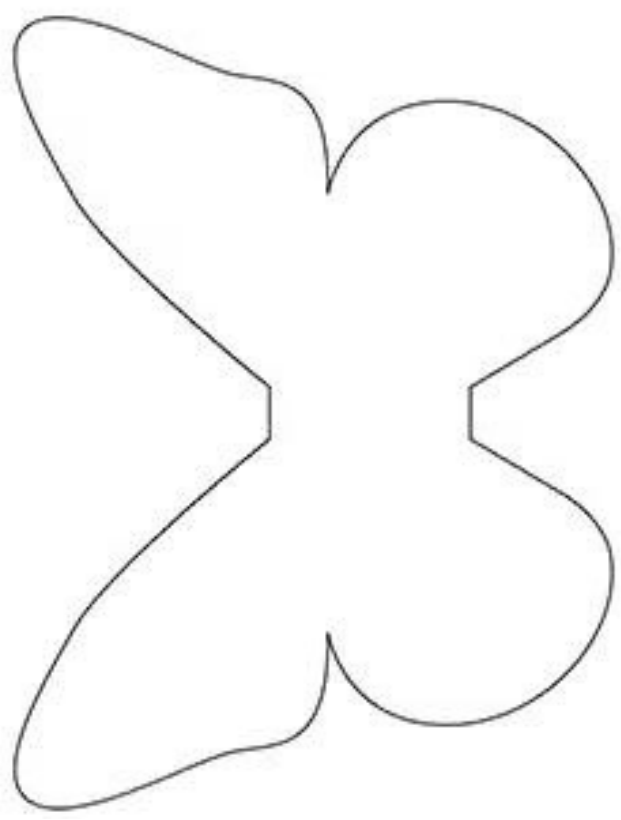
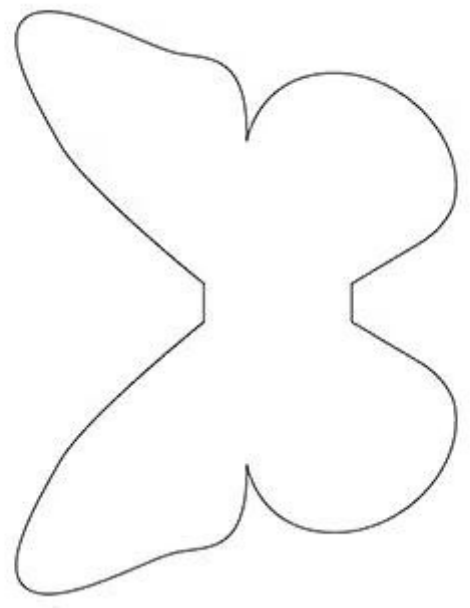
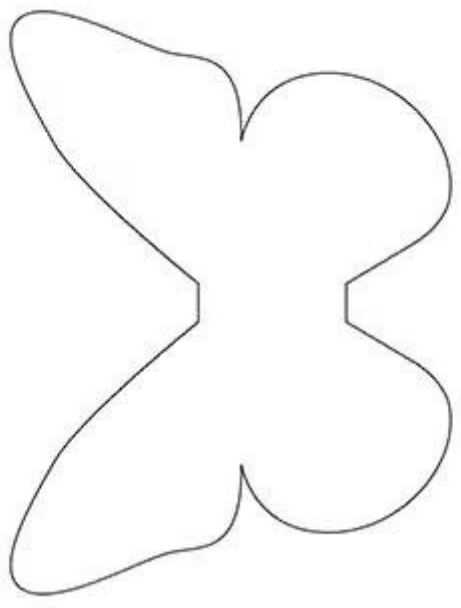
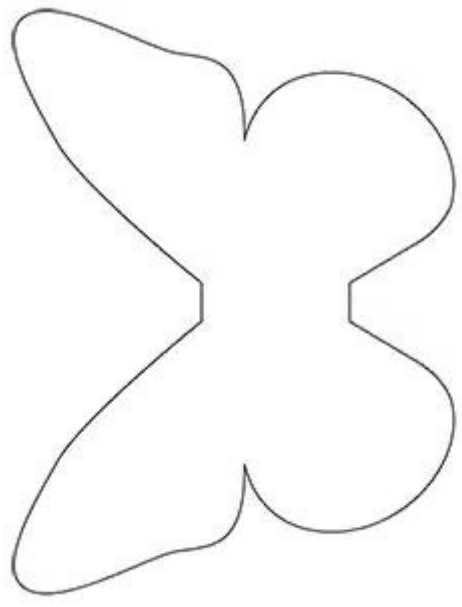
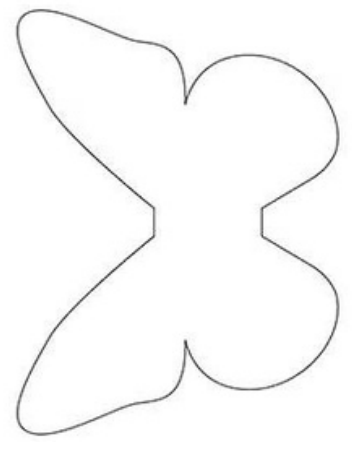
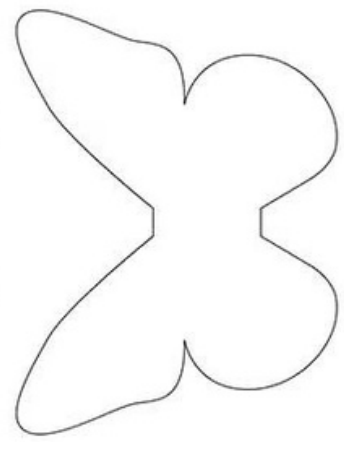
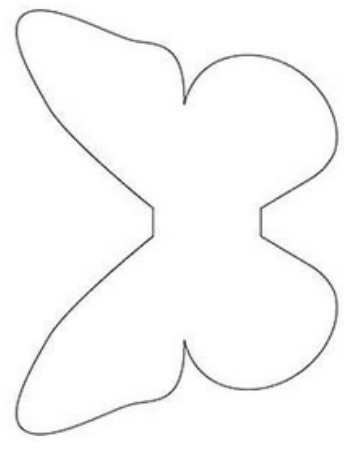
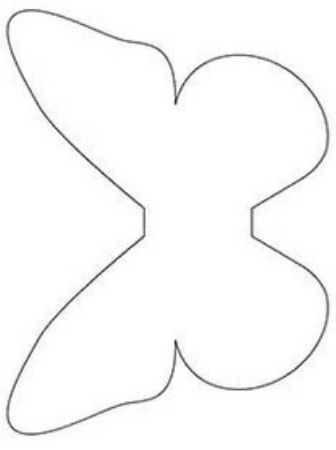


When you have cut out the Butterflies fold the wings up, along the body of the butterfly.



Then put glue along the body of the butterfly (not on the wings) and then you can stick them down onto paper.

You can also then decorate the white paper that you have stuck the butterflies on.





AUSLAN
ALPHABET



WHAT CAN YOU SAY?

Using the Auslan Alphabet on the other page what can you say in sign language?

Using the suggestions below see how many words you can learn to say.

YOUR NAME

YOUR LAST
NAME

YOUR TEACHER'S
NAME

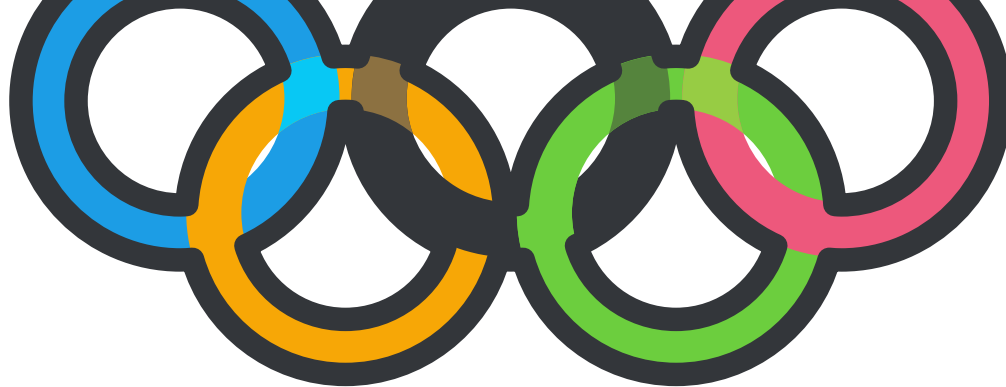
YOUR SCHOOL
HOUSE & COLOUR

YOUR MUM/DAD'S
NAMES

YOUR PET'S NAME

What are some other things you learnt to say?

Auslan (Australian sign language) is the sign language of the Australian Deaf community. It was developed in Australia by people who are deaf so that they could communicate with others. The term Auslan is an acronym of Australian Sign Language, coined by Trevor Johnston in the early 1980s, although the language itself is much older.



GO FOR GOLD

Help us support our Pymble Olympians go for gold at the Tokyo Olympic Games.

Due to COVID19 there will be no spectators at the Olympics this year.

Please make an A4 art work supporting all the Australian athletes!

Or

Complete the attached colouring in

Please send your art work to:

aibbotson@pymblelc.nsw.edu.au

or

oshcadmin@pymblelc.nsw.edu.au

We will then send all artworks to the Australian Olympic teams and our Pymble Athletes!

PYMBLE PROUD

Genevieve Horton
Rowing

Edwina Tops-Alexander
Equestrian

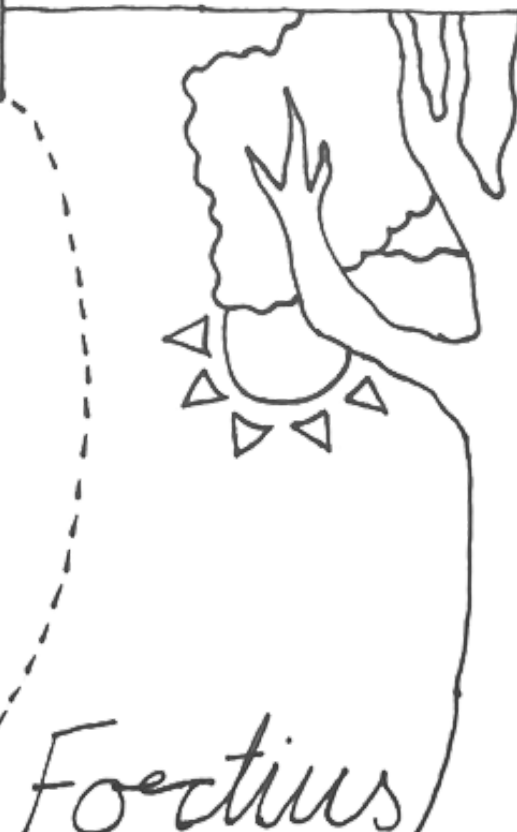
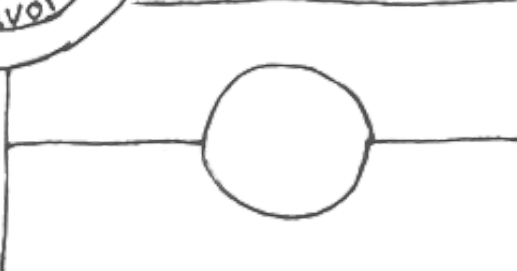
Mackenzie Little
Javelin

Abbey Harkin
Swimming

Olympics



What is your favorite sport?



Citius

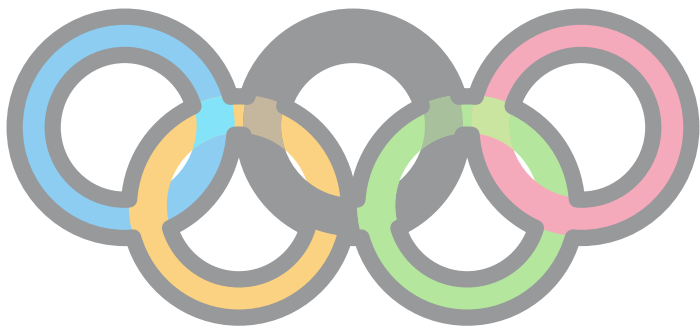
Altius

Foectius

2

1

3



PYMBLE PROUD



Pymble Alumni Edwina Tops-Alexander Showjumper {1991} who has been selected on the Australian Olympic Equestrian Team for the Tokyo Olympics. This amazing achievement will be Edwina's 4th Olympics. Edwina will head to Tokyo with the 13-year-old bay mare Identity Vitseroel, with whom she has been partnered with since 2019.

Competes:

Show jumping Individual and Teams:

Monday 2nd August - Saturday 7th August 2021



Pymble Alumni Genevieve Horton {2012} has been selected to join Rowing Australia team heading to Tokyo for the Olympics! Genevieve will be competing in the Women's Eight and this is her second Olympics representing Australia!

Competes: Women's Eight

Heats - Sunday July 25th 10am - 12.40pm

Repechages - Wednesday July 28th 9.30am - 12.40pm

Final - Friday 30th July 9.45am - 11.45am

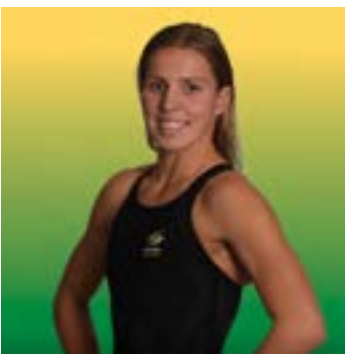
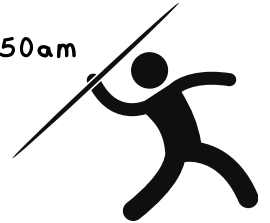


Pymble Alumni Mackenzie Little {2014} will represent Australia at the Tokyo Olympics! Mackenzie will be competing in the Women's Javelin! In 2019 Mackenzie achieved her personal best throwing 61.42m and cementing her position as the sixth-best in Australian history.

Competes:

Women's Javelin Qualifying - Tuesday 3rd August 10.20/11.50am

Women's Javelin Final - Friday 6th August 9.50am



Pymble Alumni Abbey Harkin {2015} has been selected as one of the 35 swimmers representing Australia at the Tokyo Olympics. At the 2021 Australia Swimming Championships Abbey dominated the breaststroke events medalling in all three distances. Claiming gold in the 200m breaststroke, with a time of 2:25.26, silver in the 100m and bronze in the 50m.

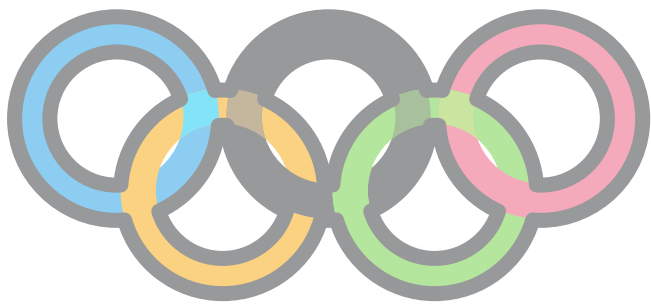
Competes:

Heats - 19.52pm Wednesday 28th July 200m Breaststroke

Semi Finals - 11.54am Thursday 29th July 200m Breaststroke

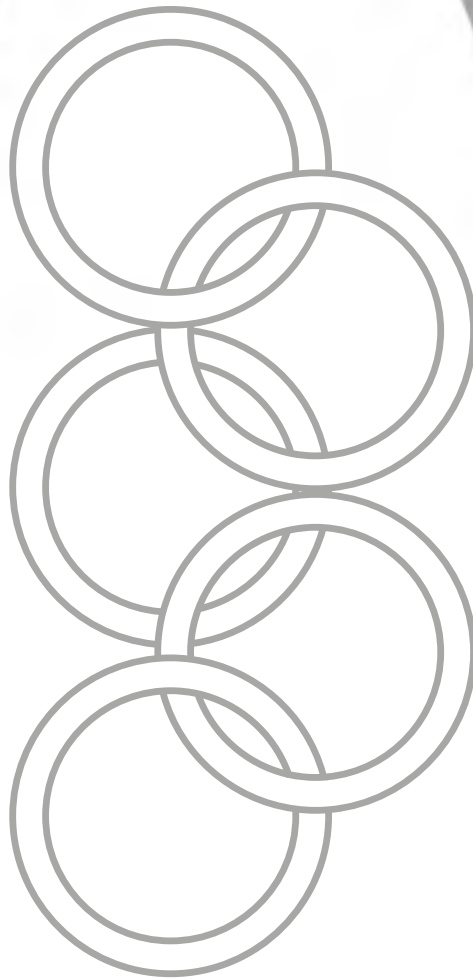
Finals - 10.41am Friday 30th July 200m Breaststroke

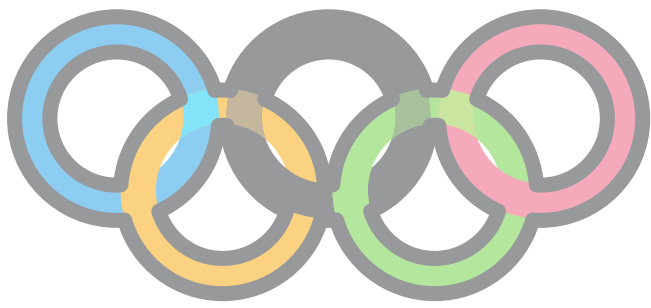




OLYMPIC FLAG CRAFT

1. Print out template
 2. Decorate your flag
 3. stick flag to stick/
straw/ pop stick.
- *Or you could make
Olympic bunting!

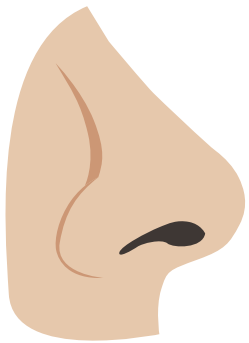




MINUTE TO WIN @ HOME

Bottle to Bottle

Fill one 2-Liter bottle with anything – pasta, rice, marbles, cereal, etc. Players must try to transfer one bottle's contents into another bottle, using a spoon or a cup. Whoever can transfer the most within the minute will win.



Roll-On, Buddy

Try to roll a potato, sweet potato, or onion across the floor from one side of the room to the other... using only your nose.

Blown Away

Stack some plastic cups into a pyramid. During a player's turn, blow up a balloon, aim it at the pyramid and then let it go. How many cups can you knock over? Keep going until the minute is up.



It's Gonna Get Dicey

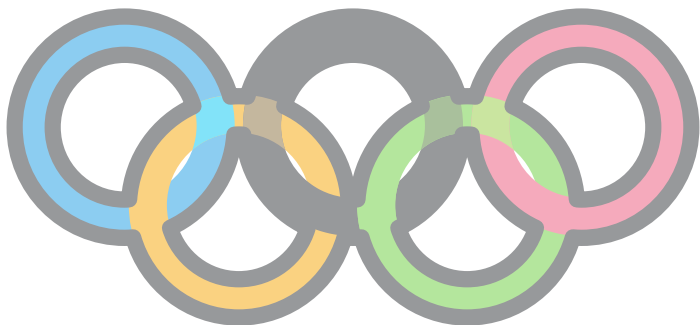
Have players hold a Pop stick in their mouths and try to stack and balance five dice on the end of the stick. Whoever can stack all five dice and hold them there for five seconds wins the game. Otherwise, whoever manages to get the most stacked is the winner.



Ping Pong Toss

Collect a few egg cartons, cut off the tops, and tape them together to form a giant grid of divots. Players have a minute to see how many ping-pong balls they can bounce into the egg cups.





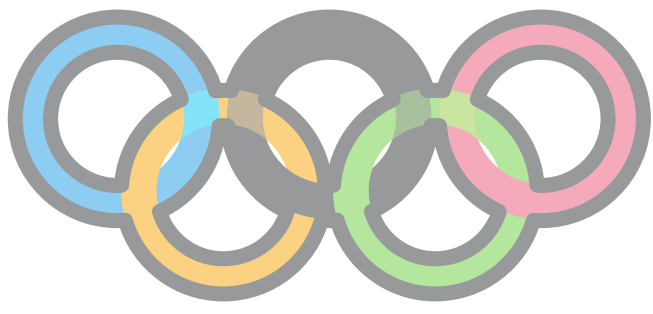
WORD SEARCH

P	R	E	S	T	D	C	E	R	E	M	O	N	Y
I	Y	S	N	E	B	D	S	L	O	I	E	M	S
H	T	E	I	A	M	R	N	O	E	R	S	A	E
S	M	C	W	M	E	O	O	I	O	T	D	E	D
D	G	O	I	W	D	C	N	N	R	O	G	R	E
N	G	N	N	O	A	E	E	O	Z	N	I	D	C
E	O	D	N	R	L	R	P	E	I	E	O	S	S
I	L	A	E	K	S	S	O	W	D	O	I	W	I
R	D	Y	R	N	I	T	O	Y	R	T	D	I	L
F	I	O	P	H	O	R	S	R	K	D	L	M	V
S	C	I	T	E	L	H	T	A	V	O	R	M	E
F	I	R	S	T	S	A	I	R	P	S	T	I	R
F	L	A	M	E	O	L	Y	M	P	I	C	N	E
T	R	O	E	E	T	E	L	H	T	A	D	G	N

SECOND - TEAMWORK - SWIMMING - SILVER - OLYMPIC - GOLD - DREAM - TOKYO

CEREMONY - ATHLETICS - ROWING - RECORD - ATHLETICS - MEDALS - WINNER

FRIENDSHIP - SPORT - BRONZE - FLAME - FIRST



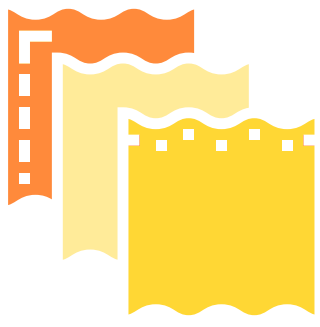
OLYMPIC CRAFT IDEAS



+



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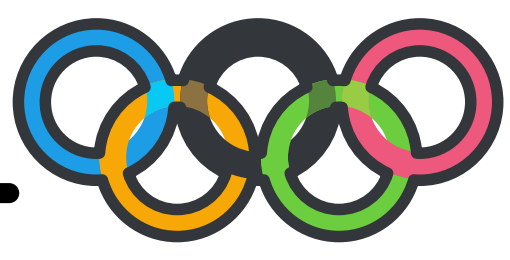
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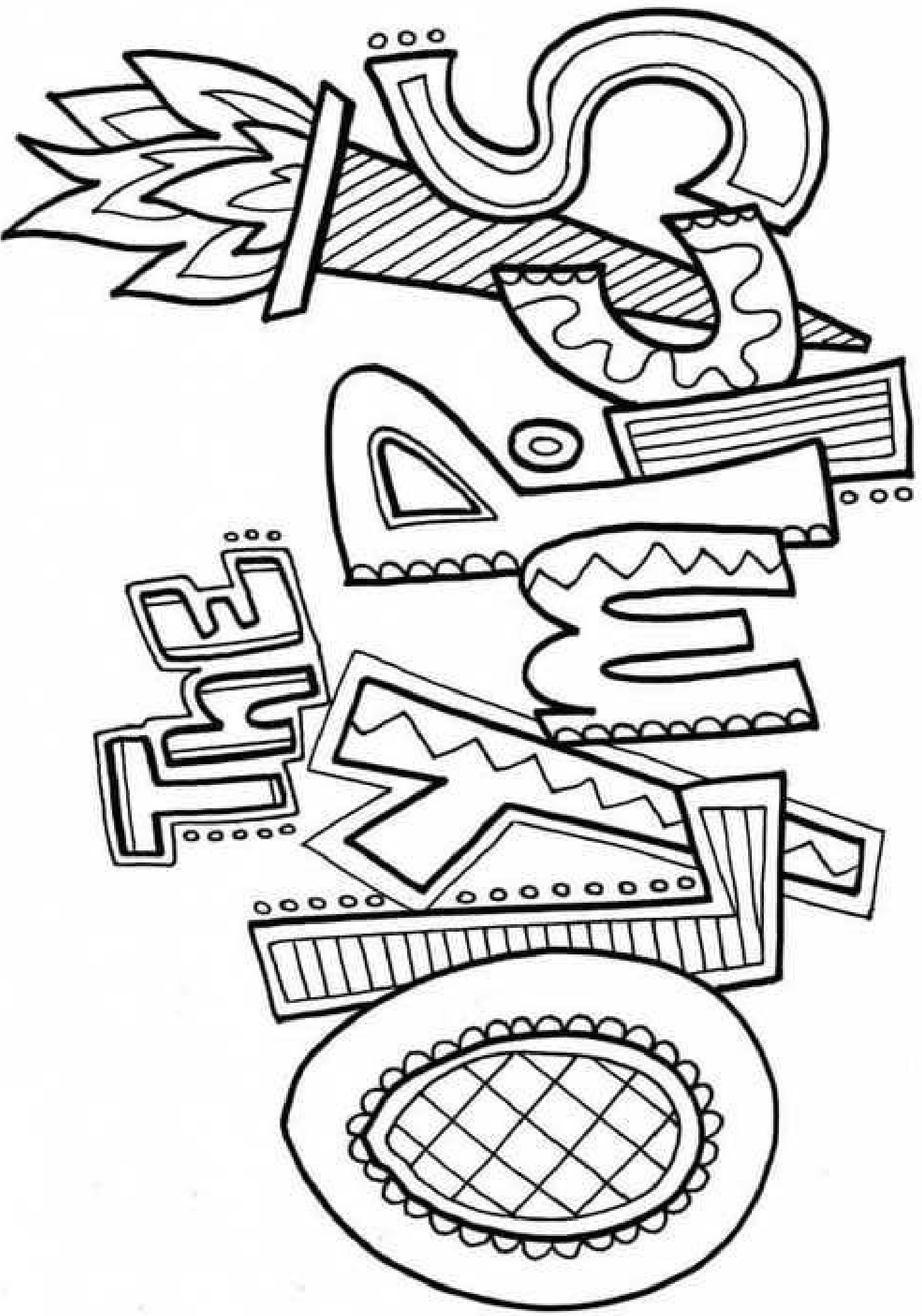


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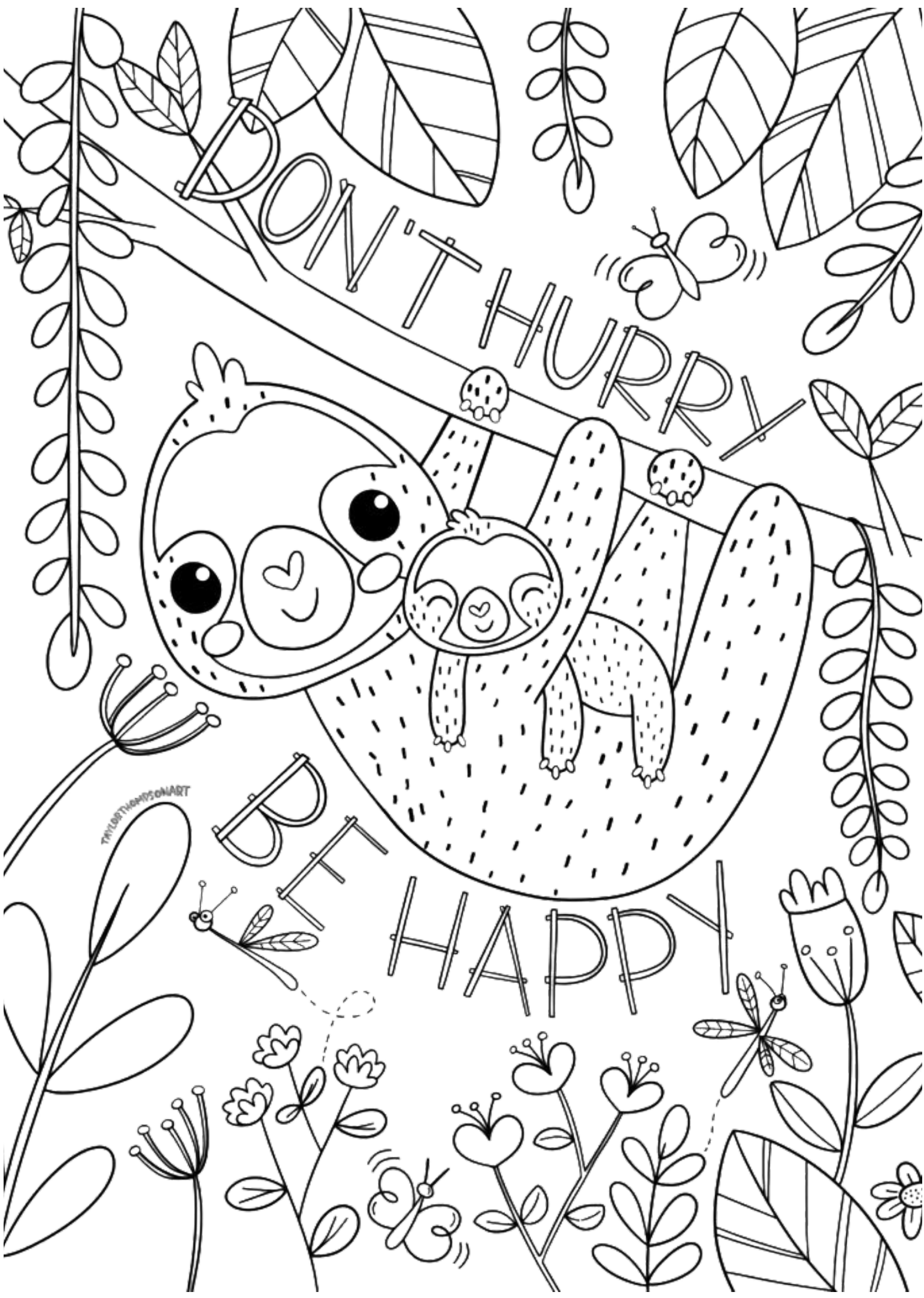


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TYLOR THOMPSON ART



I am my own
Superhero

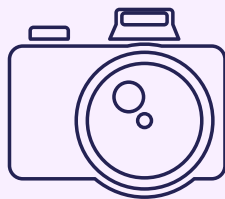


FEEDBACK

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Please send us any feedback you have about our play at home program. We are making it for you and so would love to know what you would like to do more of.

Or something that you love to do at home that we can share with every one!



Please take a photo of ALL your creations and send it to LEXI

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or

oshcadmin@pymblelc.nsw.edu.au

SEE YOU SOON!