



PURPOSE

A free printable at-home activity pack to support families during the COVID-19 disruptions.

THIS PACK INCLUDES THE FOLLOWING ACTIVITIES:

Self-awareness activity - Playdough feeling faces.

Fun food activity - Ants on a log.

Mindfulness activity - Earth, water, air, and fire.

Kindness activity - Community helping chain.

Nature gratitude activity - Nature art

Values activity - Our village collage

Sustainable activity - DIY weave

My strengths activity - Tree of strength

Animal Friends activity - Guess who I am and decorate me.

OUTCOME

The 'Kind Home Family Activity Pack' aims to support:

Community connection during a time of uncertainty.

Provide families access to free and meaningful activities during isolation.

Create a space to share important conversations and feelings.

Allow families a platform to express creativity, develop practical skills and explore a variety of sensory experiences.

STAY SAFE AND CONNECTED

This free at-home family activity pack has been developed and produced by Box Hill Institute Community Services Diploma placement students Linda Twite and Mary Elli Barkla to support families in the community during the Covid - 19 distributions.



We acknowledge Aboriginal and Torres Strait Islander people as the traditional custodians of the land upon us. We pay our respects to the Elders of the past, present and future and acknowledge their spiritual connection to Country.

SELF—AWARENESS ACTIVITY



PLAYDOUGH FEELINGS FACES.

Make up your favourite playdough receipce.
Our favouture one is:

Ingredients:

2 cups plain flour.

1/2 cup of salt.

2 tablespoons of cream of tartar.

2 tablespoons vegetable oil.

1 to 1 and 1/2 cups boiling water.

A handful of collected herbs, flower petals and seeds from the pantry.

Method:

Combine dry ingredients in a bowl, add oil, gradually add water, kead dough.

Activity:

Openly talk about all the different feelings that can be felt.

Maybe discuss some of the feelings you are currently feeling now.

Create a list of feelings and choose which feelings you would like to make into playdough feeling faces.



Suggestion - have some fun and try incorporating natural found objects available, herbs and spices.



FUN FOOD ACTIVITY



ANTS ON A LOG

This recipe is a fun, easy and creative way to get the kids preparing their own food while enjoying the fruits of their labour!

Ingredients:
Celery sticks
Peanut butter
Sultanas

Method:

Wash celery stalks and shake off excess water. Cut into 6-10 cm lengths.
With a teaspoon or butter knife put peanut butter into the hollow or inside of the celery stick
Top with sultanas along the top of the peanut butter

Alternative Ingredients:

Celery alternatives can be a carrot, cucumber or a banana for the base.
Peanut butter alternatives can be cream cheese (Creamy cheese for vegan or dairy free) Crème fresh.

Sultana alternatives can be raisins, corn kernels, olives, cranberries, green peas,
blueberries or a trickle of honey.

All these suggestions can be traded for ingredients that you have in your cupboard
or fridge, the sky is the limit!



MINDFULNESS ACTIVITY



EARTH WATER AIR AND FIRE

This activity is all about mindfulness, it can help you relax, let any worries you have go for a while and brighten your day. Before you start, turn off the television, radio and any noisy devices.

Grab a piece of paper and some coloured crayons, pencils or textas and sit down comfortably at a table or a place you can draw easily.

Have an adult, brother or sister read the following out while you are drawing

Sit down at your drawing station and close your eyes for a minute.

Take three long slow breaths in and out.

Open your eyes and choose a colour you would like to use to draw the Sun.

Now choose a place on your paper that you would like to put the Sun.

Slowly draw your sun in circles and colour in the middle.

While you are colouring in the sun, think about how this colour makes you feel.

Imagine all the things the sun does for the earth, it might be helping the vegetables and flowers grow, warming your cheeks on a cold day, drying the clothes on the clothesline.

Next, choose a colour for the sky.

Colour the area on your page you would like to have as the sky.

While you are colouring, think about what this colour reminds you of and all the things you might see in the sky.

Things like birds, trees and airplanes, clouds, rain and the sun shining.

When you have finished colouring the sky, draw three things that you might see on your sky, how high would they be?

Next, choose a colour for the ground.

You might like to choose two colours for the ground. Choose the place on the page where you want the ground to be.

While you are colouring, notice what this colour makes you think about.

Is the ground hard and dirty or grassy and green and soft?

Is the ground wet or dry? Are there any plants, flowers or trees growing?

Finally, choose a colour for a waterfall

Choose a place on the page you would like to draw the waterfall; it can be a big waterfall or a small waterfall.

While you are drawing the waterfall, notice how you feel about the colour as the water is flowing down the page.

What thoughts and feelings do you have in your mind and your body?

Now your picture is almost complete, you can add anything more you like.

Have a look at your picture, write any words that come to your mind on the page. You can write them on the back if you want.

When you have finished everything, close your eyes and take three long slow breaths in and out and open your eyes again.

Well done! You have just completed your very own mindful design of
EARTH, WATER, AIR AND FIRE

Words by Mary Elli Barkla



KINDNESS ACTIVITY



COMMUNITY HELPING CHAIN

Step one:

Sit down with your children and talk about the community you all live in.

This may begin with your family and close friends then extend onto the wider community that surrounds your family.

Let your child lead the conversation about different helping/kindness activities they could facilitate withing the community.

Some ideas could include:

Helping with household duties.

Making a favourite family meal.

Writing/drawing a letter to a friend.

Leaving a bunch of flowers at your neighbor's doorstep.

A thankyou phone call to a local service group.

Children will have many wonderful and creative ideas!

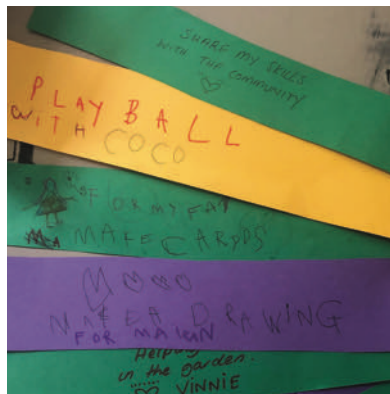
Step two:

Using paper that is available or recycling kids kinder/school artwork cut up 20 plus strips in whatever size is comfortable to write a message or draw a picture. We made ours approximately 28 cm by 6cm.

Making them a little thicker will allow little children to draw a picture to express their helping/kindness offer.

Gather up all the beautiful gestures and as a family write them down or draw them.

To put your chain together use sticky tape, staples or needle and thread if you have heaps of time!



VALUES ACTIVITY



OUR VILLAGE COLLAGE

Step one:

Using what is available in the home create a village template. I like to use cardboard.

Step two:

Get the kids to design their village, it may be a street of houses or a single house surrounded by trees.

Step three:

Using recycled items from in the home and found natural objects decorate your village.

Step four:

Talk to one another about what makes a home and village special. This can lead to discussions about individual, family and community values.



Step five:

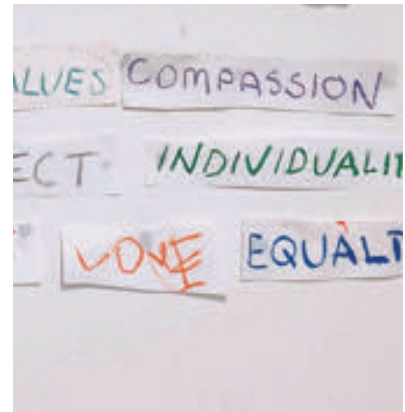
Make little value signs that can sit under the village. Let the kids write them and take ownership of the values that are important to them.

Step six:

Using some string and blue tack display your village artwork in the home.



Suggestion get adventurous and try using a needle and thread to stitch little pieces of fabric/paper onto your masterpiece! It's a wonderful skill to learn and teach the kids!



SUSTAINABLE ACTIVITY



DIY WEAVE

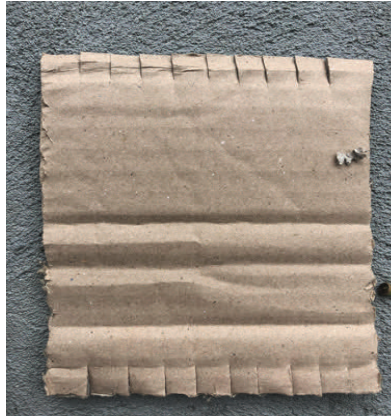
Step one:

Cut out your square or rectangle shape. If you don't have cardboard try recycling a cereal box.



Step two:

Make small cuts to the top and bottom of your weave template.



Step three:

Wrap wool, twine, thin rope or something similar through the cuts at the top and bottom of your weave template.



Step four:

Tuck up your wool or rope threads on the backside of your weave template. If you prefer you can sticky tape these threads down or tie them together.



Step five:

Cut X2 thin pieces of cardboard and insert them at the top and bottom of your weave template. This will make it easier for little fingers to thread their weave.



Step six:

Now your template is ready to weave! Gather your weaving materials and thread them in an over and under method.



Finished weave artwork!



Activity suggestion - get creative and reuse fabric, paper, plant fibers and other sustainable items available in your home and backyard!

NATURE GRATITUDE ACTIVITY



NATURE ART



Outdoor investigation

If possible take this activity outdoors where children can engage with nature and use found natural objects to create their artworks.

While creating in nature use this time to appreciate the natural environment, it's beauty and all that it offers life on earth.

Explore the colours, textures, patterns, scents, and sounds available in nature.

Try to be present and focus on each sensation for a few minutes at a time.



Indoor investigation.

If you are unable to go outside use the nature print out templates available in this document to decorate.

Think about what you are grateful for in nature.

This could include the sound of the waves crashing at the beach, the smell of the forest after rainfall, the feeling of autumn leaves in your hands.

Decorate the templates or draw your own nature designs.

Write messages, illustrate or collage the artworks to represent your gratitude for the natural world.



MY STRENGTHS ACTIVITY



TREE OF STRENGTH

Step one:

Take it in turns to talk about your individual strengths, this can lead outwards onto wider conversations about family and community strengths.



Step two:

Using the tree of strength template write down or draw the strengths that come to mind to create a strong tree of strength.

Step three:

Spend some time together reflecting on all of the strengths illustrated on the tree of strength.



Suggestion - a beautiful alternative would be to create your tree of strength using collected gum leaves.
Use a permanent marker and write messages on the leaves.



ANIMAL FRIENDS ACTIVITY



GUESS WHO I AM AND DECORATE ME.



Outdoor investigation.

If possible take this activity outdoors where children can engage with nature and use found natural objects to create their artworks.



Indoor investigation.

If you are unable to go outside try to make use of materials you have at home.

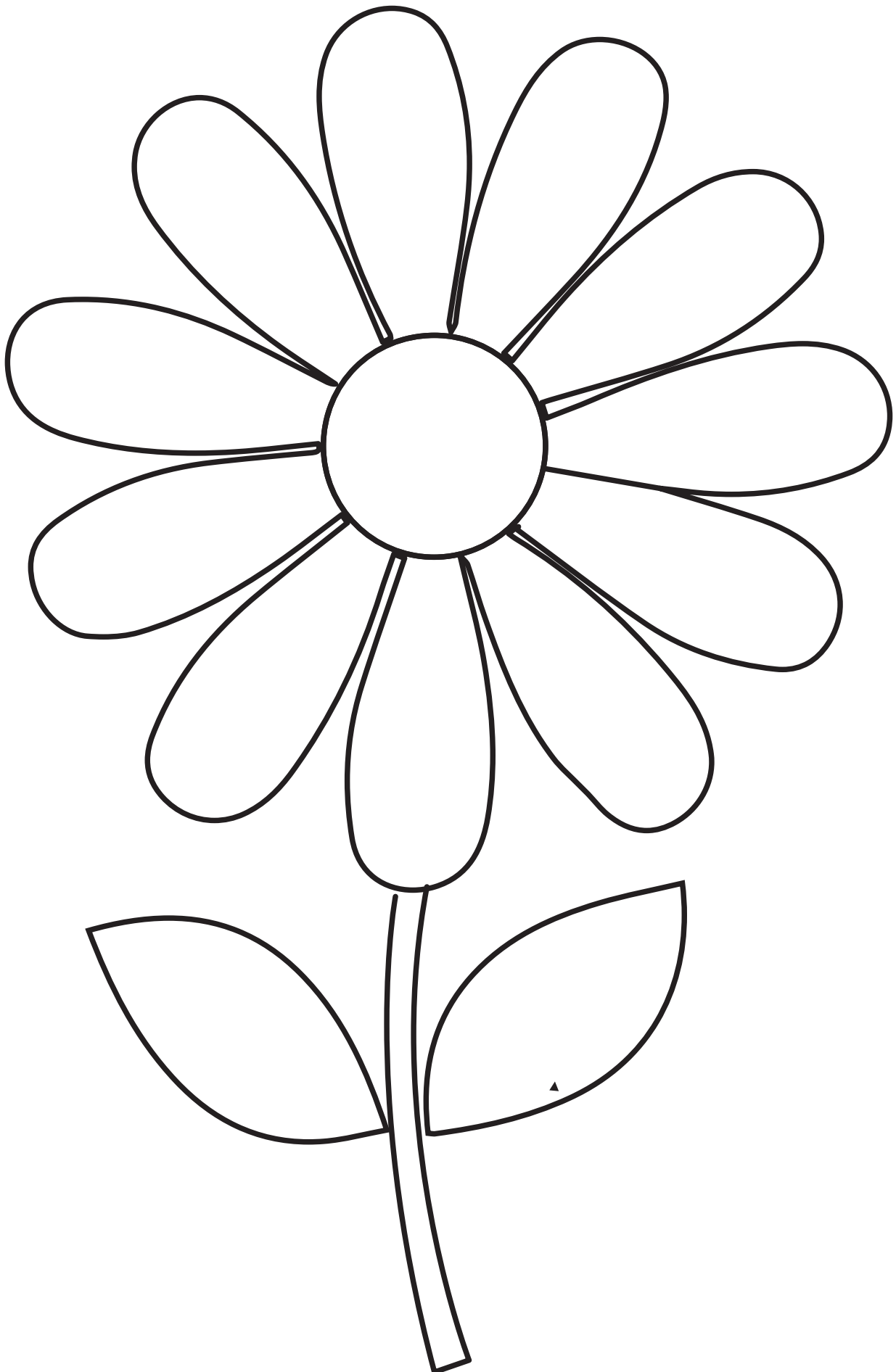
Explore creative options to decorate your animals.

This could include, recycling scrap paper, kinder/school art, newspaper, fabric, wool, and other household objects, to create a mix media master piece!

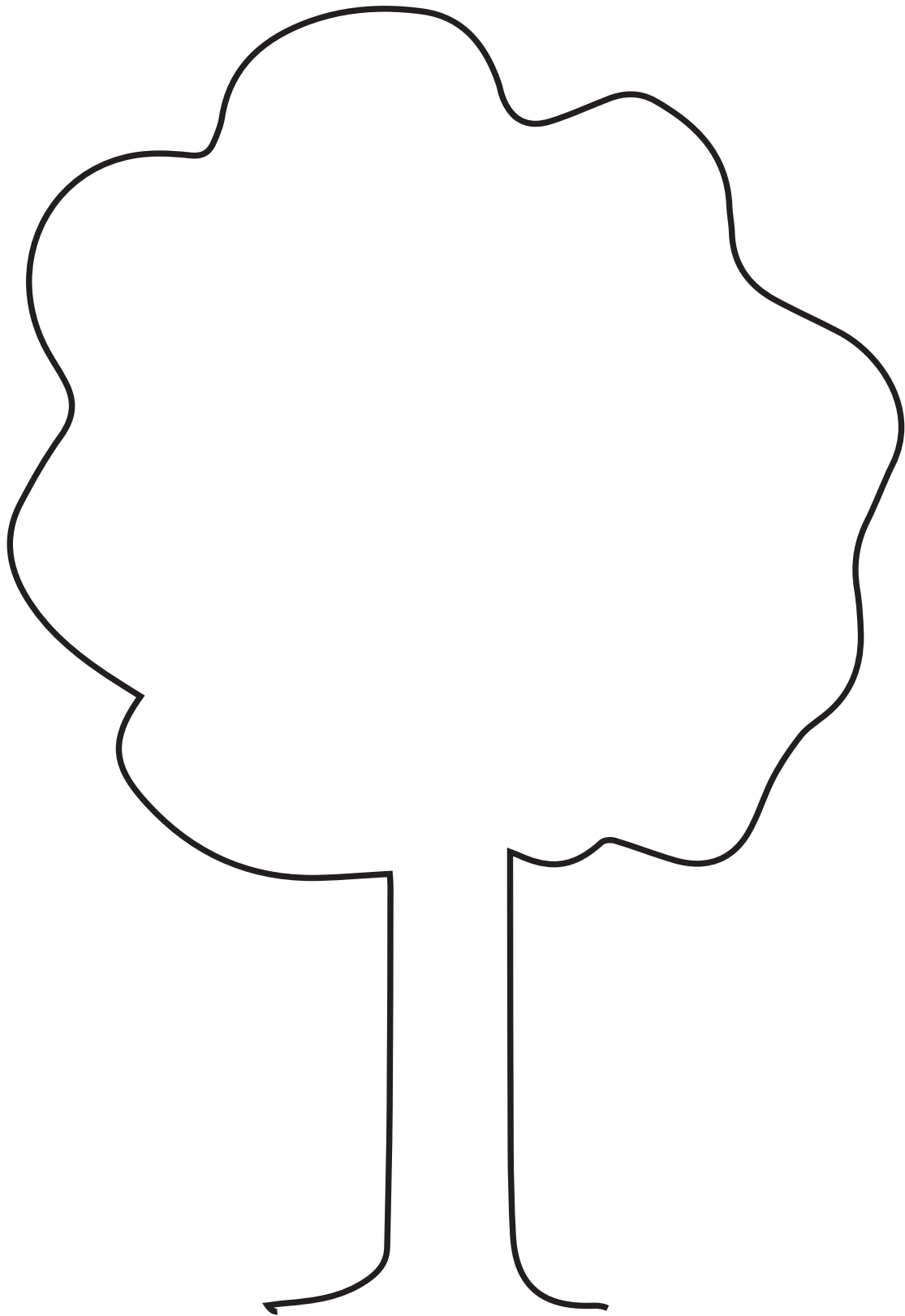
Make the collection of materials a little game before you start the activity.



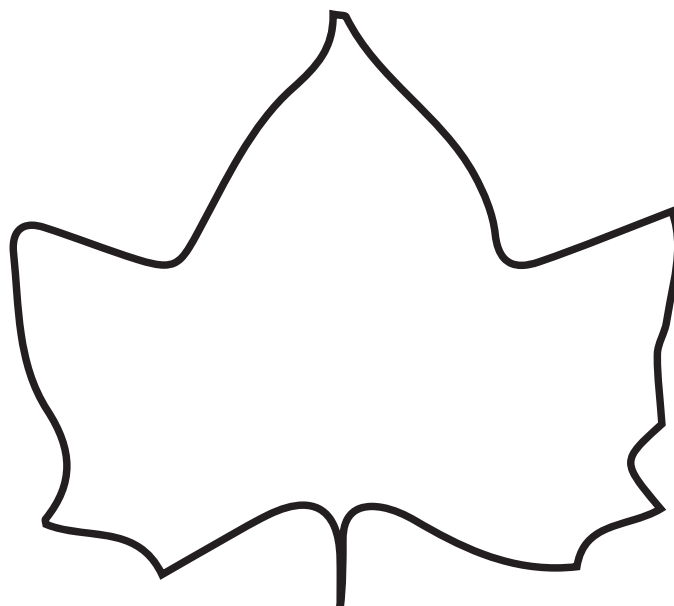
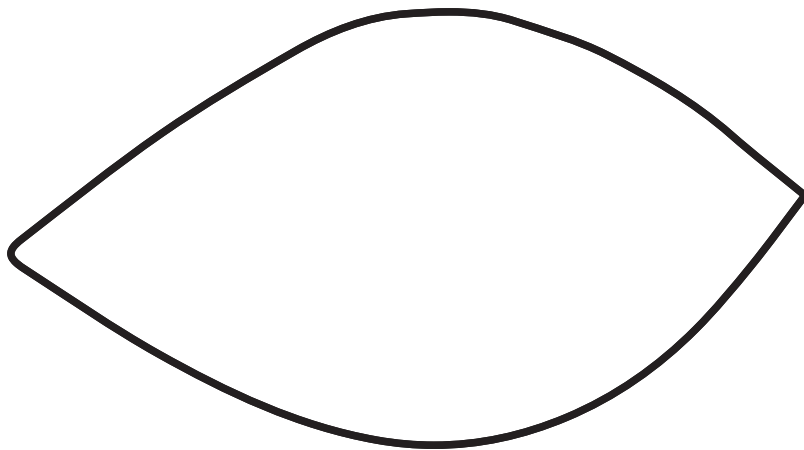
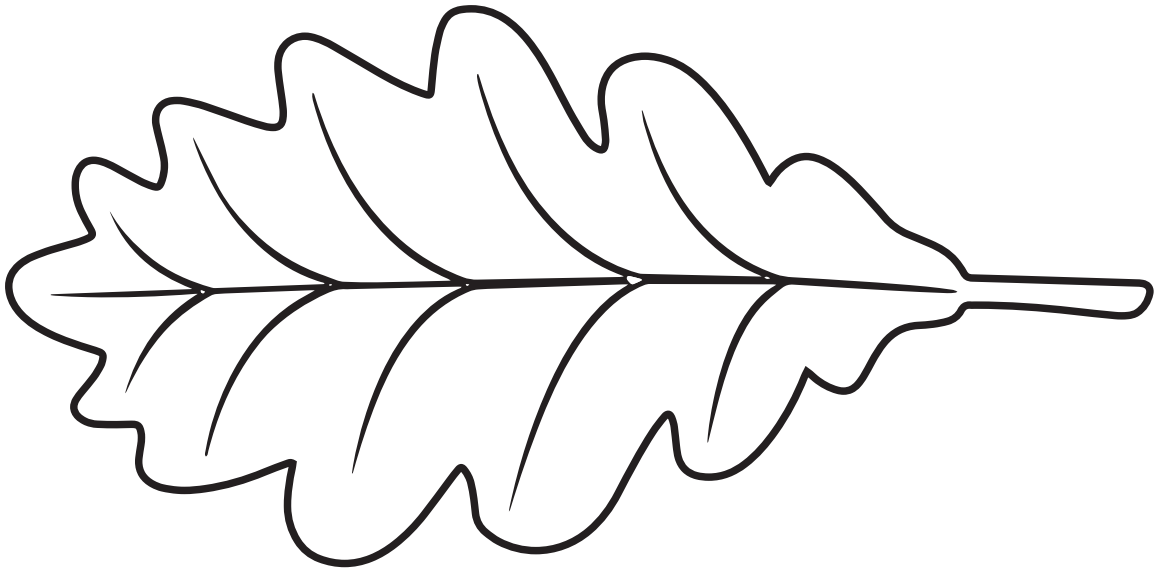
NATURE PRINT TEMPLATES



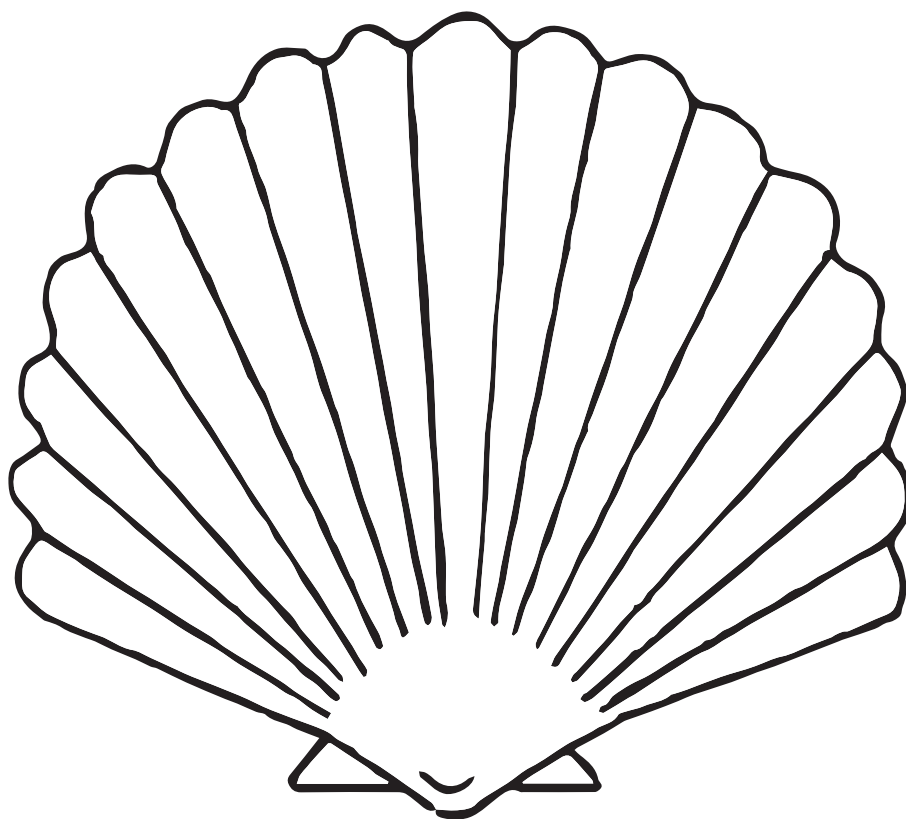
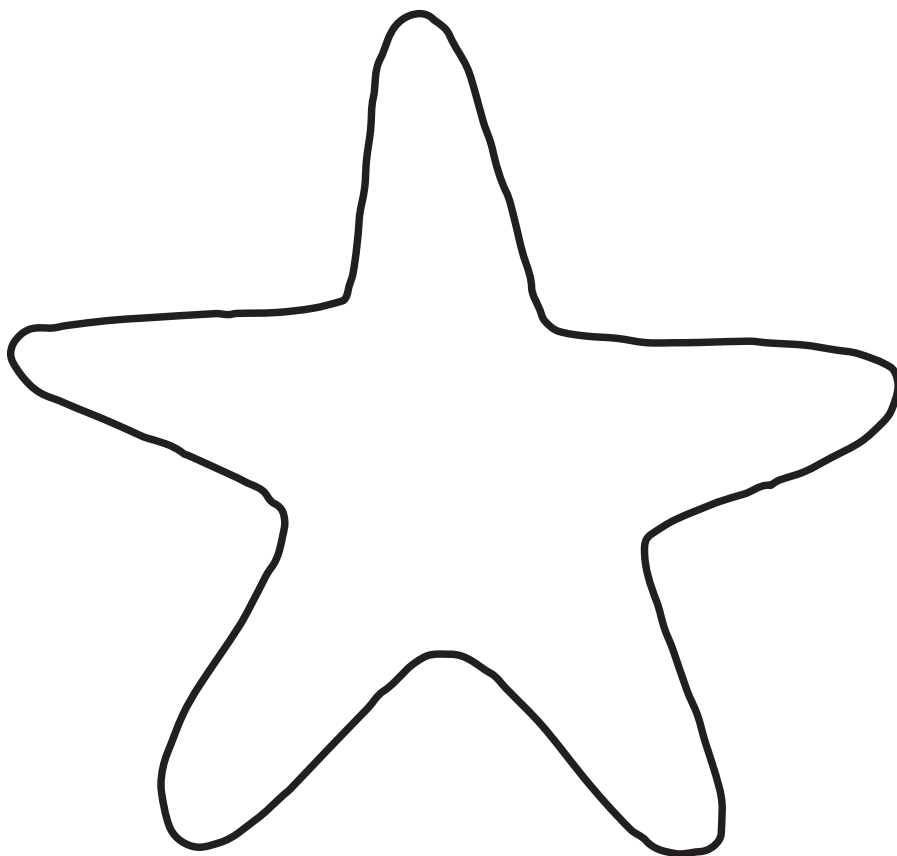
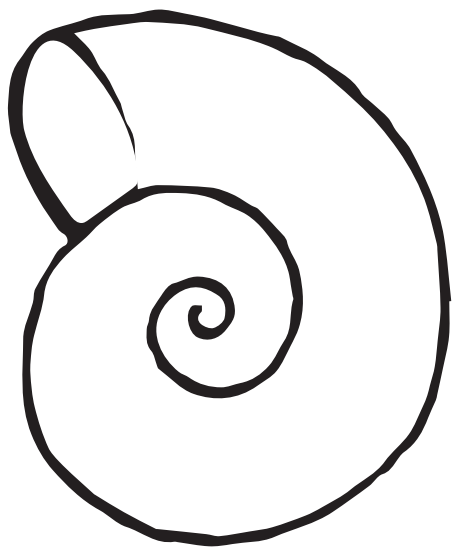
NATURE PRINT TEMPLATES



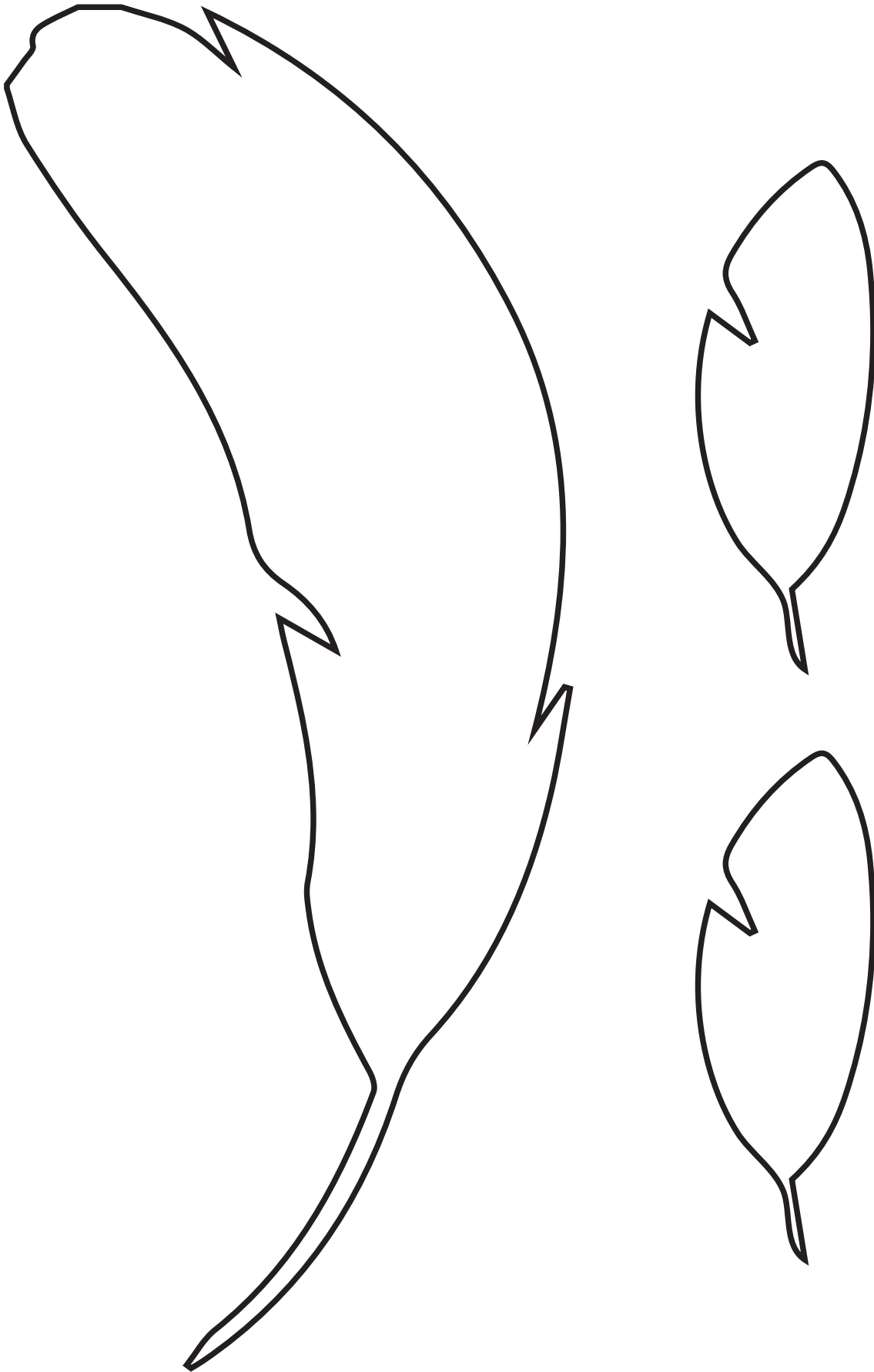
NATURE PRINT TEMPLATES



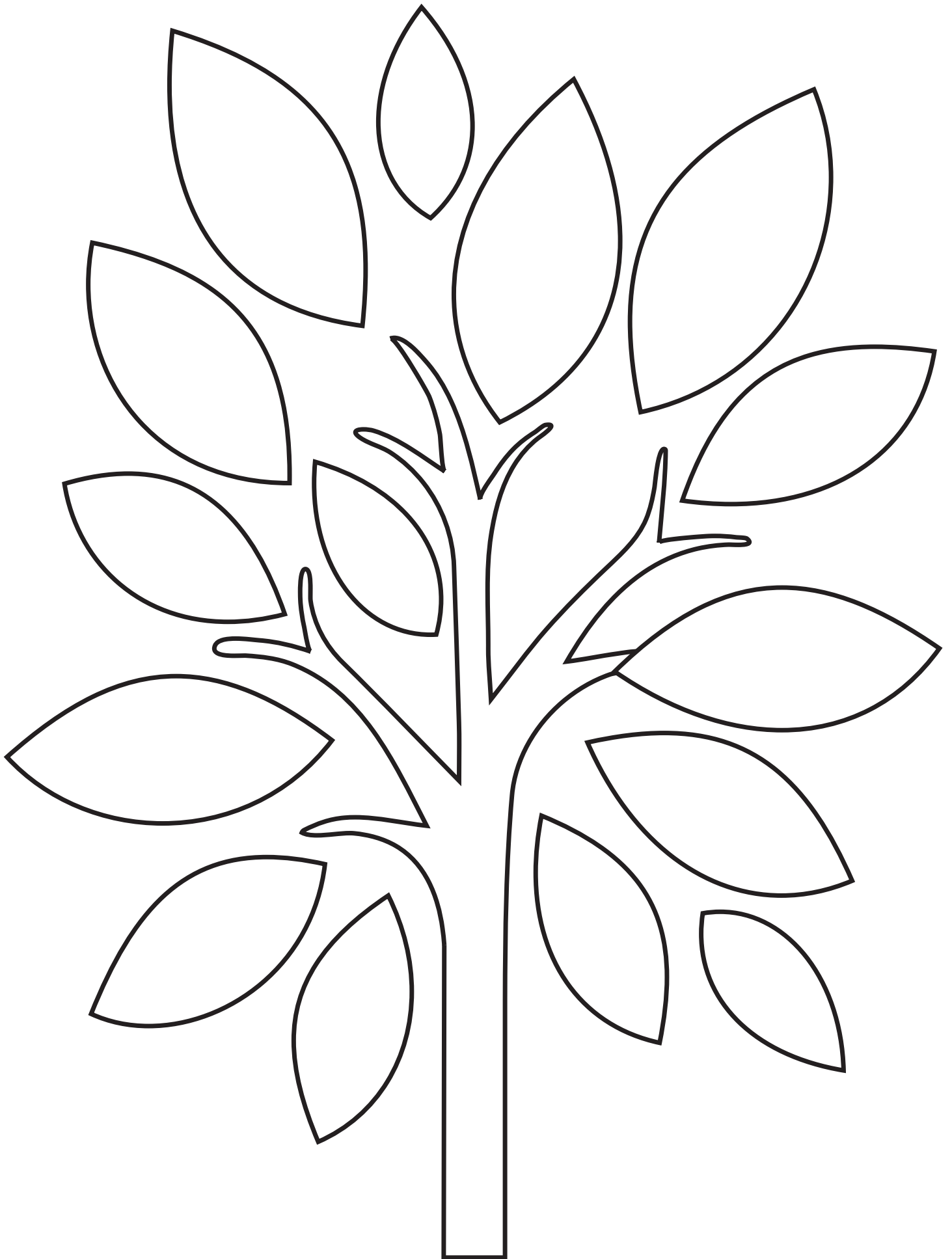
NATURE PRINT TEMPLATES



NATURE PRINT TEMPLATES



TREE OF STRENGTH TEMPLATE

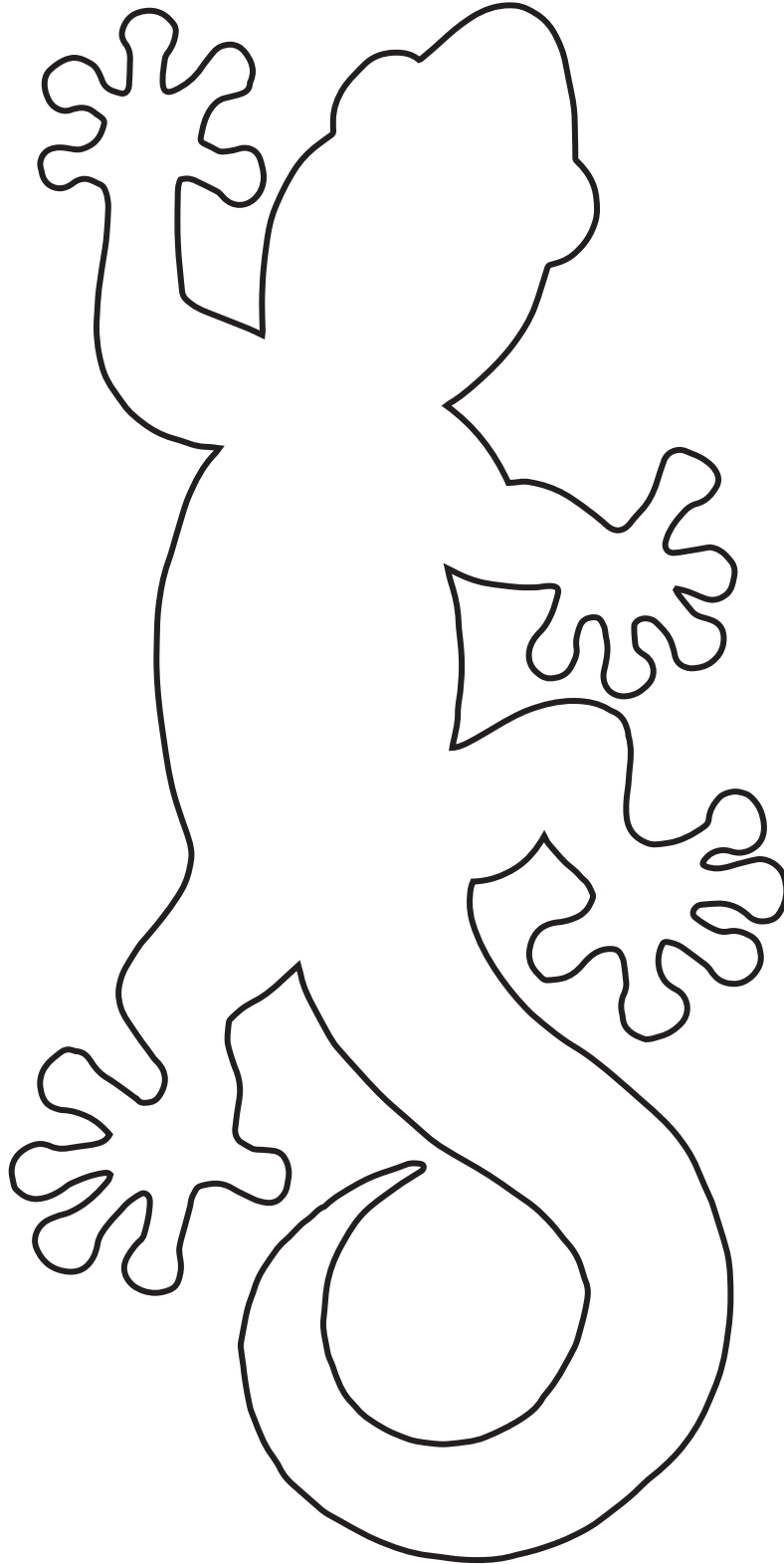


WHO AM I?

MY TOES HELP ME TO STICK TO MANY DIFFERENT SURFACES.

I'M VERY QUICK TO HIDE.

SOMETIMES I DROP MY TAIL IF I'M SCARED.

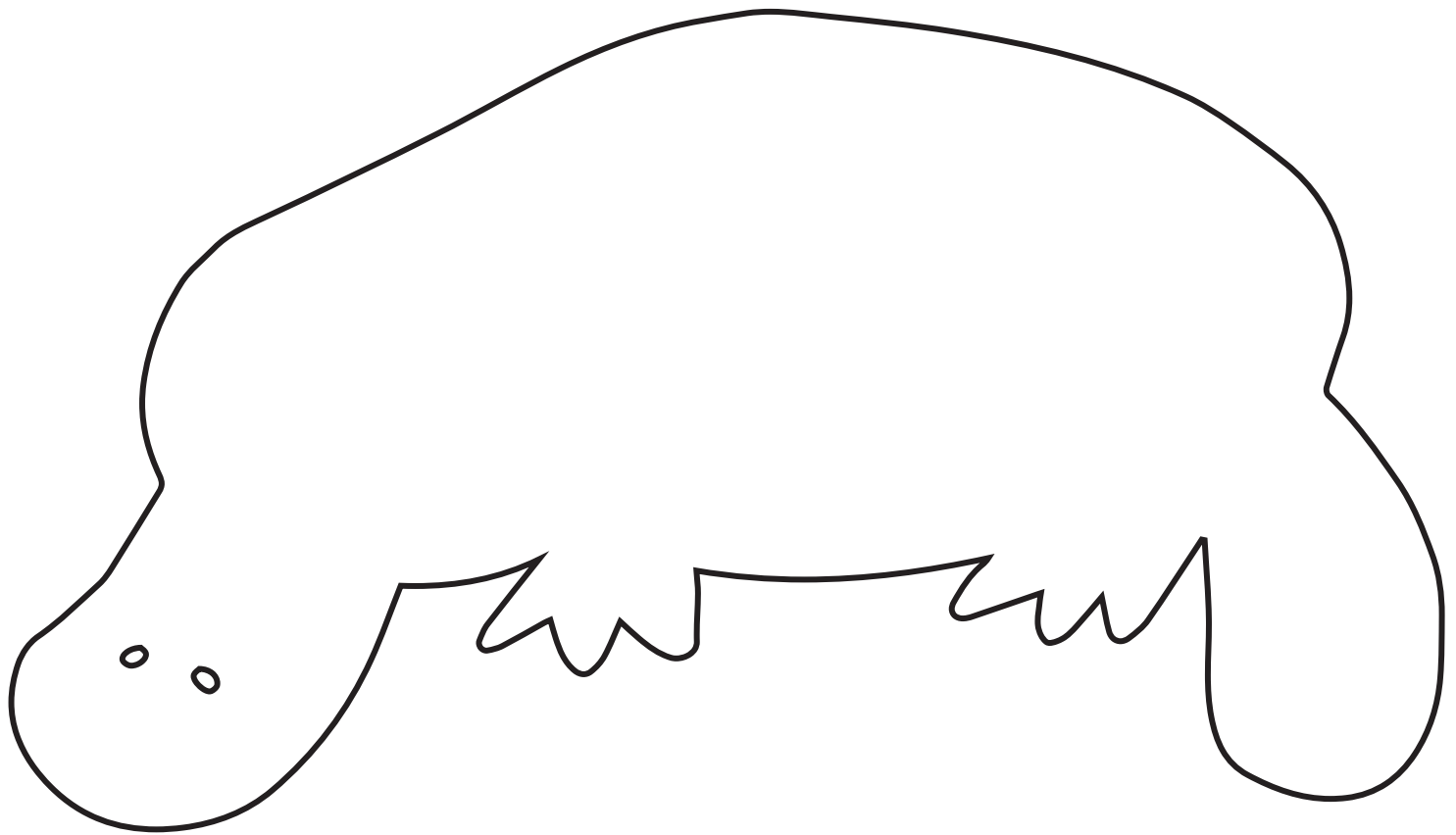


WHO AM I?

I WALK ON MY KNUCKLES.

I'M AN EXPERT SWIMMER AND USE MY TAIL TO STEER.

I LIKE CLEAN FRESHWATER.



WHO AM I?

I LOVE EATING EUCALYPTUS LEAVES.

SOMETIMES I SLEEP FOR UP TO 18–20 HOURS EACH DAY.

MY 'HOME' IS MADE UP OF SEVERAL TREES CALLED HOME TREES.



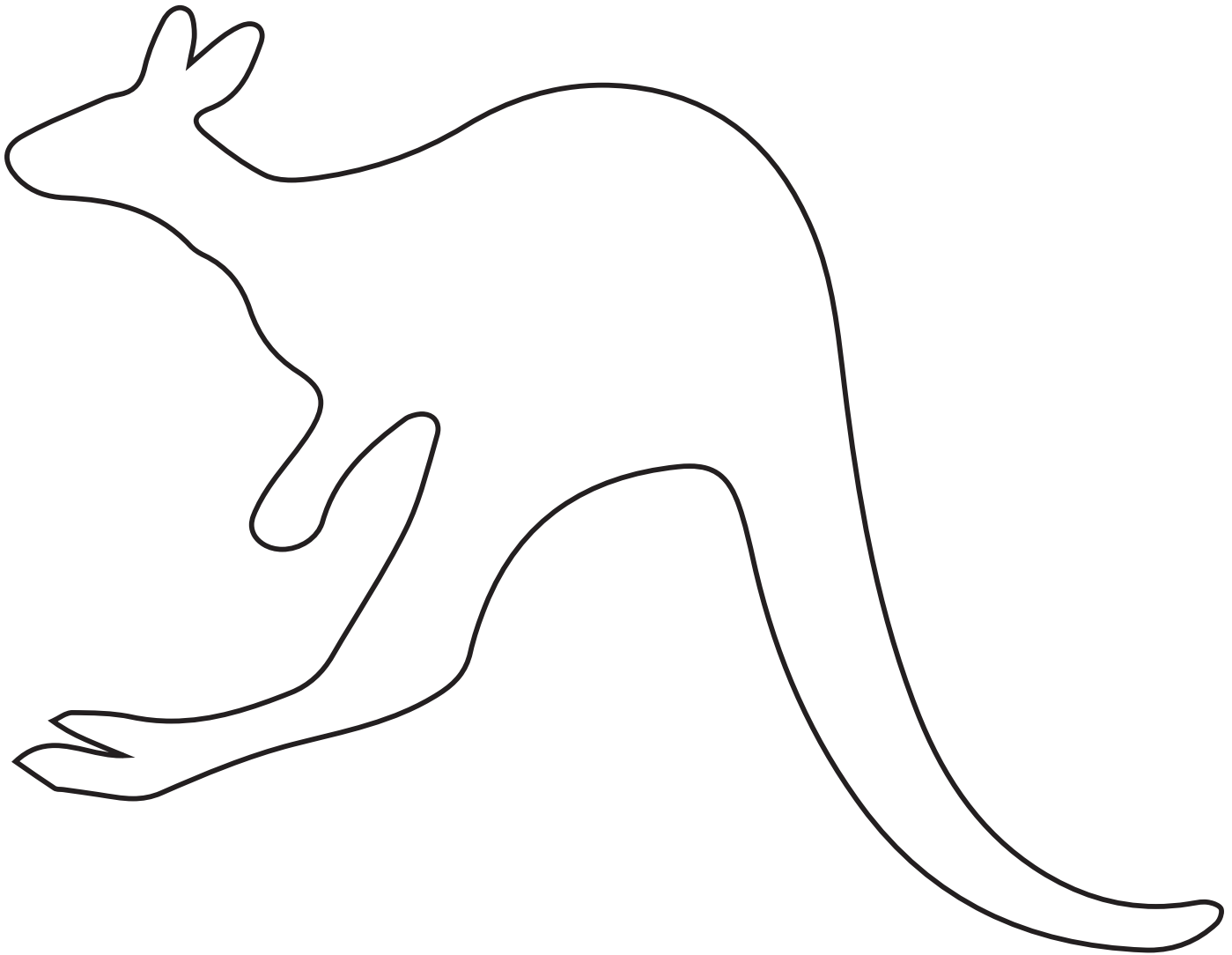
KOALA

WHO AM I?

I AM FAMOUS FOR MY HOPPING.

MY BIG TAIL HELPS ME BALANCE.

I LIKE TO CHEW ON GRASSES

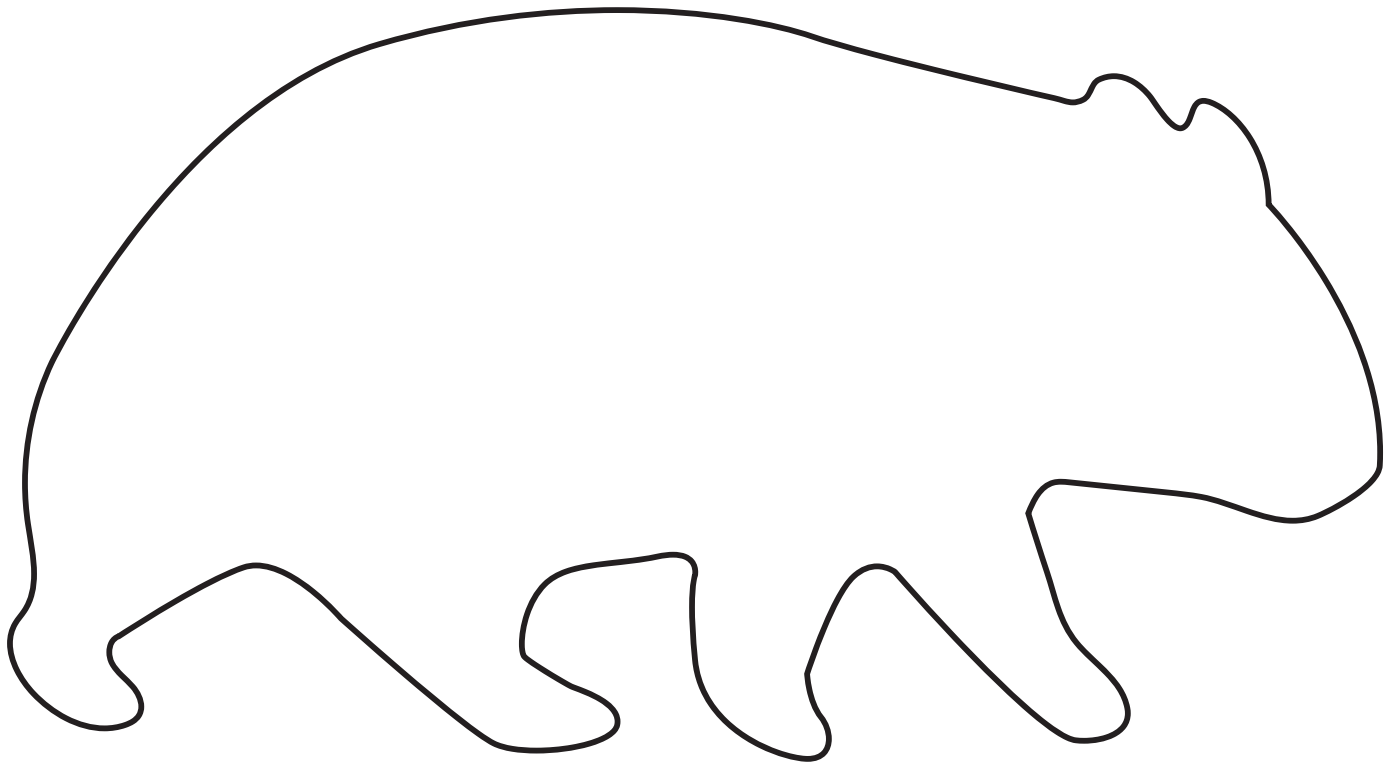


WHO AM I?

I AM AN EXPERT DIGGER.

MY HOME IS A BURROW.

I HAVE CUBE-SHAPED POO.

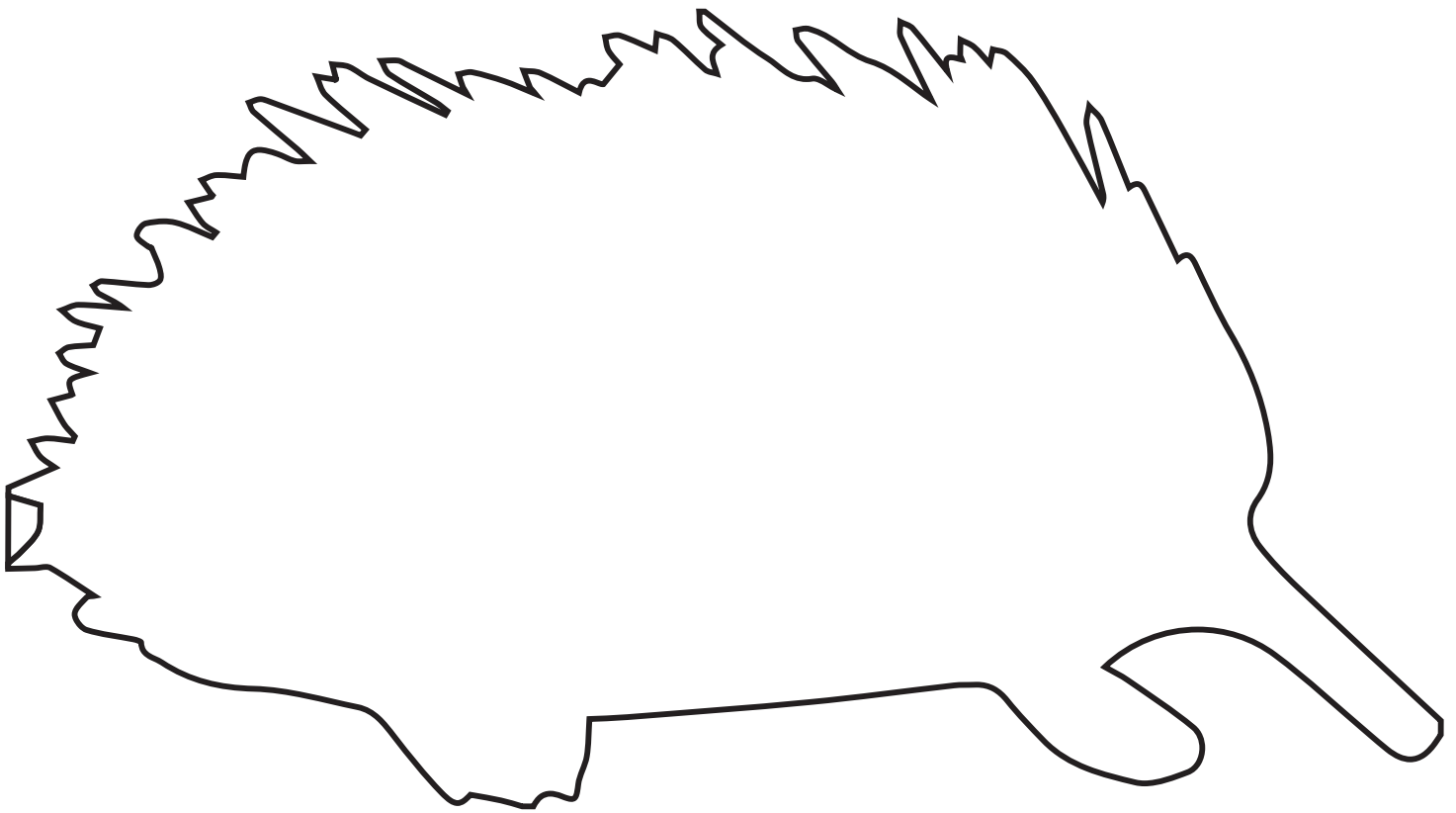


WHO AM I?

I HAVE HARD, SHARP SPINES FOR PROTECTION.

MY CLAWS ARE PERFECT FOR DIGGING.

I SLURP UP ANTS AND OTHER INSECTS WITH MY STICKY TONGUE.

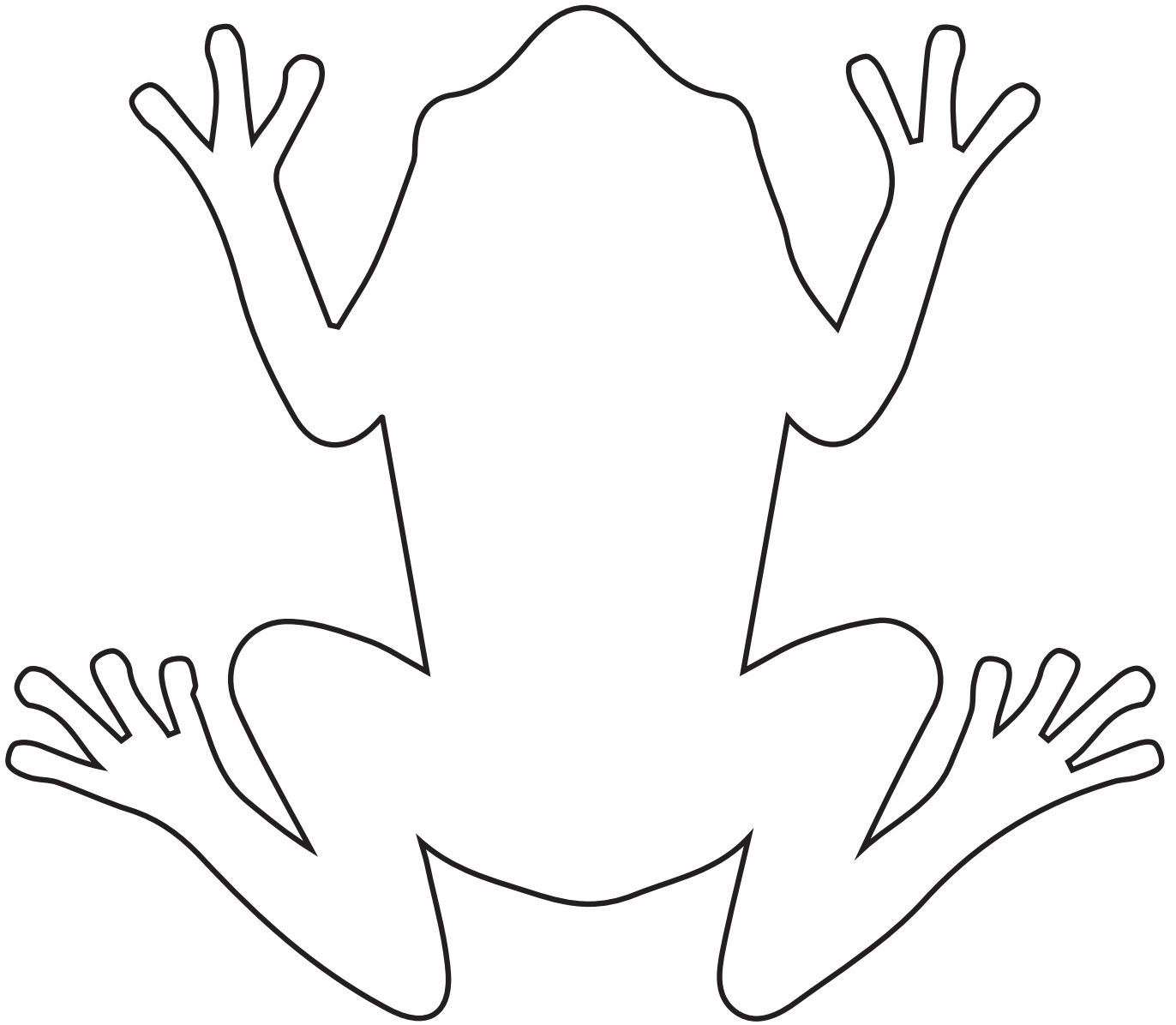


WHO AM I?

I AM A GREAT CLIMBER AND JUMPER.

I CAN LEAP AND CATCH INSECTS LIKE A NINJA!

I HAVE A CROAKY VOICE THAT CAN BE QUITE NOISY.



SOUTHERN BROWN TREE FROG

WE HOPE YOU HAVE ENJOYED THIS ACTIVITY PACK!

If you have any feedback or suggestions feel free to email Linda and Mary on the below email addresses.

linda.twite@gmail.com
maryellibarkla@gmail.com

If you would like to contribute an activity to this document we welcome anyone in the community who has something to share.

Please feel free share this document within your networks.

Stay safe.
Kind regards,
Linda and Mary

