



MECA

MT DRUIDS
ETHNIC
COMMUNITIES
AGENCY © MECA 2020

At-home SCHOOL HOLIDAY Activity Pack

A COLLECTION OF ACTIVITIES & RESOURCES
FOR KIDS WHILE AT HOME DURING
THE SCHOOL HOLIDAYS

Welcome to MECA's At-Home Activity Pack!

Inside you will find a range of fun activities and resources to keep you busy throughout the holidays, including a number of weekly challenges with mystery prizes!

Challenges includes:

1. Water Fireworks
2. No Bake Apple Donuts
3. Maximum Participation

To enter the challenges participants can either take the photos of all the completed activities and send them in an email or can submit the completed activity pack back at MECA office.

Winners will be informed via email or phone. Prizes can be collected from the MECA office

Get Creative at home

DIY YOUR OWN MASTERPIECES

Time to bring out all your markers, glue, paint, paper plates, and whatever other odds and ends you have around the house. Boost your imagination and increase your creativity!



BAKE AND DECORATE

Indoor days are the perfect time to try and get creative in the kitchen. Whip up some kind of make your own dessert bar by putting out toppings that you can add to either a cupcake or ice cream sundae.



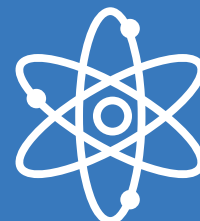
LEAVE OUT A JIGSAW PUZZLE

Jigsaw puzzles are great because you can do them on your own schedule Plus, studies show that puzzles improve collaboration and cooperation skills.



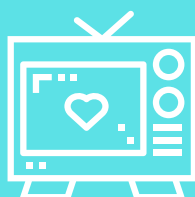
DO A SCIENCE EXPERIMENT

You can do a ton of at-home science experiments with very little prep and set-up, often with items you can just grab from around the house.



MOVIES AND TV SHOWS

If you're stuck indoors, do watch some movies and TV shows, but make sure you're choosing the best educational TV shows & movies available.

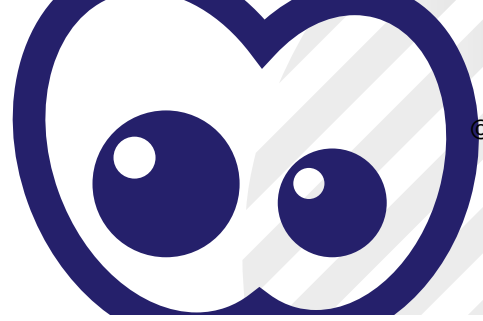


TRY FASHION DESIGN

Stencils, paint, solid tees — and go! You can tie-dye, use spin art, buy chalkboard shirts, or use fabric markers. Tote bags also work!



WORD SEARCH



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

AUSTRALIA
BARRIER REEF
ULURU
SYDNEY
ABORIGINES

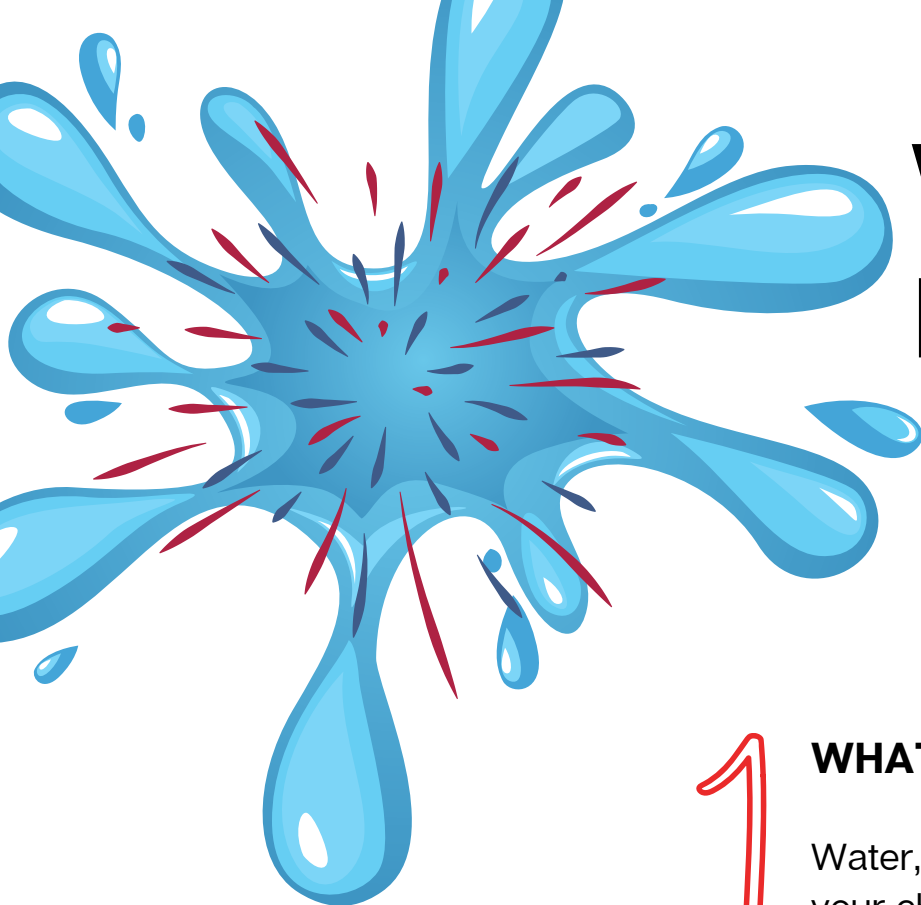
COMMONWEALTH
KOOKABURRA
KANGAROO
MELBOURNE
AYERS

TASMANIA
QUANTAS
WOMBAT
PERTH

ROCKS
KOALA
DINGO
ADELAIDE



WATER FIREWORKS



1 WHAT YOU WILL NEED

Water, Oil, Food Coloring (any color of your choosing), 16 oz clear glass, another 16 oz clear glass and a Fork



2 INSTRUCTION

Fill the tall glass almost to the top with room-temperature water. Pour 2 tablespoons of oil into the other glass. Add 2 drops of food coloring to the glass with the oil. Stir the oil into the food coloring using a fork. Stop once you break the food coloring into smaller drops.

3 HOW IT WORKS?

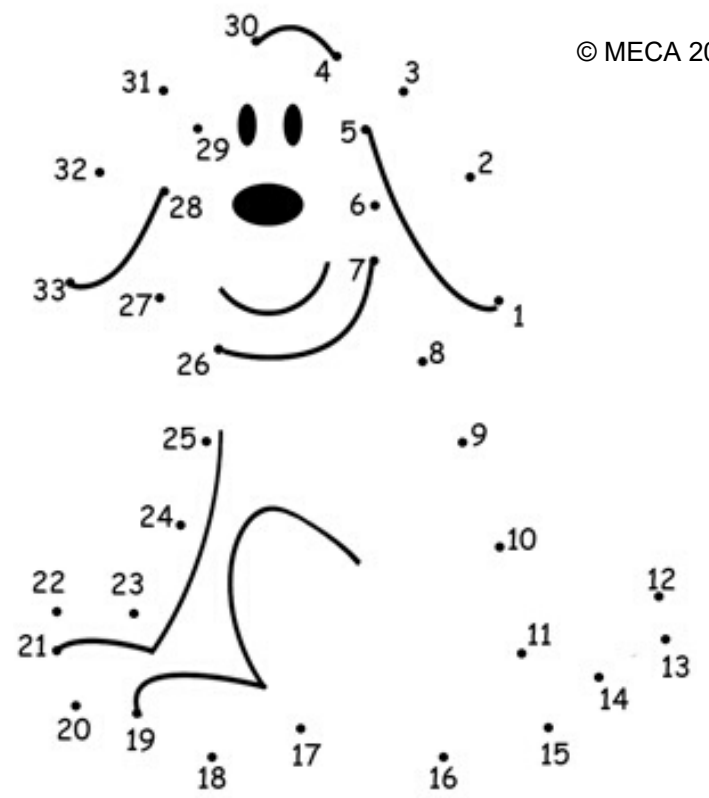
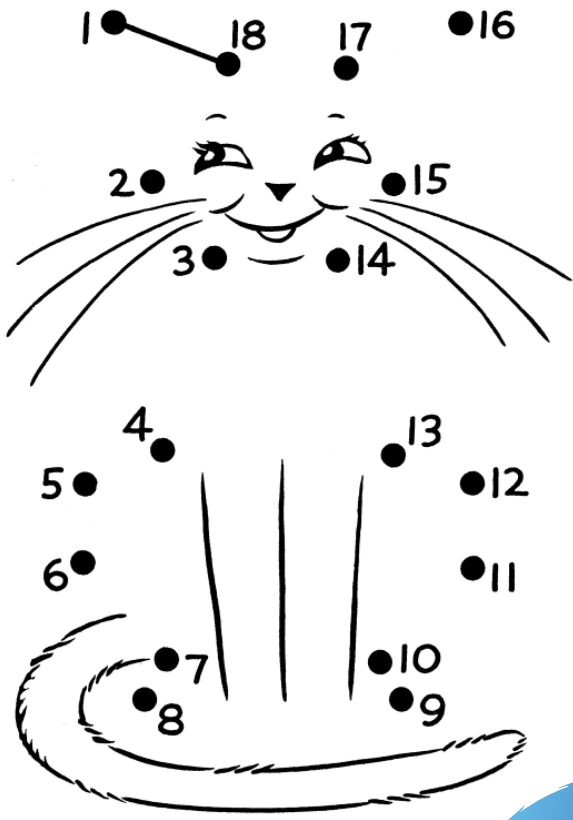
Food coloring dissolves in water, but not in oil. So when you pour in your food coloring/oil mixture the oil will float at the top of the water because it is less dense, and the food coloring will begin to dissolve once they sink through the oil and into the water.



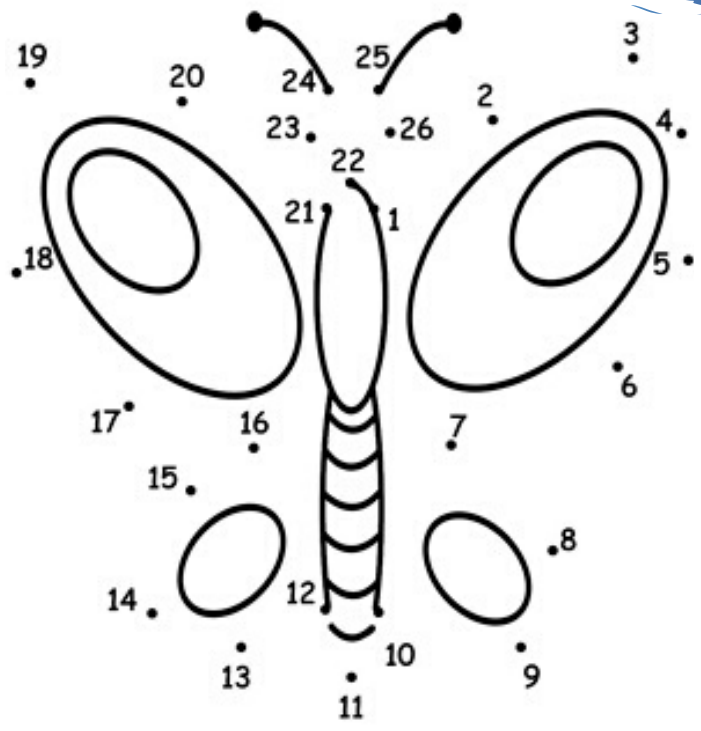
MECA CHALLENGE #1

Take a photo of your water fireworks and send it to us by **17 JULY** for your chance to win a mystery prize!

Submit your entry via volunteer.coordinator@meca.org.au



connect
the dots



No Bake Apple Donuts

© MECA 2020

INGREDIENTS:

3 apples, cut into 1/2" thick slices

2 cups water + juice of 1 lemon* (see notes)

DONUT FROSTING:

1/2 cup peanut butter, creamy and natural (or sunflower seed butter for nut free option)

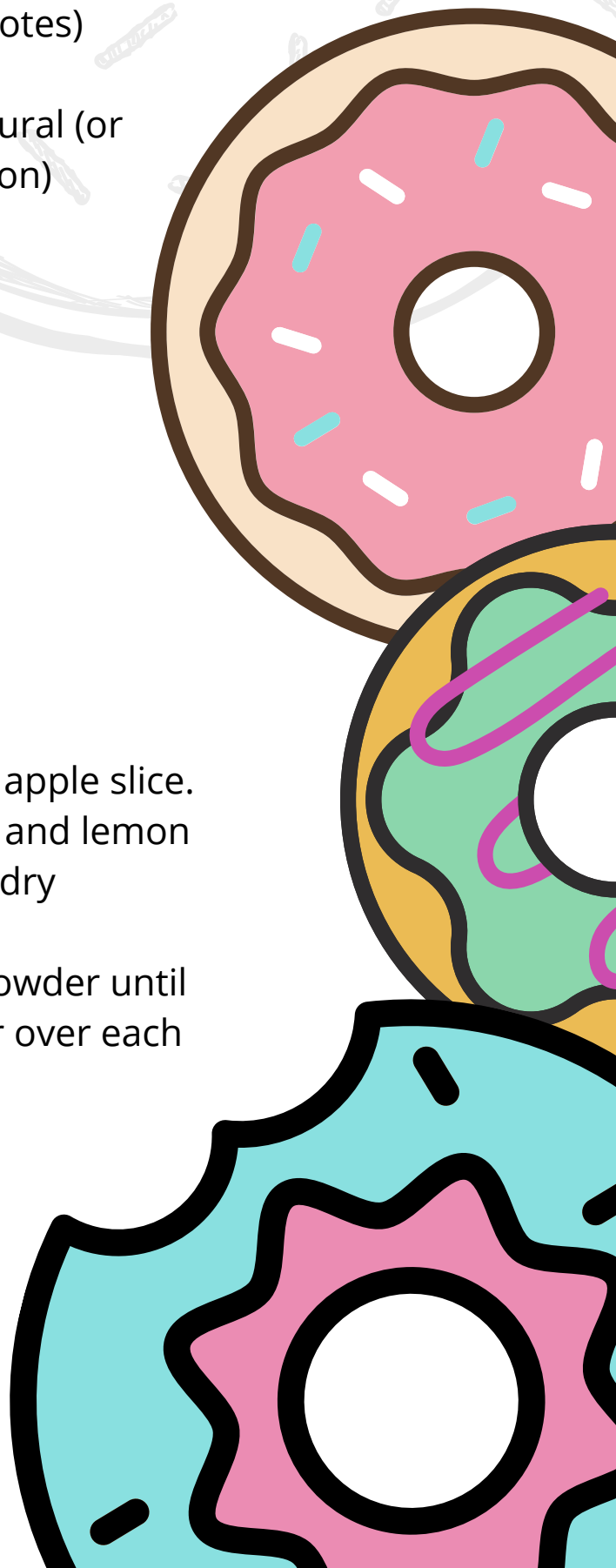
1 Tbsp. cocoa powder

TOPPINGS OPTIONS:

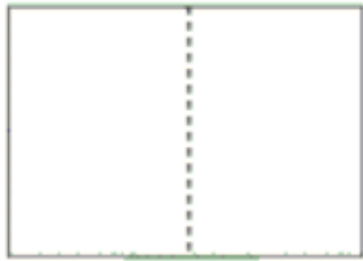
- rainbow sprinkles
- chocolate sprinkles
- cacao nibs
- mini chocolate chips
- granola
- Cut small, chopped nuts or seeds

INSTRUCTIONS:

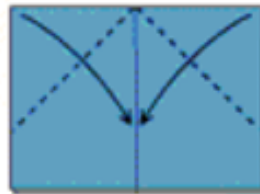
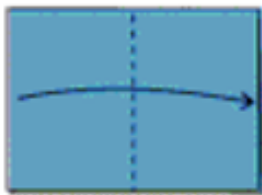
- All circles out in the middle of each apple slice.
- Soak the apple rings into the water and lemon juice mixture for 5-10 minutes. Pat dry completely.
- Mix the peanut butter and cocoa powder until smooth and well combined. Slather over each slice.
- Add the toppings of choice.



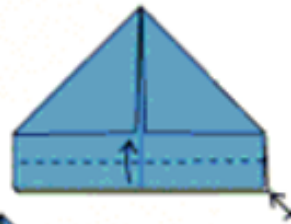
HOW TO MAKE A PAPER BOAT?



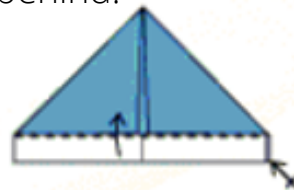
Start with a rectangle
A4 is a good size



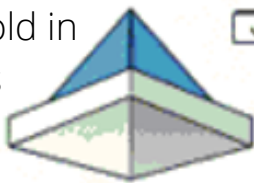
Fold bottom edge to
meet the bottom of the
triangles, repeat behind.



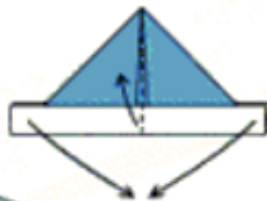
Fold along the bottom of
the triangles, repeat
behind



Squash fold in
progress



Lift the middle and push both points
together, to make a squash fold.



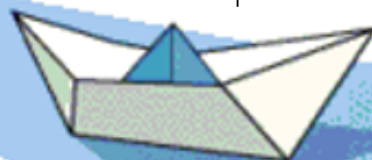
Fold bottom point about
one third. Repeat behind



Squash fold

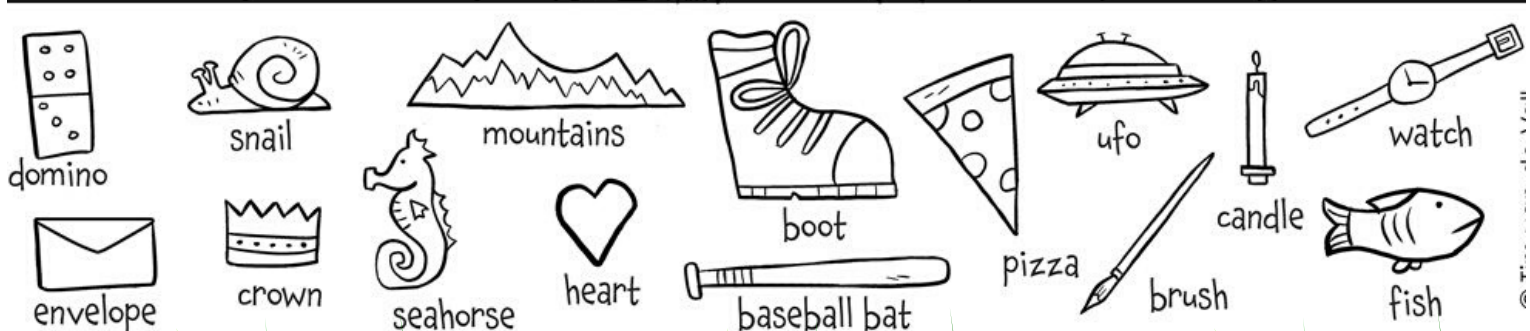


Pull the points out
to shape the boat





© MECA 2020



HOW TO PLAY HOPSCOTCH

Hopscotch is a traditional playground game for boys and girls. Keep reading to learn how to draw hopscotch.

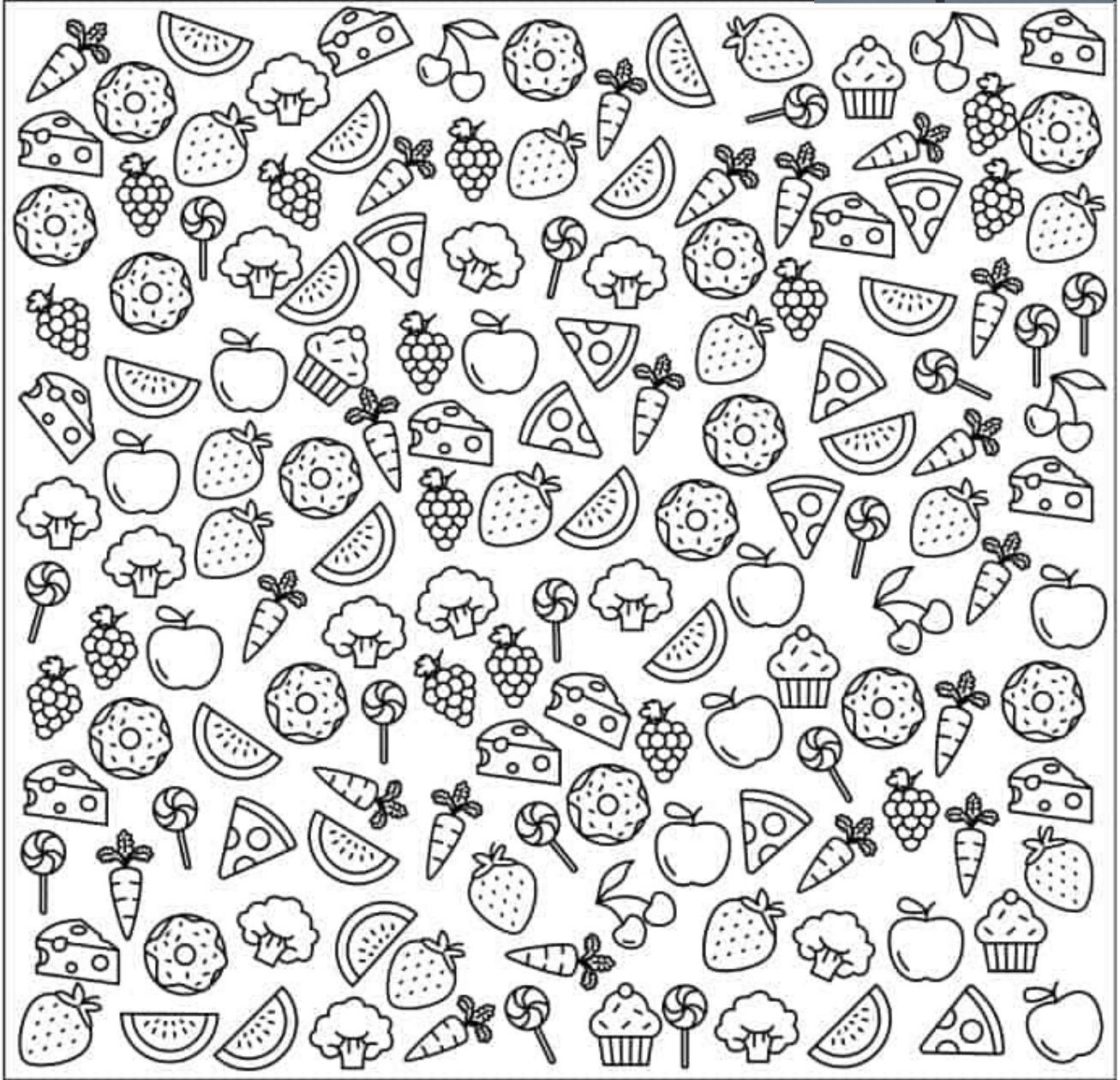












1. Draw a traditional hopscotch diagram like the one above. (Chalk is best for asphalt and pavement outdoors. If you're playing inside use masking or painter's tape.)

2. Throw a small stone, twig, beanbag, or other marker into the first square. (If it lands on a line, or outside the square, you lose your turn. Pass the marker to the following player and wait for your next turn.)

I SPY

Find the fruit
scavenger hunt



	_____		_____		_____		_____		_____
	_____		_____		_____		_____		_____

PAPER PLATE CRAFT

© MECA 2020



To make this paper plate fish bowl you will need:
Paper plates, Googly eyes, Paint, Coloured paper
Glue, Paint brush

Step 1



Use the brown/orange/yellow colours to paint the stony floor of the fishbowl. Then use the blue paint to fill in the rest of the paper plate to create the water.

Step 2



Cut some plant/leaf shapes out of green paper, and fish shapes out of pink, yellow and orange paper and stick them to the paper plate. Then, add some googly eyes to the fish shapes.



MECA CHALLENGE #2

Take a photo of your Paper Plate craft and send it to us by **17 JULY** for your chance to win a mystery prize!

Submit your entry volunteer.coordinator@meca.org.au

Fun Outdoor Activities

ISOLATION CAMPING

Think outside the box - or the house - when it comes to a safe family getaway. You don't have to go far to have an adventure. Bring out your tents and set up a camp dinner at your backyard.



BUILD A SALAD GARDEN

Hang out in the backyard after school doesn't just have to be about kicking the footy around. Think of your backyard as an outdoor classroom, where you can dig, plant, play and learn all at the same time!



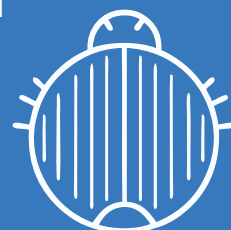
SARDINES

Sardines is a twist on hide-and-seek. One person hides, and everyone else searches for the hider. Once a player finds the hider, they join him in the hiding spot. The last person to find the hidden group loses the game.



FIND AND COUNT BUG HUNT

Prepare your clip board, marker and a piece of paper and find creepy crawlers and tally up what you will find. Out you go! Start searching!



TIN CAN BOWLING

Tin Can Bowling is a fun and interactive way to keep the kids active. Your tin cans be reused as a pen pot. Use any object as a 'bowling ball' (e.g. ball, bean bag, rock) and start knocking the cans down!



STARGAZING

Scout Out a Good Spot for Stargazing . The possibilities are endless. Once you've found your spot, make your family stargazing adventure fun for everyone!



Other Resources For Parents

© MECA 2020

<https://www.zoo.org.au/animal-house> - Melbourne Zoo livestream – see three baby Snow Leopard cubs as they play under mum's watchful eye in their den. Enjoy the penguins as they go about their busy day; look up high and spot the giraffes as they spend most of the day eating; and check out the lazy lions of Werribee Open Range Zoo as they lord over their very own Pride Rock.

<https://www.montereybayaquarium.org/animals/live-cams> - Monterey Bay Aquarium livestream - Be delighted by the antics of our sea otters or mellow out to the hypnotic drifting of our jellies. With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are.

<http://www.aquariumofpacific.org/multimedia/aquariumlive> - Aquarium Live - Experience the wonders of the Pacific Ocean from any computer with an internet connection. See some of our animals via live webcams located in various exhibits around the Aquarium facility.

<https://www.sdzsafaripark.org/tiger-cam> - Tiger Cam

<https://www.sdzsafaripark.org/elephant-cam> - Elephant Cam

<https://www.youtube.com/watch?v=RmzjCPQv3y8> – Lunch Doodles with Mo Willems (author and illustrator of Don't Let The Pigeon Stay Up Late etc) With millions of learners attempting to grow and educate themselves in new circumstances, Mo has decided to invite everyone into his studio once a day for the next few weeks. Grab some paper and pencils, pens, or crayons. You can doodle together and explore ways of writing and making.

<https://www.rebelgirls.com/collections/rebel-girls-at-home> - Rebel Girls At Home - During this period of increased shelter at home, Rebel Girls is dedicated to making your family time fun and inspiring. We've collected our best activities and podcast episodes to keep your family engaged. For the first time ever, we are releasing a free digital version of our I Am A Rebel Girl journal as well as the step-by-step activities that are found at the end of our chapter books.

<https://stopmotion.school/p/stop-motion-kids-camp> StopMotionCamp - This stop motion kids camp is the perfect introduction to the art of stop motion! The instructor, Trisha Zemp (@trishazemp) will be there every step of the way, helping you create your very own stop motion videos! Whether you are 7, or 107, this class is sure to be a blast! Now get ready! Its time to start animating!

<https://www.oliverjeffers.com/books#/abookaday/> - Stay At Home Storytime with Oliver Jeffers. Oliver will be reading one of his books every weekday, and talking about some of the things that went into making it. We are all at home, but none of us are alone.

<https://www.chrishaughton.com/stayathome> - Stay At Home Storytime and Craft - read 'Shh! We have a plan' and make a collage together with the children's live prompts.

<https://education.lego.com/en-us/lessons> - Lego Lessons - Explore up to 400+ lessons with everything you need from what sets you need to building instructions. Everything you need to make a great class.

<https://accessmars.withgoogle.com/> Access Mars - the real surface of Mars. Recorded by NASA's Curiosity Rover. Now in your browser

<https://pbskids.org/> - Games and Activities play games with your favourite television character.

© MECA 2020

<https://www.seussville.com/> - Dr Seuss games and activities - hang out with Dr Seuss

<https://www.nomsterchef.com/nomster-recipe-library> - Cooking - Illustrated recipe picture books that get kid chefs excited about cooking.

<https://inhonorofdesign.com/2020/03/20-stress-relieving-activities-to-do-at-home-with-kids/> 20 stress relieving activities to do at home with kids.

<https://entertainkidsonadime.com/2020/03/13/100-activities-to-do-at-home-during-school-closures> - 100 activities to do at home with kids.

<https://www.dancingalonetogether.org/> - Dancing Alone Together - In this unprecedented time of isolation move, create and watch!

<https://www.youtube.com/user/CosmicKidsYoga> - Cosmic Kids Yoga - Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

<https://www.gonoodle.com> – Go Noodle engages 14 million kids every month with movement and mindfulness videos created by child development experts.

<https://pbskids.org/wildkratts/> - Wild Kratts – Encounter incredible wild animals, combining science education with fun and adventure, while traveling to animal habitats around the globe. Each adventure explores an age-appropriate science concept central to an animal's life and showcases a never-beforeseen wildlife moment. It's all wrapped up in engaging stories of adventure, mystery, rescue, and the Kratt brothers' brand of laugh-out-loud-comedy that kids love.

<https://www.globalguardianproject.com/> Global Guardian Project - Designed to follow the whim of your child's interest, you can pick a different topic every day, or go from one to the next from start to finish. Endangered elephants today and exploring India tomorrow? No problem!

<https://www.globalguardianproject.com/.../UrNoXgWR/checkout> (for the free 30 day sign up)

<https://stories.audible.com/discovery> - Audible – kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids. All stories are free to stream on your desktop, laptop, phone or tablet.

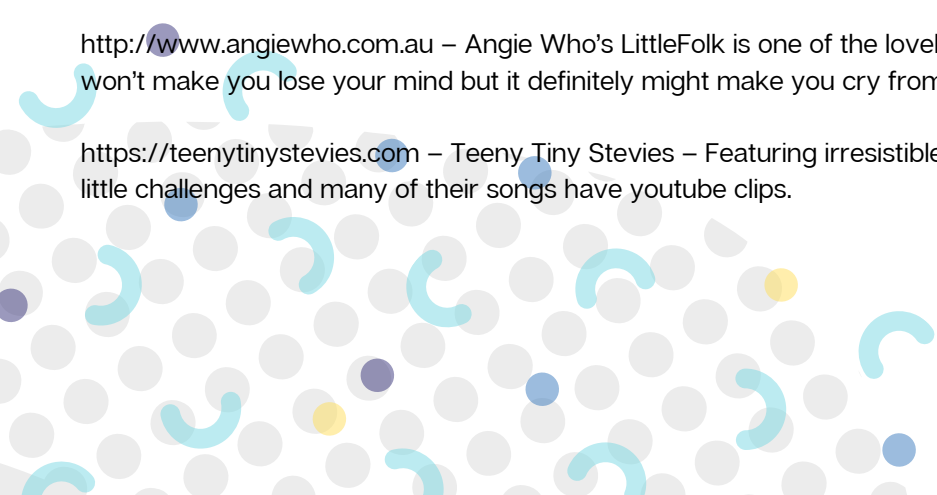
<https://www.kinderling.com.au/> - Kinderling Radio – Family friendly kids radio for children and their grownups. Includes programs like The Fact Detectives, Sing a Song with Angie Who, Story of the Week etc.

<https://www.storypirates.com/> - The Story Pirates - A group of world-class actors, comedians, improvisers and musicians who adapt stories written by kids into sketch comedy and musical theater.

<https://www.weareteachers.com/virtual-author-activities/> - Read Alouds and Activities - The Big List of Children's Authors Doing Online Read Alouds & Activities

<http://www.angiewho.com.au> – Angie Who's LittleFolk is one of the loveliest kid and parent friendly albums. It definitely won't make you lose your mind but it definitely might make you cry from how beautiful it is.

<https://teenytinystevies.com> – Teeny Tiny Stevies – Featuring irresistible melodies and helpful tips for navigating life's little challenges and many of their songs have youtube clips.



MECA

MT DRUITT
ETHNIC
COMMUNITIES
AGENCY

BUILDING A, 6 AYRES GROVE
MOUNT DRUITT, 2770
(02) 9625 9300

www.meca.org.au
info@meca.org.au
MECAMountDruitt