

BE BRAVE, BE CREATIVE, BE KIND, BE THANKFUL,  
BE HAPPY, BE YOU – UNKNOWN

Aussie Kids  
Fun & Fitness



## ON *this* MONTH

AUSSIE KIDS FUN & FITNESS

Vacation Care ----- 19 Dec – 28 Jan

### AROUND THE COUNTRY

International Day of People with Disability ----- 3  
International Migrants Day ----- 18  
Human Rights Day ----- 10  
International Mountains Day ----- 11  
Operation Santa ----- 1-24

#### Information for Families:

Located at the front sign in Desk there is a variety of Information for Families such as:

- Resource Library
- Staying Healthy in Childcare
- Information for Families Binder
- Service Policies and Procedures
- Observation Records
- Risk Assessments
- Community Notices
- QIP



### Collaborative Partnership with Families and Communities

Aussie Kids Fun & Fitness in Partnership with families are always looking for ways to improve our service. We would value your feedback to our ongoing monthly question by placing a shell in the yes or no pot and providing an explanation to assist our service by contributing to the Quality Improvement Plan. Your feedback is greatly appreciated.

We would love to hear from families in regards to ways we can enhance your child's social and emotional skills through education and play activities. Your feedback is valuable to our service. A feedback, comments and suggestions box are available at the front sign in desk.

#### **This Month's Question:**

Do you feel that the service promotes children's social and emotional competence?

(Relationship with children, Standard 5.1)

#### **Last Month's Question:**

Do you know that we have an open-door Policy in which families are welcome to visit the Service when it is convenient for them?

**FEEDBACK: Six people who took part in the Survey**

#### **Feedback, comments from Children:**

- What's that? Is it when the roller door is open?
- I think it means you can come in cause the door is open.
- When the side door is open, we can come inside and you sign us in, Isn't it?

#### **Feedback comments from Parents:**

- Yes, I am aware of that, which is great, I know we are always welcome here.
- Yes, most centers have an open-door policy, we feel very welcome, you run such a great service. My child loves coming here.
- I know because I am in childcare, all these Policies are too much sometimes.



### OPERATION SANTA – DECEMBER 1 – 24

The Target and Uniting Care Christmas Appeal has been a gift giving campaign, offering support to disadvantaged people of all ages for

the past 28 years. Be there for someone and support the Appeal by purchasing a \$1 bauble found at cash registers in all Target Stores or make. **Go to:**

<https://www.target.com.au/targetchristmasappeal>

### INTERNATIONAL MIGRANTS DAY – DECEMBER 18

Migration draws increasing attention in the world nowadays. Mixed with elements of un-foreseeability, emergency, and complexity, the challenges and difficulties of international migration require enhanced cooperation and collective action among countries and regions.

<https://www.un.org/en/events/migrantsday/>

## CRISPY PARMESAN PITA CHIPS WITH BEETROOT HUMMUS



PREP 20 min | COOK 5 min | SERVES 4 (SNACK)

#### INGREDIENTS

##### Beetroot hummus

3/4 cup roasted beetroot  
1 x 400 gram can chickpeas, drained and rinsed  
Zest and juice of one lemon  
pinch of salt  
2 cloves garlic crushed  
2 tablespoons tahini  
1/4 teaspoon cumin, ground  
1/4 cup extra virgin olive oil  
To serve – Greek yoghurt,

toasted and finely chopped almonds, olive oil and coriander

##### Toasted pita chips

4 wholemeal pita bread, cut into small triangles  
1 cup (80 grams) parmesan cheese, grated  
1/2 cup finely chopped rosemary  
pinch of salt  
1/2 cup extra virgin olive oil

#### METHOD:

Preheat oven to 180 C (350 F) and line 2 oven trays with baking paper. Set aside.

**To make the hummus** – Place the beetroot, chickpeas, lemon juice and zest, salt, garlic, tahini and cumin into the large bowl of a food processor. Blitz for 1-2 minutes or until creamy. With the motor running – slowly add the olive oil and blitz until combined. Pop the hummus into a bowl and place into the fridge whilst you prepare the pita chips.

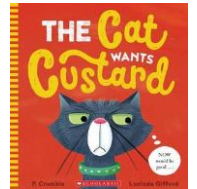
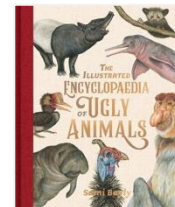
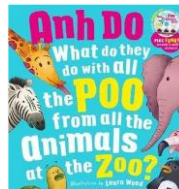
**To make the pita chips** – Arrange the pita bread triangles on the prepared trays. Place the parmesan, rosemary and salt into a small bowl and stir to combine. Brush each triangle with a little olive oil and top with a little of the rosemary/cheese mixture. Bake for 5 minutes or until the cheese is melted and the pita chips are golden.

**To serve** – Place the hummus onto a small bowl, top with Greek yoghurt, almonds, olive oil and coriander. Arrange the pita chips around the hummus and dig in! Enjoy xx

Recipe and Image from 'mylovelylittlelunchbox.com'

## Book reviews

*The weird, the wonderful and the hilarious! Animal books for all.*



### WHAT DO THEY DO WITH ALL THE POO FROM THE ANIMALS AT THE ZOO?

ANH DO

*What do they do with all the poo from all the animals at the zoo? The hippos, the tigers, the kangaroos what do they do with all that poo? There's so much poo at the zoo. Where does it all go? Do they mix it into chocolate ice-cream? Sprinkle it on pizza? Stir it in the local swimming pool?! The title alone will have your child giggling, and they will keep laughing as they search for the stinky truth.*

### THE ILLUSTRATED ENCYCLOPAEDIA OF UGLY ANIMALS

SAMI BAYLY

*Marvel as you enter the fascinating hidden world of ugly animals in this encyclopaedia of the animal kingdom's most unusual and beauty-challenged species. It's time for ugly animals to shine!* With more than sixty ugly animals to explore, this compendium of the unusual celebrates the beauty in 'ugliness'.

### THE CAT WANTS CUSTARD

P. CRUMBLE

*Meet Kevin, the opinionated feline who is full of cat-titude.* Kevin has a craving. He wants custard, and he wants it NOW! Follow the hilarious antics of a cat trying to get its human companion to give him what he wants, including using his own body to spell the word CUSTARD! Will he succeed? A brilliantly funny picture book treat.



## FOCUS: Screen free family fun



*30 staycation ideas to help stay away from screen time and get your family fun back these holidays. There are ideas for all ages to keep them busy during the school holidays. Check out number 30 in case you decide that you want to keep a record of the great ideas you have!*

1. Design a play area like a kid's kitchen in the backyard
2. Take a day trip. Look for fun places to go two hours away from home.
3. Arts and crafts: making boats, painting, finger knitting, volcanoes, and sock puppets
4. Disco day: play music, design your own disco ball and dance
5. Outdoor pool days: visit the local outdoor pool with goggles and diving toys
6. Build a dress-up corner to use for dress-up days
7. Dress up days: make your own costume and stage a performance
8. Go fruit picking. It's a great way to educate the kids on where food comes from.
9. Become a tourist in your own town. Pretend you're a visitor and plan a day out.
10. Explore local walking trails. You see so much more when you're on foot.
11. Camp in the backyard. Kids love sleeping outside.
12. Create your own resort at home. A buffet breakfast, spa experience and colourful drinks are easy to rustle up.
13. Take advantage of windy weather, by making your own kite and taking it out to fly.
14. Have theme nights. Dress up, decorate and cook as though you were at your favourite holiday destination.
15. Go outside when it's nighttime with a torch and explore. Download an App for watching the stars (e.g. StarMap 3D+) and look at the shapes they make; see how we get the Star signs.
16. Visit a local airport (big or small)- there is always some designated parking place to watch the planes take off and land.
17. Catch or watch a train. Make the whole process a learning experience from start to finish!
18. Find a new park out of town. Take a picnic lunch. Search for 'Best Playgrounds in {your town}'. Leave the car behind and catch the bus.
19. Make a sand or mud cafe in the backyard. Lots of messy fun. Bake mud pies!
20. Eat an early dinner outside in your garden. Let the kids set the menu and the eating area.
21. Take the kids to the local farmer markets – speak to the farmer about his produce
22. Visit second-hand markets. Look for very old items and discuss how things have changed over the years.
23. Make a small theatre and organise a puppet play. A table tipped sideways, and decorated toilet rolls make a simple easy puppet. (Or search for ideas on Pinterest.)
24. Have a 'beauty day'. Hair plaiting, nail painting, dress-ups -followed by a fairy picnic in the garden.
25. Go on a nature hunt. Give out paper bags with a list of age-appropriate things to find/collect on the front. Give little surprises to be found along the way to give an incentive.
26. Try a Scavenger hunt for older kids

### *Indoor ideas for when the kids are stuck inside*

27. Make play dough at home
28. Bored with their toys? Then change up and let them make their own!
29. Lastly, turn any of the above activities into a video by using your iPhone and the so very simple to use Splice-Video editor/maker. It's a **free** and easy to use App

Child Mags (2019, October 5). Source: 30 Family fun staycation ideas for busy kids. Retrieved from <https://www.childmags.com.au/30-family-fun-staycation-ideas-for-busy-kids/>

## HEALTHY EATING

**At this time of the year sometimes food begins to become a little less "sometimes" food. There is a lot of celebrating and therefore a lot of treats. When your asked to bring a plate why not bring a healthier snack. These websites have great options that are delicious but incorporate less sugar and sometimes a veggie or two.**

**My lovely little lunchbox** - [mylovelylittlelunchbox.com](http://mylovelylittlelunchbox.com)

Go to the Sweet Treats tab to find a delicious range of healthier treat options. Personal favourite is the 'Banana & Carrot mini loaves'

**Wholefood Simply** - [www.wholefoodsimply.com](http://www.wholefoodsimply.com)



**Healthy Little Foodies** – [healthylittlefoodies.com](http://healthylittlefoodies.com)

**Amy's Healthy Baking** – [amyshealthybaking.com/recipes/](http://amyshealthybaking.com/recipes/)

HEALTHY  
KIDS

## HEALTH & SAFETY: Safe summer tips

**Heat stroke in children can occur without proper hydration or rest. Learn how to recognise heat exhaustion and heat stroke symptoms to keep your child safe.**

Heat-related illness happens when the body's temperature control system is overloaded. Infants and children up to 4 years of age are at greatest risk. Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. For heat-related illness, the best defence is prevention.

- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Schedule outdoor activities carefully, for morning and evening hours.
- Stay cool with cool showers or baths.
- Seek medical care immediately if your child has symptoms of heat-related illness.

**Did you know: Just a few serious sunburns can increase you and your child's risk of skin cancer later in life.** Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

- Cover up. Clothing that covers your and your child's skin helps protect against UV rays.
- Use sunscreen with at least SPF (sun protection factor) 15 and UVA (ultraviolet A) and UVB (ultraviolet B) protection every time you and your child go outside.

**Keeping children hydrated in hot weather** On hot days, make sure you offer your child frequent drinks to avoid dehydration. If you are breastfeeding, feed your baby as often as they need during hot weather. This may be more often than usual. Have plenty of fluids yourself, including a cool drink at every feed. If you are bottle feeding you may also need to increase the number of feeds. Babies who are more than six months old can be offered small amounts of cooled boiled water, after or between feeds. Give young children regular drinks during the day. Water is best. Aim for children to drink about 1 to 1.5 L (1 to 6 glasses) per day.

**Dehydration in children** Young children can easily become dehydrated during periods of hot weather due to sweating, and not drinking enough water.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 right away—heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>

*Dehydration can also be caused by*, doing lots of physical activity or exercise, having a high temperature, severe vomiting or diarrhoea or not eating or drinking enough.

*Your child may be mildly dehydrated if they*, are dizzy or lightheaded, feel nauseous or have a headache, have dark yellow or brown urine, have fewer wet nappies than usual, or if their nappies are less wet than usual, if they go to the toilet less often, have a dry and coated-looking tongue and mouth.

If your child shows these signs, the best treatment is to give them some water or an oral rehydration solution (such as Gastrolyte or Pedialyte). If they refuse either of these, try diluted apple juice or their usual milk. Don't give sugary drinks such as lemonade or sports drinks as this can make dehydration worse.

*Your child may be severely dehydrated if they:* are extremely thirsty, seem tired and lethargic, look pale and have sunken and dark eyes, have fewer tears than usual when crying, are irritable, drowsy or confused, are breathing faster than usual and have a fast heart rate (pulse). If your child shows signs of severe dehydration, see your GP or go to your closest hospital emergency department.

**Sources:**  
CDC (2019, November 11). Extreme Heat. Retrieved from <https://www.cdc.gov/disasters/extremeheat/warning.html>

Better Health Channel (2019, November 11). Hot weather and child safety. Retrieved from [betterhealth.vic.gov.au/health/healthyliving/hot-weather-and-child-safety](https://betterhealth.vic.gov.au/health/healthyliving/hot-weather-and-child-safety)



### ZERO WASTE CHRISTMAS

You have the choice to change the way you give this Christmas. By not gifting plastics or disposables you are helping to create a more sustainable festive season.

Now what about receiving? This isn't about being ungrateful it's about being assertive and expressing your wants for the environment clearly. Not sure what to write? Check out this letter from Seed + Sprout, it's clear and kind. Send it out to friends and family now and enjoy a more sustainable Christmas.

Seed + Sprout (2019, November 10). Hello loved One. Retrieved from [seedsprout.com.au/pages/tree](https://seedsprout.com.au/pages/tree)

#### Hello loved one,

There's something important I need to tell you.

But I'm afraid that telling you in person \*might\* be hard and I don't want to hurt your feelings.

So I'm sending you this letter instead.

Lately I've been thinking about how I can lessen my impact on our planet. I'm not perfect! But I'm trying. I don't want to seem ungrateful, but this Christmas I really need your help with this:

**When gifting this year, please be mindful.**

-no plastics (please)  
-no disposables (please)

We don't need anything fancy! The best present you could give this year is presence. Because time is precious, and we love you so much.

So let's do something special together this Christmas.  
For us, and for our planet. x



PS: Forward this letter on + let's change the way we do Christmas, together.



19 DECEMBER 2019 – 28 JANUARY 2020

# VACATION CARE



**Aussie Kids Fun & Fitness**  
Fun & Fitness  
CUDGEN PUBLIC SCHOOL Vacation Care Program – DEC 19 – JAN 20

<p><b>Thursday 19<sup>th</sup> December</b> <b>INCLUSION:</b> Christmas: Arts &amp; Crafts, Cooking, Tattoos &amp; Face painting, Mascots, Inflation Obstacle</p>	<p><b>AUSSIE KIDS FUN &amp; FITNESS IS CLOSED FROM THE 25<sup>th</sup> December until the 1<sup>st</sup> January</b></p>
<p><b>Friday 20<sup>th</sup> December</b> <b>EXCURSION:</b> Tenpin Bowling Lunch @ Hungry Jacks EXTRA \$6 Inflation Obstacle Christmas Crafts</p>	<p><b>Thursday 2<sup>nd</sup> January</b> <b>INCLUSION:</b> Inflation Dino Races, Dino Dig, Dinosaur Photo Shoot, Crystal Fossicking Educational &amp; Fun Facts Arts &amp; Crafts</p>
<p><b>Monday 23<sup>rd</sup> December</b> <b>INCLUSION:</b> Aussie Bounce Bites Party Bring: Swimmers, Rashie Towel &amp; Sunscreen Christmas Sand Art</p>	<p><b>Friday 3<sup>rd</sup> January</b> <b>EXCURSION:</b> Aquatic Centre Bring: Swimmers, Rashie, Towel &amp; Sunscreen Arts &amp; Crafts: Scrap Booking Calendars</p>
<p><b>Tuesday 24<sup>th</sup> December</b> <b>INCLUSION:</b> Christmas Lunch Provided Games, Arts &amp; Craft, Face Painting, Mascots, Giant Water Slide, Cooking Bring: Swimmers, Rashie Towel &amp; Sunscreen</p>	<p><b>Monday 6<sup>th</sup> January</b> <b>INCLUSION:</b> Fun STEM Activities Sweet Potato Chips Slip N Slide Inflation Bring: Swimmers, Rashie, Towel &amp; Sunscreen Scooter &amp; Helmet</p>

Children are required to wear enclosed Foot Ware and Socks, Bucket Hats (the Service has spare hats available) No Singlet Shirts, Bring Spare Clothes and a Water Bottle, Full HEALTHY Lunch each day unless stated otherwise. For Water Play Activities please bring: Swimmers, Towel, Rashie & Sunscreen.

**BOOK ONLINE** [www.aussiekidsfunandfitness.com](http://www.aussiekidsfunandfitness.com) **PHONE:** 0413974775

## Aussie Kids Fun & Fitness Vacation Care Program

available now online for bookings @ [www.aussiekidsfunandfitness.com](http://www.aussiekidsfunandfitness.com)

Vacation Care Service operates from 6.30 am until 6pm, Monday to Friday. The service is closed from 25<sup>th</sup> December 2019 until 1 January 2020.

The Program was implemented through children's interests, feedback and connections with the wider community.

Risk Assessments are available at the front sign in desk for families to read at their own leisure.

**Aussie Kids Fun & Fitness**  
Fun & Fitness  
CUDGEN PUBLIC SCHOOL Vacation Care Program – DEC 19 – JAN 20

<p><b>Tuesday 7<sup>th</sup> January</b> <b>INCLUSION:</b> Kids Zumba Dance Party Craft: Dream Catchers Water Slide - Bring: Swimmers, Rashie, Towel &amp; Sunscreen, Scooter &amp; Helmet</p>	<p><b>Monday 13<sup>th</sup> January</b> <b>EXCURSION:</b> Tabatinga Indoor Play Centre - Bumper Cars, Putt Golf Movie Afternoon - Popcorn Bar &amp; Snow Cones Claydough Workshop</p>
<p><b>Wednesday 8<sup>th</sup> January</b> <b>EXCURSION:</b> Tenpin Bowling Lunch @ Hungry Jacks EXTRA \$6 Movie Afternoon &amp; Popcorn Bar</p>	<p><b>Tuesday 14<sup>th</sup> January</b> <b>INCLUSION:</b> Country Fair Games &amp; Challenges Fun Foods - Prizes Jumping Castle &amp; Inflation Games Arts &amp; Craft: Kewpie Dolls &amp; Swords</p>
<p><b>Thursday 9<sup>th</sup> January</b> <b>INCLUSION:</b> Superhero Day A minute to win it Games &amp; Challenges Superhero Mask Making Take Home Superhero Cape Giant Obstacle Course Basic First Aid Training</p>	<p><b>Wednesday 15<sup>th</sup> January</b> <b>EXCURSION:</b> Hoopla Circus Adventure Playground - Knox Park Art: Designer Pillow Cases</p>
<p><b>Friday 10<sup>th</sup> January</b> <b>EXCURSION:</b> Regent Cinemas - Movie TBA Adventure Playground - Knox Park &amp; BBQ Lunch Art: Scratch Art</p>	<p><b>Thursday 16<sup>th</sup> January</b> <b>INCLUSION:</b> Drumming Workshop Multicultural Arts &amp; Crafts Multicultural Cooking Kids Talent Show</p>

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**Aussie Kids Fun & Fitness**  
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CUDGEN PUBLIC SCHOOL Vacation Care Program – DEC 19 – JAN 20

<p><b>Friday 17<sup>th</sup> January</b> <b>EXCURSION:</b> Aquatic Centre Bring: Swimmers, Rashie, Towel &amp; Sunscreen Scooter &amp; Helmet Road Safety Program &amp; Activities</p>	<p><b>Thursday 23<sup>rd</sup> January</b> <b>INCLUSION</b> B DAY Inflation Ball Games Bouncy Castle Bubble Making Banana Treats Balloon Sculpting Build A Bear</p>
<p><b>Monday 20<sup>th</sup> January</b> <b>EXCURSION:</b> Doodlebugs Indoor Play Centre Children's Choice Afternoon</p>	<p><b>Friday 24<sup>th</sup> January</b> <b>EXCURSION</b> Celebrating Australia Day Local Park &amp; BBQ Lunch Aussie Games &amp; Activities Face Painting &amp; Tattoos Water Slide Baking Damper Bring: Swimmers, Rashie Towel &amp; Sunscreen</p>
<p><b>Tuesday 21<sup>st</sup> January</b> <b>INCLUSION:</b> Nature Kids Yoga Inflation Obstacle Course Giant Yard Games Fun &amp; Creative Banana Activities</p>	<p><b>CLOSED Monday 27<sup>th</sup> PUBLIC HOLIDAY</b></p>
<p><b>Wednesday 22<sup>nd</sup> January</b> <b>EXCURSION:</b> Faulks Park - Picnic Lunch Tropical Island Party Mocktails Limbo Photo Booth Sand Art Workshop</p>	<p><b>Tuesday 28<sup>th</sup> January</b> <b>EXCURSION:</b> Putt Putt Golf Mermaid Beach Laguna Park Palm Beach Children's choice Afternoon</p>

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## Stranger Danger

During the Vacation Care period we will be Educating Children on 'Stranger Danger', taking care and being aware of Strangers when in the wider community.

- Buddy System
- Know your Safe Zone
- Care for your friends
- Yell and Tell
- Don't Talk to Strangers
- Remember to look listen and stay safe

We encourage Families to follow this up at home. More information is provided on our flyer located in the families info blinder or visit the website [safety4kids.com](http://safety4kids.com)

We welcome your thoughts and feedback to help keep your children safe!

## Road, Transport and Scooter Safety



During December and January, we will be focusing on Road, Transport & Scooter Safety as a part of our program. This will be implemented prior to going on excursions, during excursions and at the service on a daily basis.

Educating young children to be aware of road safety is essential for keeping them safe on today's society. We talk about road safety, share views and develop strategies to ensure the safety of all children. Information for families is provided in the families info. Binders located at the front sign in desk. (Keeping Our Kids Safe - NSW) If you would like an Information flyer please write the name of the sheet provided and the Service to email it through.

## Christmas – Donations

Aussie Kids Fun & Fitness is taking Toys donations for 'You have A Friend' for Christmas. If you have any unwanted toy's we would love you to bring then into the Service to support this wonderful Charity. Thank you to the family who has brought in items for the donation.



Prior to Christmas Children will be given the opportunity to wrap gifts for the less fortunate families in the local area and the gifts will be placed at the 2484 stairway for families to take on Christmas morning. This will be the 3<sup>rd</sup> year I have donated to the community as apart of my love and concern for the homeless.



## 5 Minute MOVES

### I'm going on a bear hunt

Short simple activities to get some active minutes in the day.

Remember the book and rhyme "I'm Going on a Bear Hunt"? While this rhyme can easily be sung while sitting, there's also opportunity to make the whole rhyme more active. Act out the different motions: swim across the lake, climb up the tree and stomp over the bridge. This activity gets especially entertaining when you're scurrying away from the bear at the end.