















PRESCHOOL	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning</p> <p><i>It is super important to keep a routine particularly when you have a light schedule and aren't leaving the house often. Try and fill each morning the same way.</i></p>	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/user/CosmicKidsYoga</p> 	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/watch?v=obzFP6eEGAg</p> 	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/watch?v=xlg052EKMTk</p> 	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/watch?v=23VdtT0vQUY</p> 	<p>Cosmic Kids Yoga</p> <p>https://www.youtube.com/watch?v=Fz0tZNq1pm8</p> 
<p>Afternoon</p>	<p>Taronga TV</p> <p>Animal webcams, keeper chats.</p> <p>https://taronga.org.au/taronga-tv</p> 	<p>Wiggles YouTube Channel</p> <p>Dance along with Emma or sing along with Anthony</p> <p>https://www.youtube.com/channel/UC5vVe2R4ucoMzJP53o38Yaw</p> 	<p>Australian reptile park</p> <p>Live Instagram and Facebook videos at 10am and 2pm</p> <p>https://www.facebook.com/AustralianReptilePark</p> 	<p>Preschool Worksheets</p> <p>Hundreds of preschool worksheets you can print out and keeps the kids occupied for hours</p> <p>https://www.greatschools.org/gk/worksheets/?grade=preschool</p> 	<p>Make your own Play Dough</p> <p>Have fun creating different colours and shapes with your home-made play dough.</p> <p>Maybe even go one step further and make your creations last and bake them in the oven.</p> <p>https://www.youtube.com/watch?v=oAIAm6BF0fs</p>
<p>Evening</p>	<p>Good Afternoon</p> <p>Ease into the afternoon with The Wiggles, Justine Clarke, Bananas in Pyjamas, Play School and more.</p> <p>https://www.abc.net.au/kidslisten/good-afternoon/</p> 	<p>Social Distancing</p> <p>The link below is to a story all about social distancing and what is happening in the world right now. The story was created for children and is an age appropriate story about why their world might be feeling a bit different now.</p> <p>https://www.socialstories4kids.com/wp-content/uploads/2020/03/Social-Distancing.pdf</p>	<p>We're going on a bear hunt</p> <p>While kids are stuck at home for weeks, neighbors across the country are coming up with creative ways to get outside.</p> <p>Neighbors have placed teddy bears in windows for children to count as part of a scavenger hunt when they go on a walk.</p> <p>Why not take the kids out and see what you can find!</p>	<p>Origami Boats</p> <p>Watch this step by step video to make a paper boat. Why not decorate and see if it floats!</p> <p>https://www.youtube.com/watch?v=d8E-lyqOjq8</p> 	<p>How To Make The Coziest Blanket Fort Ever</p> <p>Step by step video showing you how to make the best blanket fort ever for the kids!</p> <p>This one is a bit fancy so feel free to adapt but looks like lots of fun for the kids.</p> <p>https://www.youtube.com/watch?v=4HPnf15i-Ls</p>

PRIMARY	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning</p> <p><i>It is super important to keep a routine particularly when you have a light schedule and aren't leaving the house often. Try and fill each morning the same way.</i></p>	<p>P.E with Joe Wicks https://www.youtube.com/watch?v=-8o8wMgAT-Y</p> <p>Active Apple Juice 2 x apples 1 x peeled lemon 3 x celery stalks 2 x carrots</p> 	<p>P.E with Joe Wicks https://www.youtube.com/watch?v=qGKGNzNbWjU</p> <p>ABC Juice 1 x apple 4 x carrots 1 x cup of beetroot chunks</p>	<p>P.E with Joe Wicks https://www.youtube.com/watch?v=5i0ZSsWq5E0</p> <p>Camouflage Green Juice 1 x cup of pineapple chunks 6 x cups of spinach 1 x celery stalk 1 x tangerine</p> 	<p>P.E with Joe Wicks https://www.youtube.com/watch?v=Uy1yab7jAcU</p> <p>Energy Booster Juice 1 x beetroot 1 x apple 2 x stalks celery 1 x lime</p>	<p>P.E with Joe Wicks https://www.youtube.com/watch?v=Rz0go1pTda8</p> <p>Pineapple Twist Juice Half a cup of pineapple chunks 1 x green apple Half a cucumber 6 x kale leaves</p>
<p>Afternoon</p> 	<p>Taronga TV</p> <p>Animal webcams, keeper chats. https://taronga.org.au/taronga-tv</p> <p>Become an explorer with the National Geographic Youtube channel. https://www.youtube.com/channel/UCXVCgDuD_QCkI7gTKU7-tpg</p>	<p>Easter Brownie Bites https://www.bbcgoodfood.com/recipes/easter-brownie-bites</p> <p>Scholastic – Learn at Home Lessons https://classroommagazines.scholastic.com/support/learnathome.html</p>	<p>Watch a TED-Ed talk. https://ed.ted.com/lessons</p> <p>Resilience Training https://www.resilienceinkids.com.au/</p> <p>Sign up to Skype in the Classroom: https://education.skype.com/</p>	<p>Skype a Scientist https://www.skypeascientist.com/for-families.html</p> <p>Virtual museum tour. The British Museum. https://britishmuseum.withgoogle.com/</p>	<p>Write letters to relatives.</p> <p>Primezone – Horticulture Videos https://www.primezone.edu.au/page.php?id=6&keyword=horticulture</p> 
<p>Evening</p> 	<p>Take an online dance class https://dancedomain.com.au/.</p> <p>Easter Egg Hunt</p> 	<p>Take an online theatre class https://www.mstyp.org.au/</p> <p>Virtual museum tour – Guggenheim, New York. https://artsandculture.google.com/partner/solomon-r-guggenheim-museum</p>	<p>Story Time from Space Directory https://storytimefromspace.com/library/</p> <p>Design your own Easter Egg with colouring pens and pencils – some templates here. http://www.supercoloring.com/coloring-pages/arts-culture/easter-eggs</p>	<p>Virtual museum tour. The Rijks Museum – Amsterdam. https://artsandculture.google.com/partner/rijksmuseum</p> <p>Read a new book on Audible (new titles for free). https://stories.audible.com/discovery</p>	<p>Spa Hour Homemade facemasks.</p> <p>1 x avocado 1 x teaspoon honey 1x teaspoon yoghurt</p>  <p>Mix together and apply evenly – leave 10/15 minutes.</p>

SECONDARY	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning</p> <p><i>It is super important to keep a routine particularly when you have a light schedule and aren't leaving the house often. Try and fill each morning the same way.</i></p>	<ul style="list-style-type: none"> Dream journal Headspace App mindfulness - meditation AskDoctorJo YouTube channel – stretches Eat Breakfast Meditation for anxiety 	<ul style="list-style-type: none"> Dream journal Meditation for anxiety Listen to podcast while sitting in the sun, try: <ul style="list-style-type: none"> Ted talks Stuff you should know Stuff to blow your mind Invention The Mortified Podcast 	<ul style="list-style-type: none"> Dream journal Joanna Soh YouTube - workouts Headspace App mindfulness - meditation AskDoctorJo YouTube channel – stretches Eat Breakfast 	<ul style="list-style-type: none"> AskDoctorJo YouTube channel – stretches Meditation for anxiety Listen to podcast while sitting in the sun, try: <ul style="list-style-type: none"> Ted talks Stuff you should know Stuff to blow your mind Invention The Mortified Podcast 	<ul style="list-style-type: none"> Dream journal Joanna Soh YouTube - workouts Headspace App mindfulness - meditation Eat Breakfast Meditation for anxiety 
<p>Afternoon</p>	<ul style="list-style-type: none"> Create and maintain a bullet journal Learn a new skill e.g. <i>TakeLesson</i> YouTube channel Visit <i>Resilience in Kids</i> website and attend workshops 	<ul style="list-style-type: none"> Digital Scrapbooking Train your pets Clean out closets Watch <i>Middle Ground</i> playlist on <i>Jubilee's</i> YouTube channel Write letters to the elderly in local nursing homes Reach out to friends 	<ul style="list-style-type: none"> Create a game in real life e.g. Angry birds Download the <i>Resilience Project</i> App & work through it Make a butterfly feeder Virtual Zoo tours Play a card game e.g. Uno, 500 	<ul style="list-style-type: none"> Vision boards of your goals or dreams Learn Origami from the Origami Art School YouTube channel Watch <i>Spectrum</i> playlist on <i>Jubilee's</i> YouTube channel 	<ul style="list-style-type: none"> Visit Macquarie University's <i>Chilled Out</i> and attend workshop Bake Follow a Bob Ross painting tutorial Utilize kitchen scraps to start your own veggie-patch - https://www.youtube.com/watch?v=Jze8utzpLhg
<p>Dinner</p> <p><i>Having an evening routine will allow your body to solidify its sleeping pattern and better balance your mind and body</i></p> 	<ul style="list-style-type: none"> Look through the <i>Tasty Buzzfeed</i> YouTube channel and find fun new recipes to cook your family for dinner each night Fill out a gratitude journal Create and read over affirmation cards Create and follow a skin care routine 	<ul style="list-style-type: none"> Look through the <i>Tasty Buzzfeed</i> YouTube channel and find fun new recipes to cook your family for dinner each night Fill out a gratitude journal Create and read over affirmation cards Create and follow a skin care routine. 	<ul style="list-style-type: none"> Look through the <i>Tasty Buzzfeed</i> YouTube channel and find fun new recipes to cook your family for dinner each night Fill out a gratitude journal Create and read over affirmation cards Create and follow a skin care routine 	<ul style="list-style-type: none"> Look through the <i>Tasty Buzzfeed</i> YouTube channel and find fun new recipes to cook your family for dinner each night Fill out a gratitude journal Create and read over affirmation cards Create and follow a skin care routine 	<ul style="list-style-type: none"> Look through the <i>Tasty Buzzfeed</i> YouTube channel and find fun new recipes to cook your family for dinner each night Fill out a gratitude journal Create and read over affirmation cards Create and follow a skin care routine