



YWCA CANBERRA'S

KID'S ACTIVITY BOOKLET

indoor and outdoor activities,
mindfulness activities, learning
activities and more!

Ages 0-7

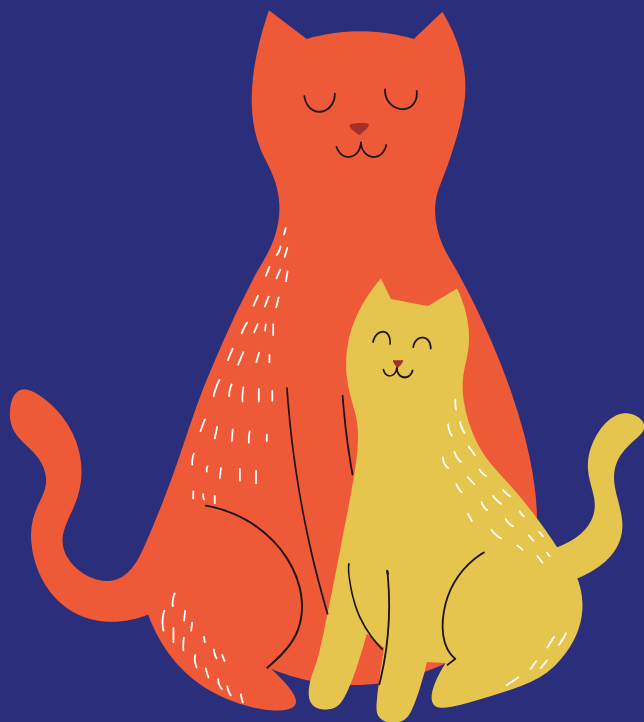




Introduction

In this little book, you will find many fun and exciting activities for you to complete.

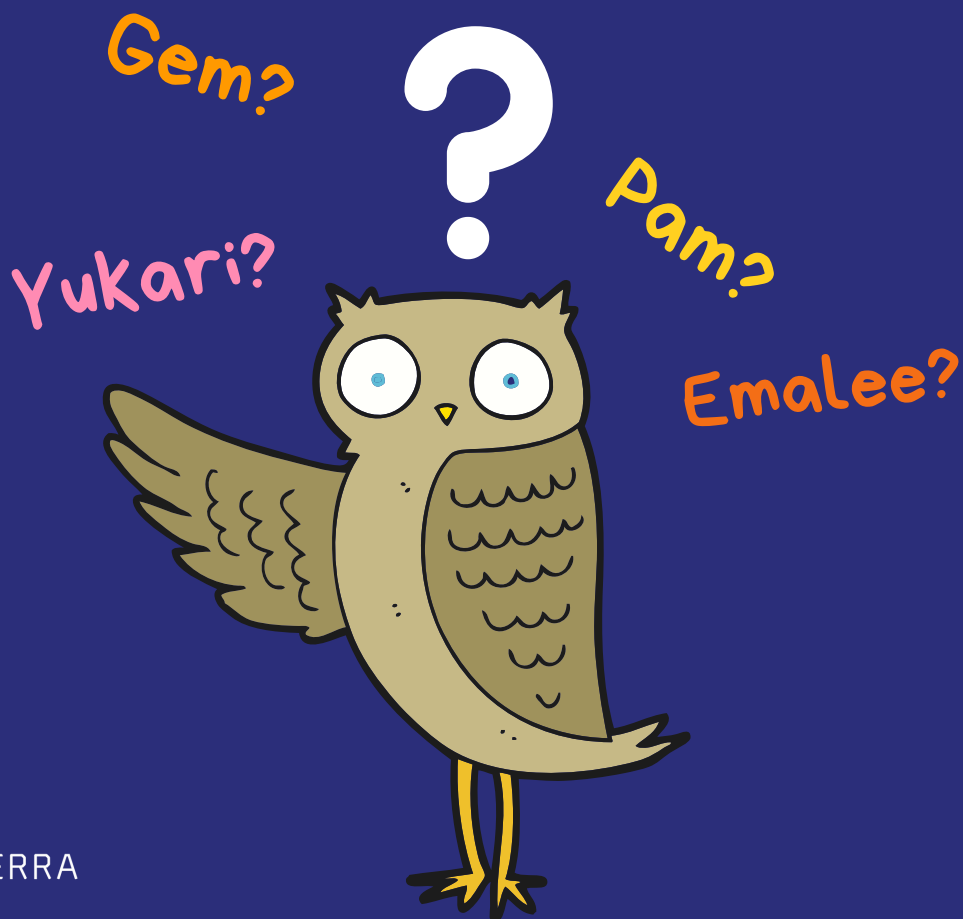
So, read along with an adult to guide you and make sure to watch out for any funny friends that pop up on each page!



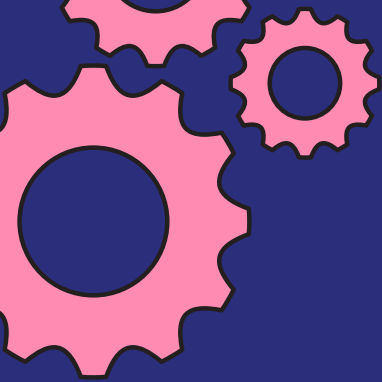
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Name the friends!

Time for a quick activity to test your memory... every time you see a funny friend on the page with a '?' above their head, give them a name!



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Mindfulness

Sometimes it feels really good to stop and pay attention to what's around you.

Over the next few pages, we will be doing a range of exercises that help to clear your head so you can think straight, relax and feel good.



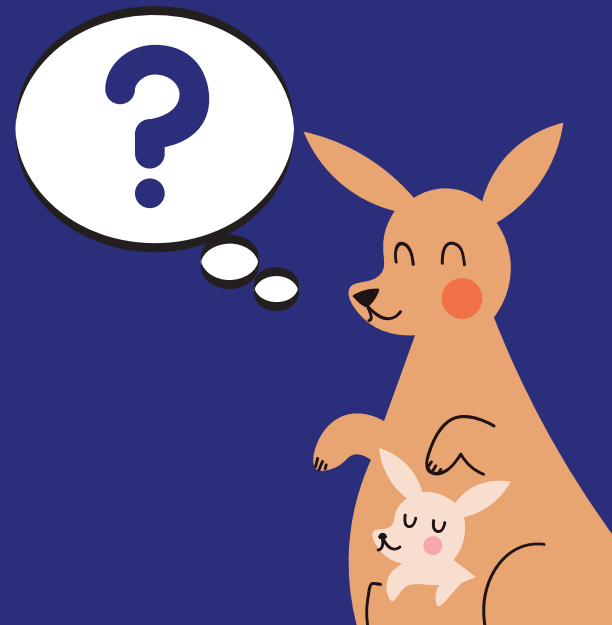


Kind thoughts

Think of 5 people who you want to send kind wishes to.

What wish do you want to send to each person?

Remember, the wishes can be any nice thought, big or small!



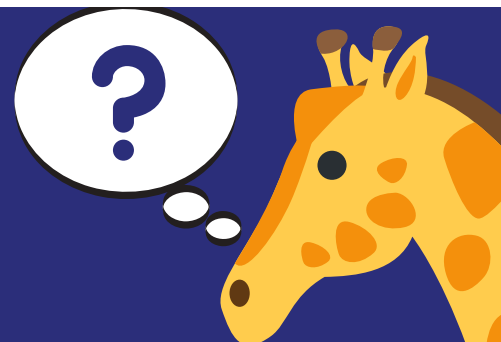
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Draw your weather report

Your 'weather report' is a reflection of how you are feeling. For example "I'm dark and cloudy with some raindrop tears coming out"



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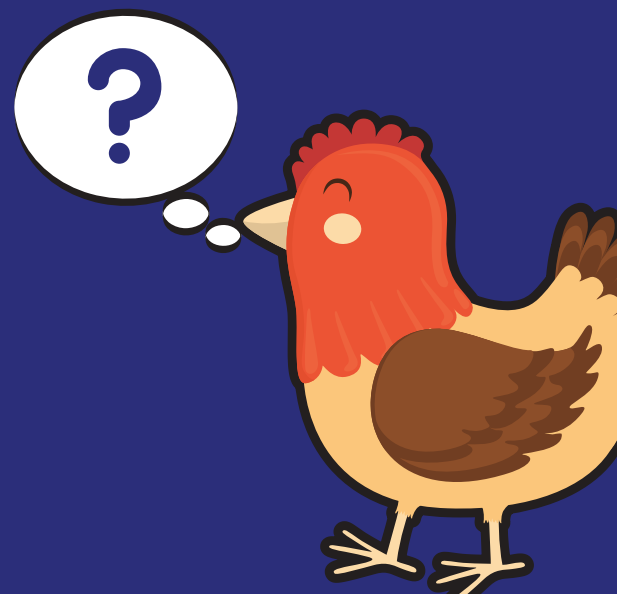
Notice 5 things

Noticing the world around you can help bring you back to the present, especially when you're overwhelmed by stress or emotion. You can practice noticing five things you see, hear or feel through touch to help you be present.

This can be a helpful game to play, with a parent or by yourself if you ever feel upset or out of control.

Practice regularly, and you will learn to call on these new tools when you're not feeling great.

1. Sit down and look around and say five things you see
2. Then, close your eyes and say five things you hear (for example: the sound of your breathing, talking etc. you can also make a sound if you can't hear anything).
3. Next, say five things you feel (for example your feet on the ground, your heart beating etc.)



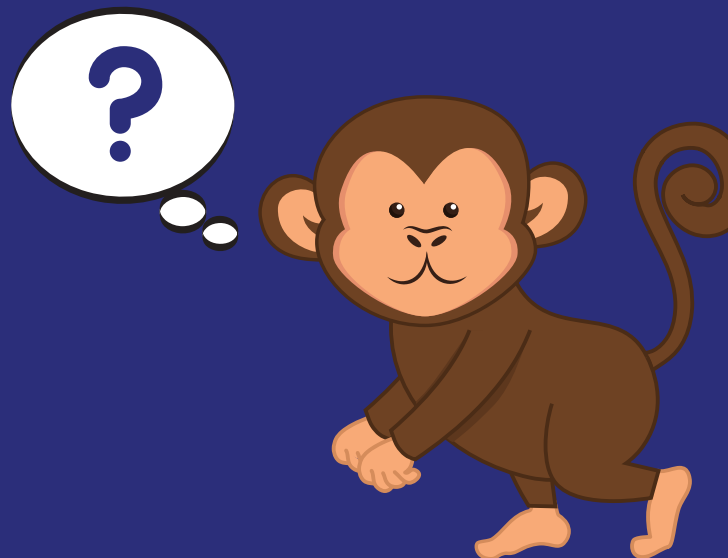
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Silence game

The silence game is a classic mindfulness practice. It's a great game to play when you're already feeling quiet and peaceful.

Building a mindfulness practice will be most successful if do these exercises when you're calm and practice regularly, both when you're happy and peaceful and when you're upset or nervous.

1. Lay down.
2. Be as quiet as possible, not only with your voice but also with your body by keeping very still for one minute.
3. Once the game has ended, what did you notice you heard or saw while being quiet?
4. Try to keep the quiet and peaceful feeling as you go into the next activity.



One mindful bite

One mindful bite may be fun to do with a delicious treat, but you could also practice trying a mindful bite for the first bite of each meal.

This activity will allow you to slow down to appreciate and focus on what you're eating and how it is good for your body.

It will make meal time or snack time more enjoyable for everyone.

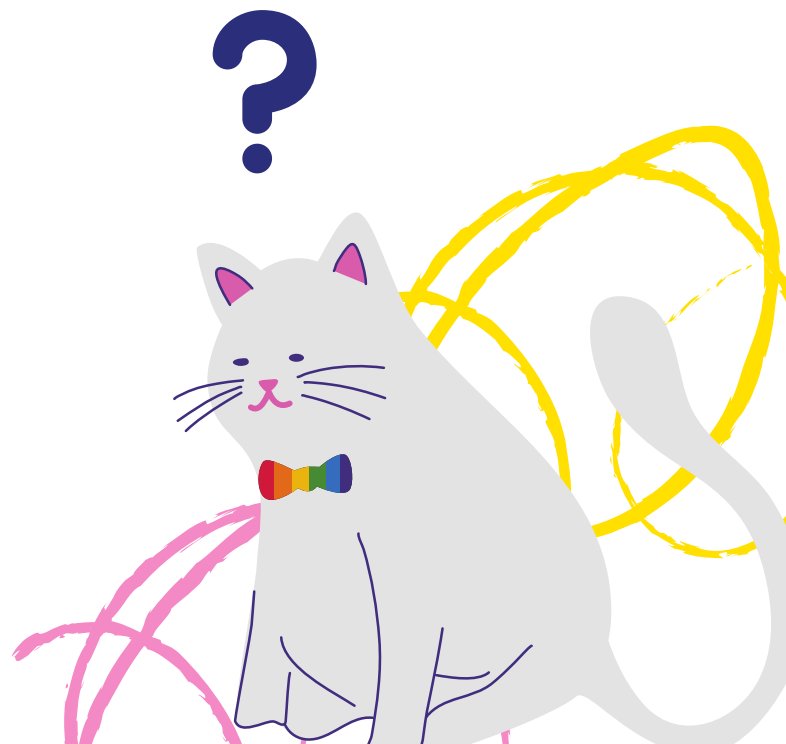
1. Choose one small piece of food
2. How does it look?
3. How does it smell?
4. How does it feel in your hand?
5. Take a small bite and chew very slooowwwly.
6. Notice how the food feels in your mouth.
7. Notice how the food tastes.
8. Share how the food felt and tasted!





Indoor activities

Indoor activities are great for a rainy day or when you have to stay inside. The next few pages include a variety of fun colouring in, tracing, puzzles, learning and more!





Code colour



1 = Red

2 = Blue

3 = Green

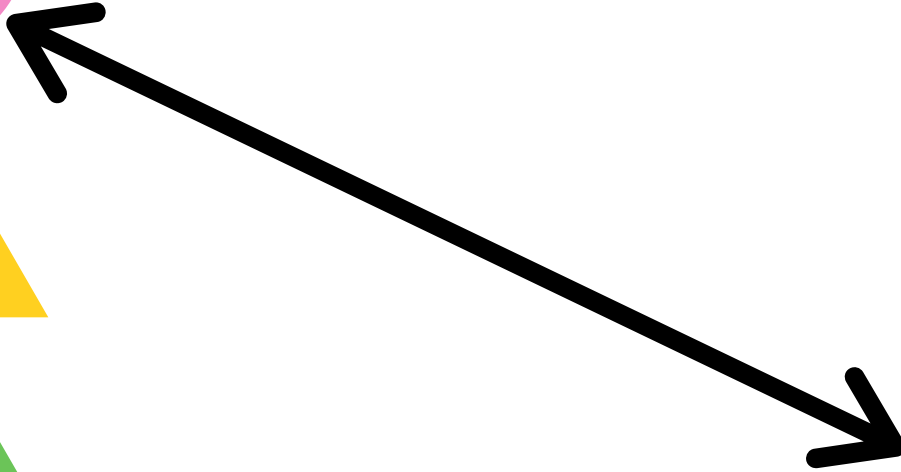
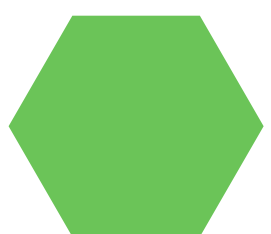
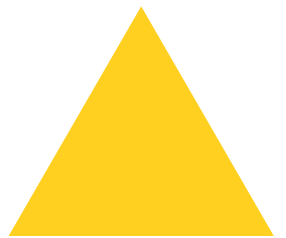
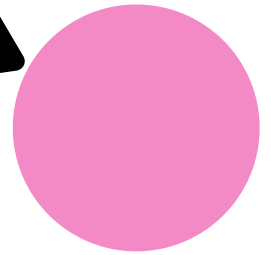
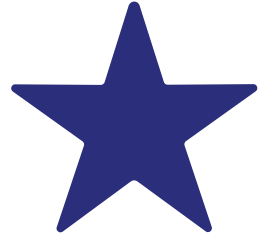
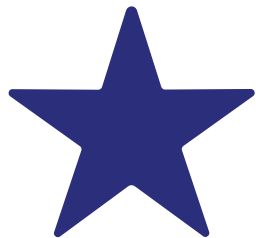
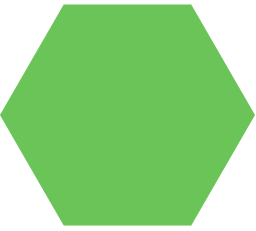
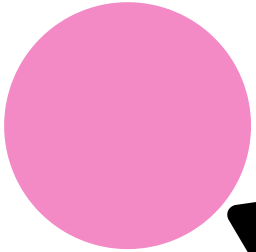
4 = Orange





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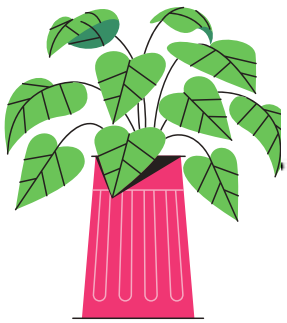
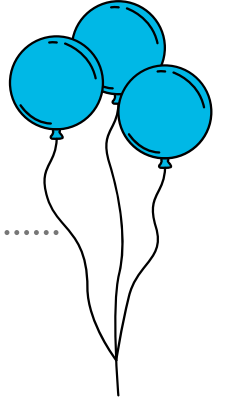
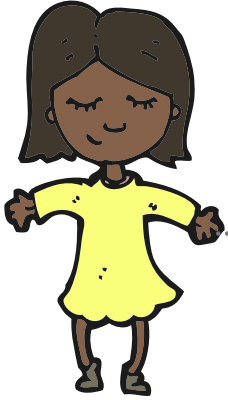
Match the shapes





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Trace the line

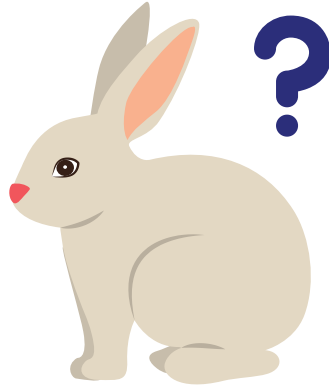


Make your own path!



Trace the number

1



Handwriting practice lines consisting of five rows. Each row has a solid top line, a dashed middle line, and a solid bottom line. Vertical dashed lines divide each row into five equal-width columns.





Trace the number

2



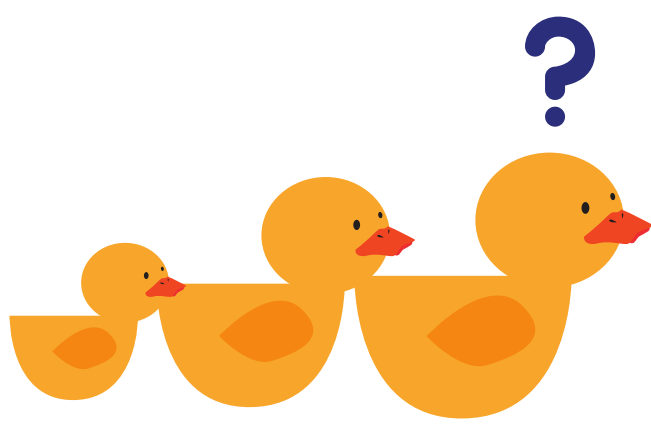
Tracing practice lines for the number 2. Each row contains six dashed '2's on a three-line grid for tracing.





Trace the number

3



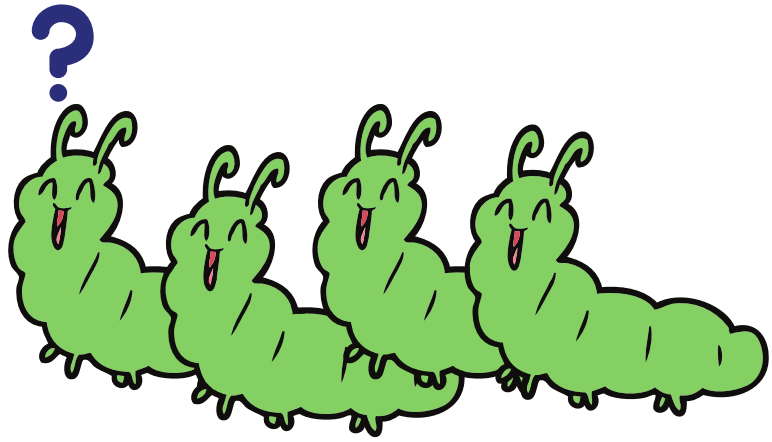
Tracing practice lines for the number 3. Each row contains six dashed numbers 3 on a set of three horizontal lines (top, middle-dashed, bottom).





Trace the number

4



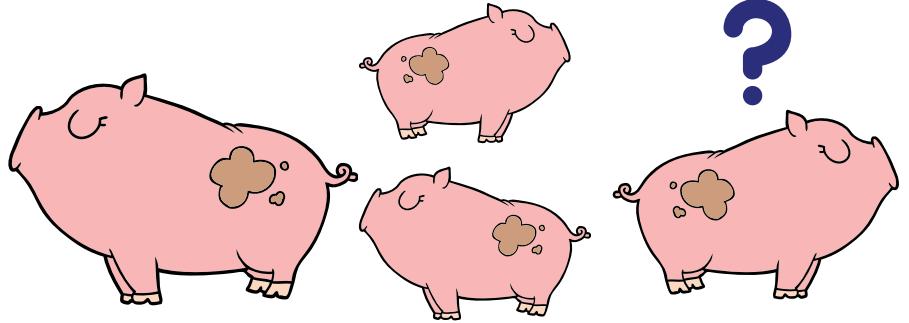
Tracing practice area consisting of five rows of horizontal lines. Each row contains five dashed numbers '4' for tracing.





Trace the number

5

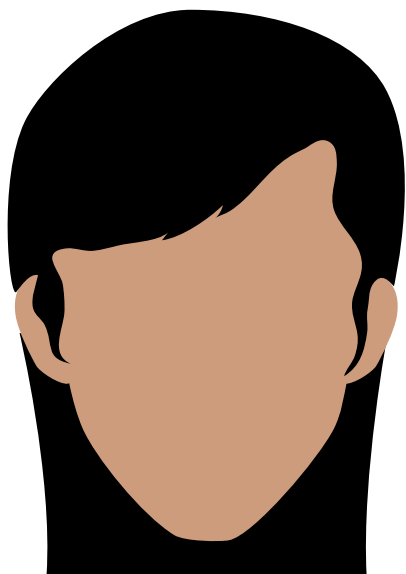


Tracing practice lines for the number 5. Each line consists of a solid top line, a dashed middle line, and a solid bottom line. The number 5 is repeated six times in each line, with the first stroke being solid and the second stroke being dashed.





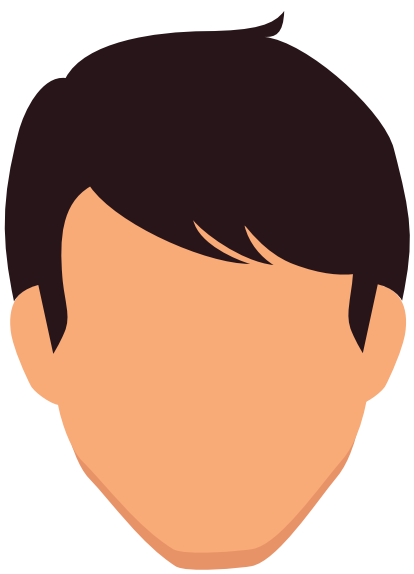
Draw the faces



I'm angry



I'm sad



I'm scared

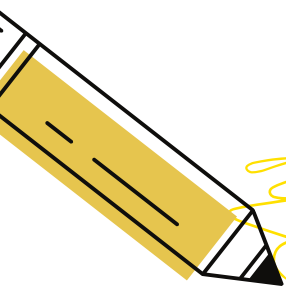


I'm happy

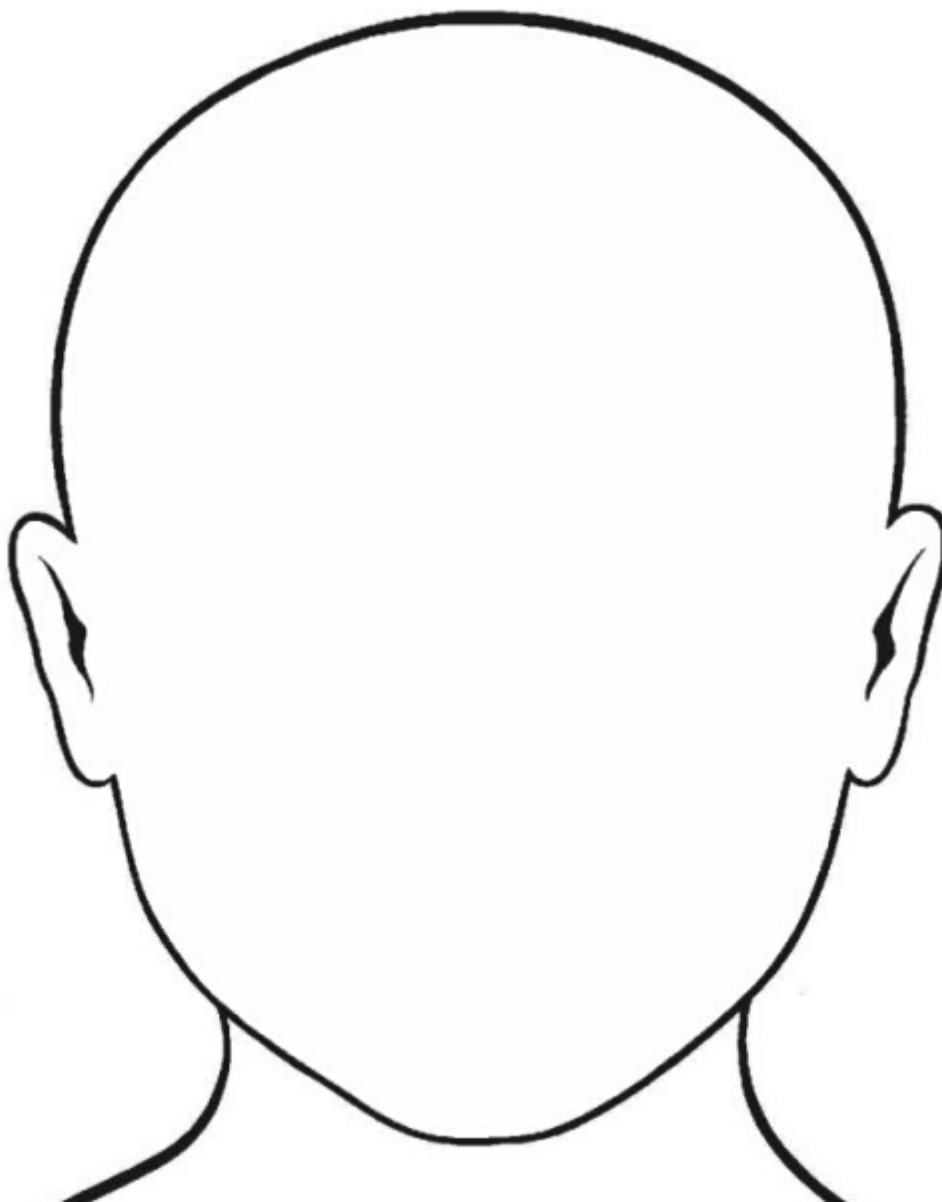


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Draw yourself



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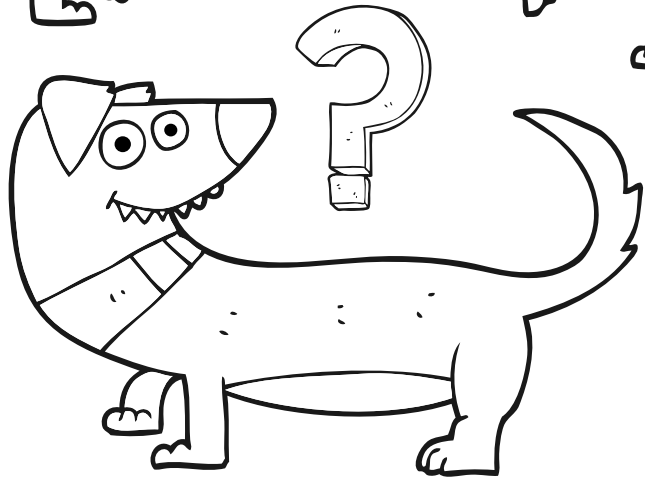
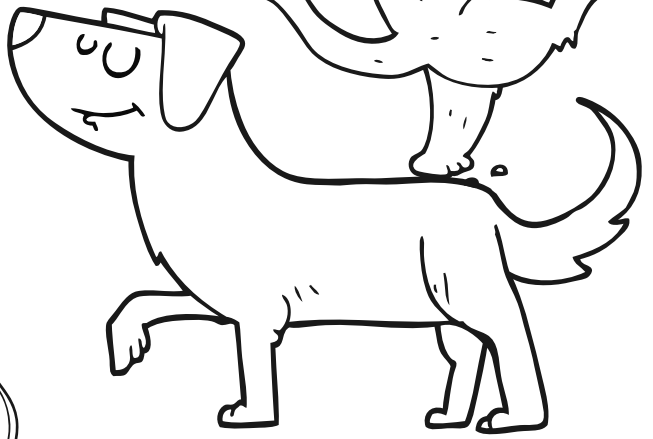
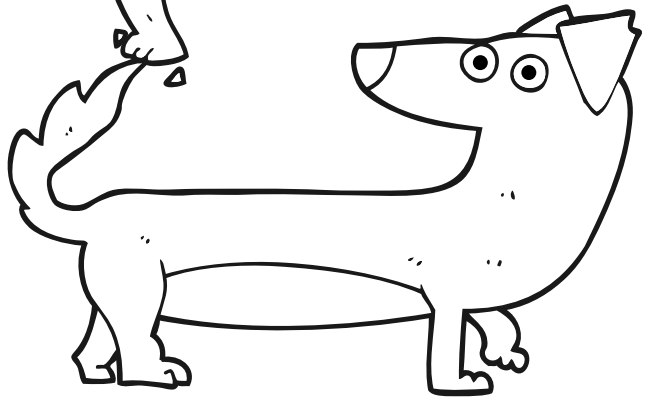
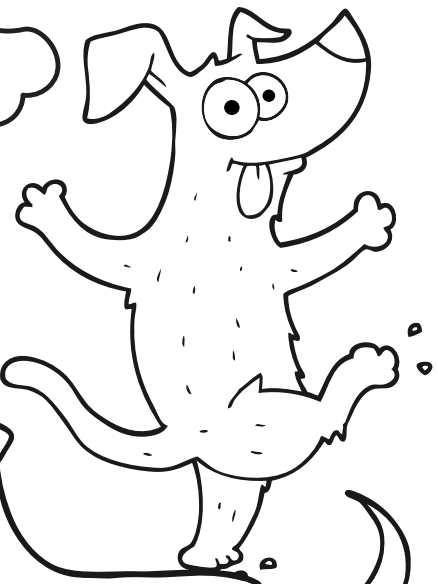
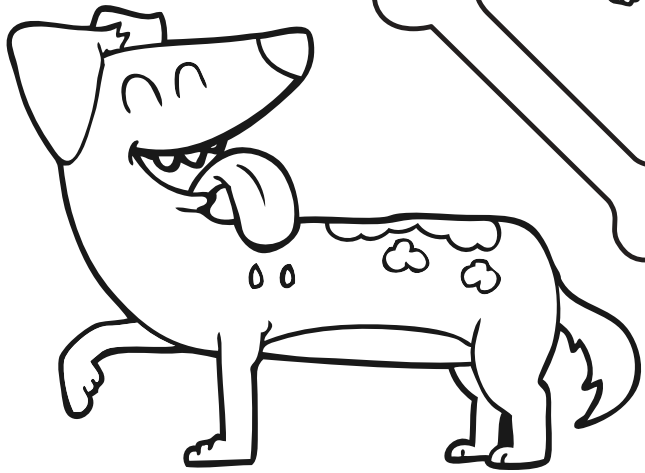
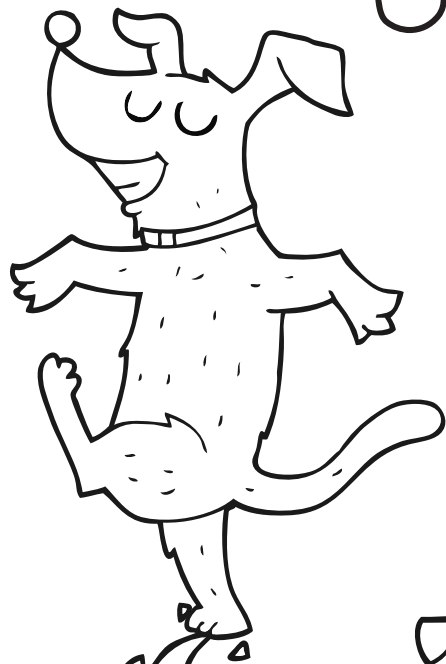
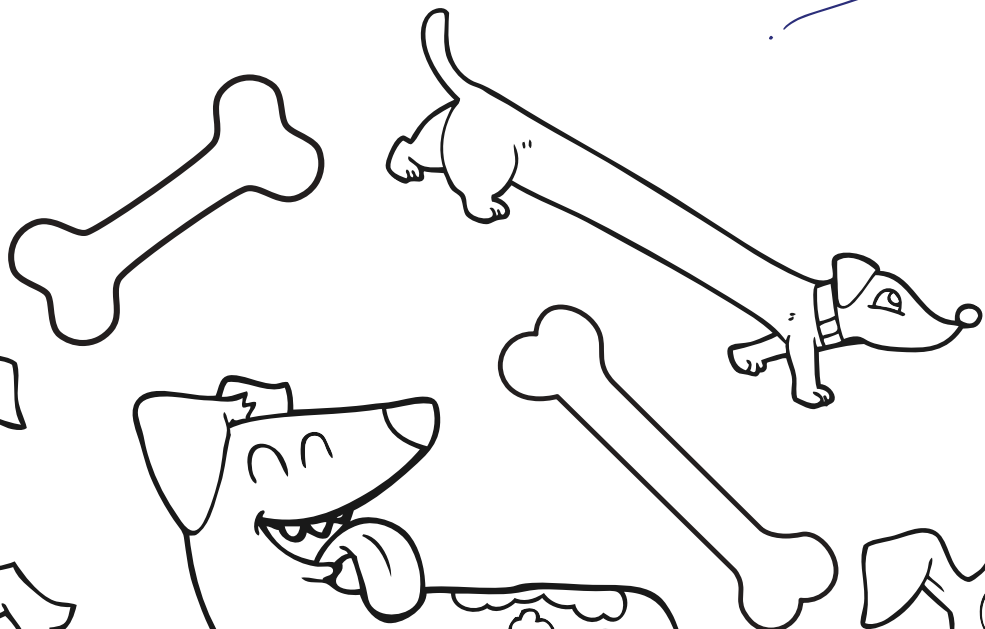


Colour in cats



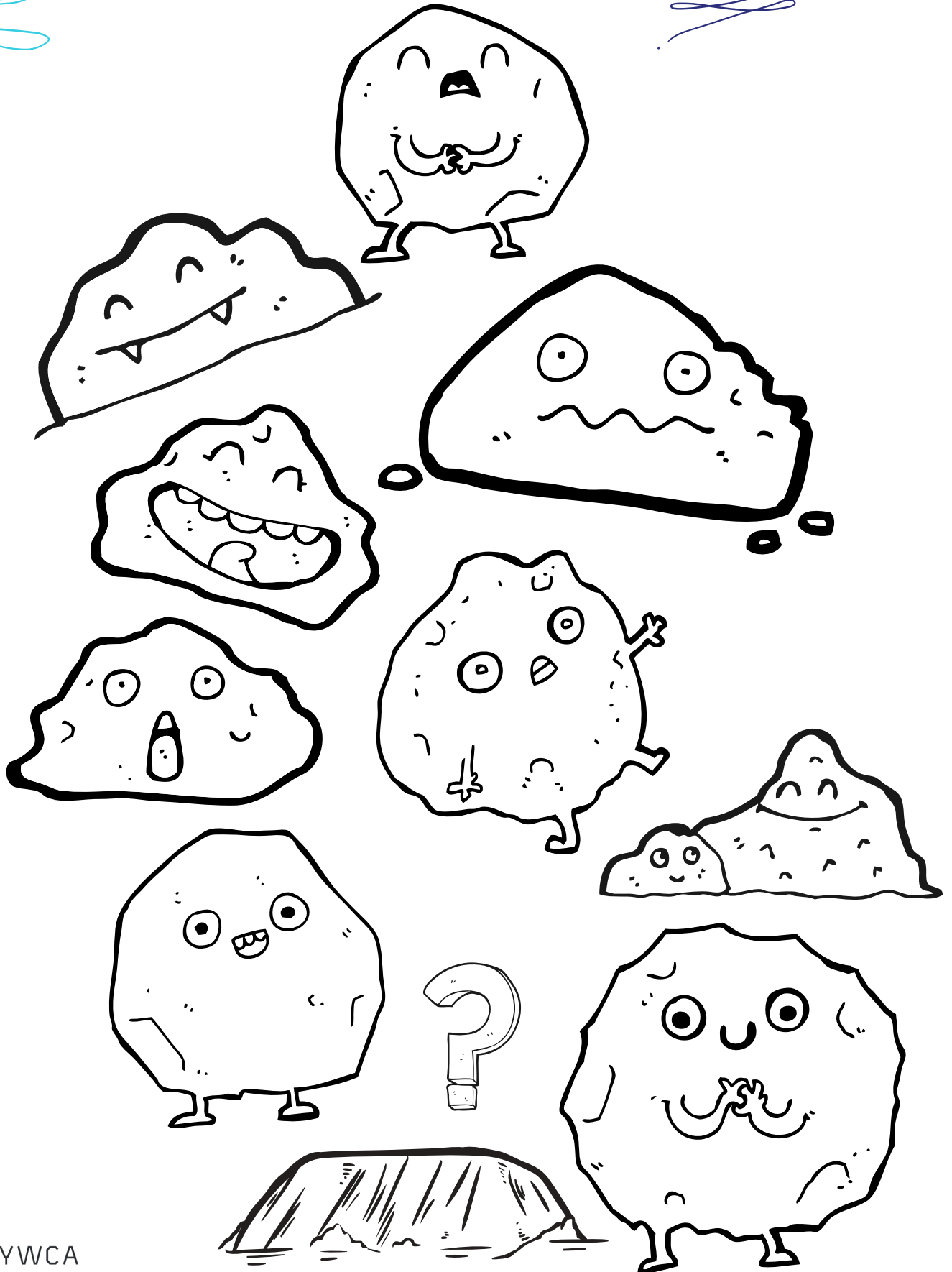


Colour in dogs



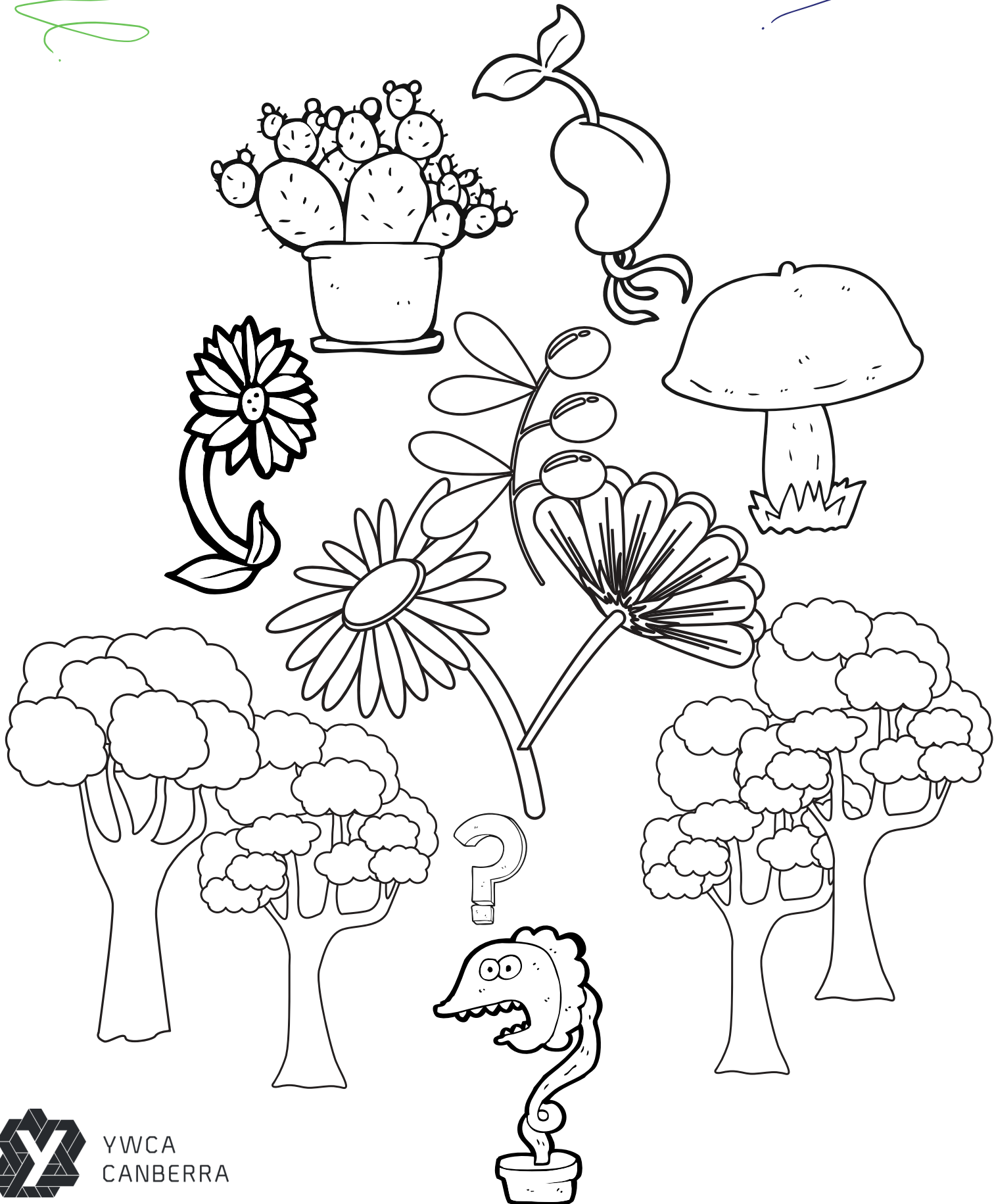


Colour in rocks

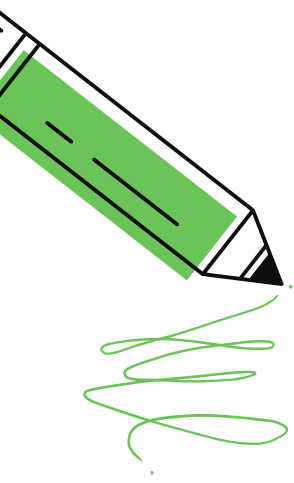




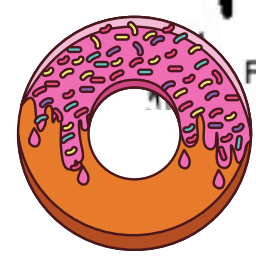
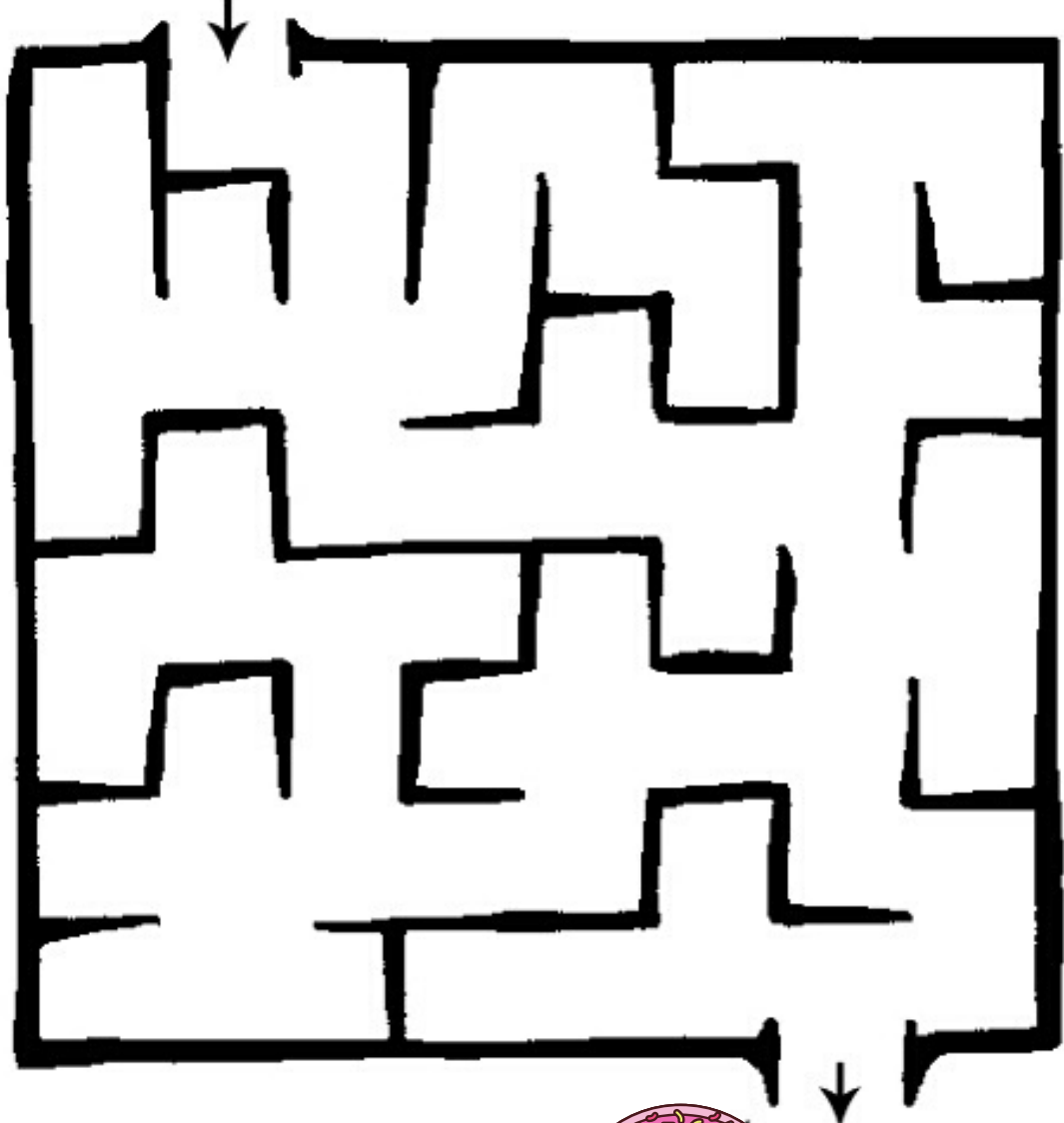
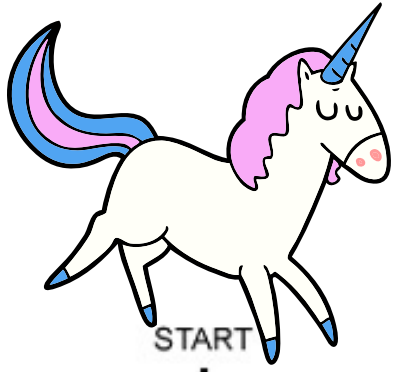
Colour in nature



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Solve the maze



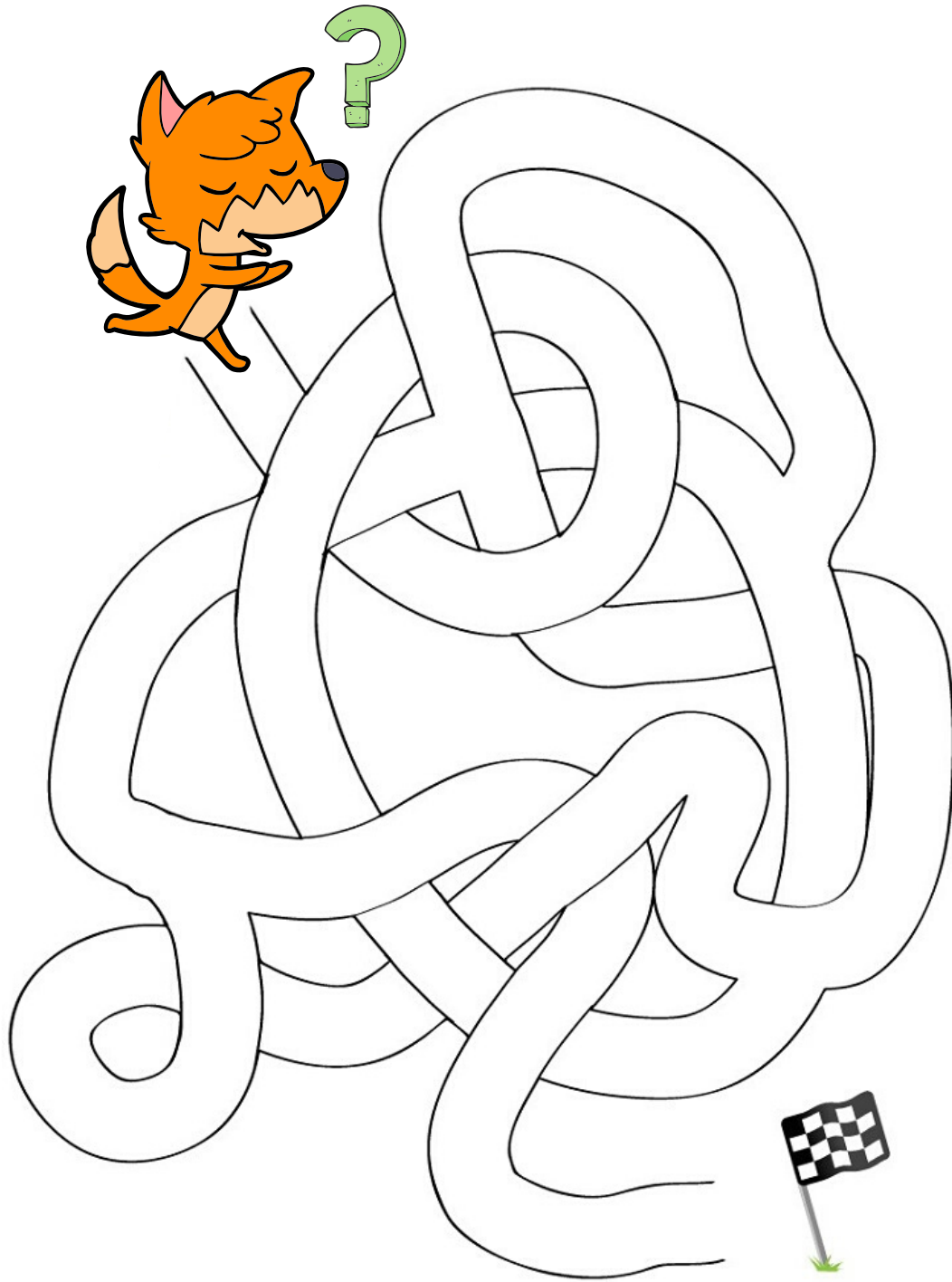
FINISH



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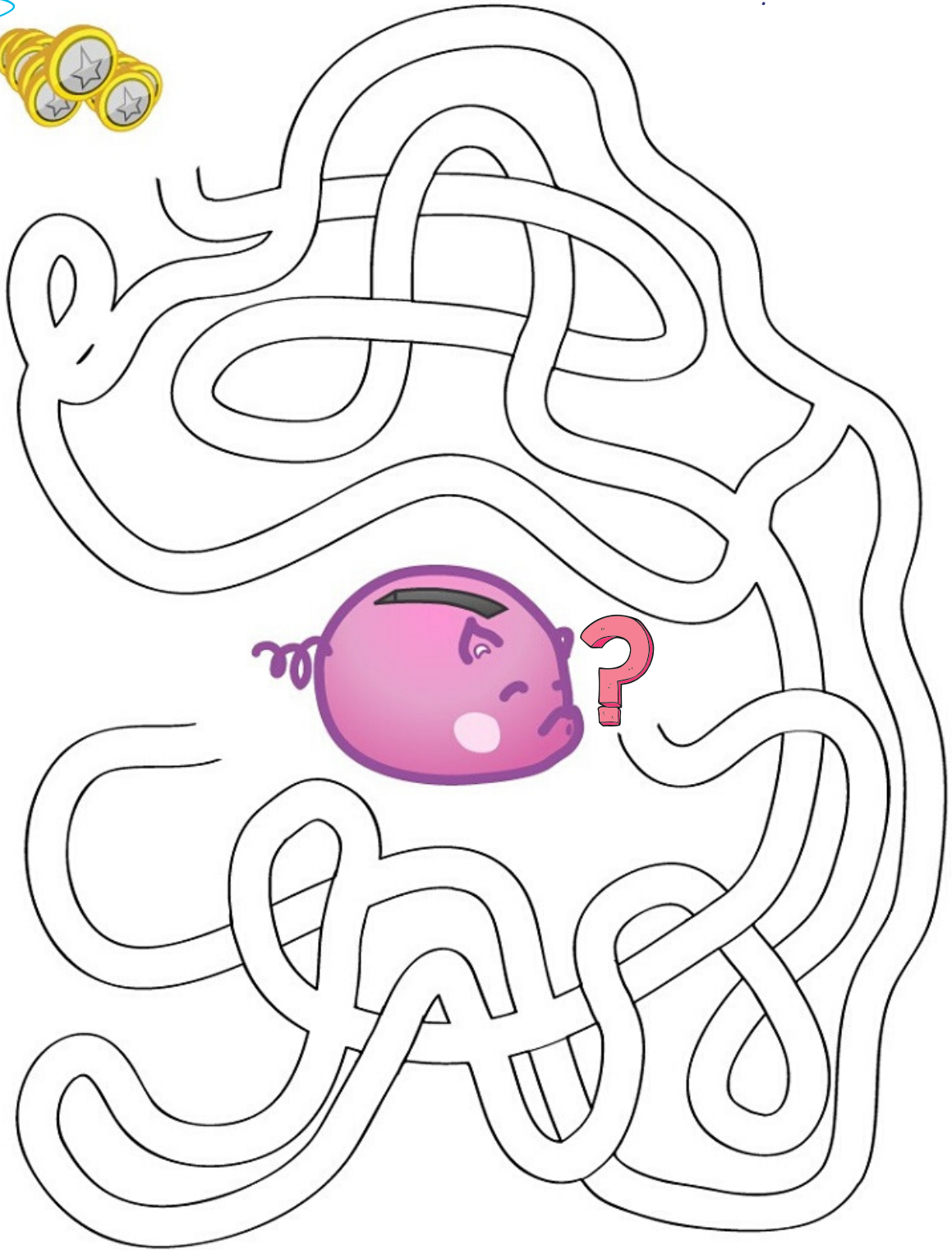
Solve the maze



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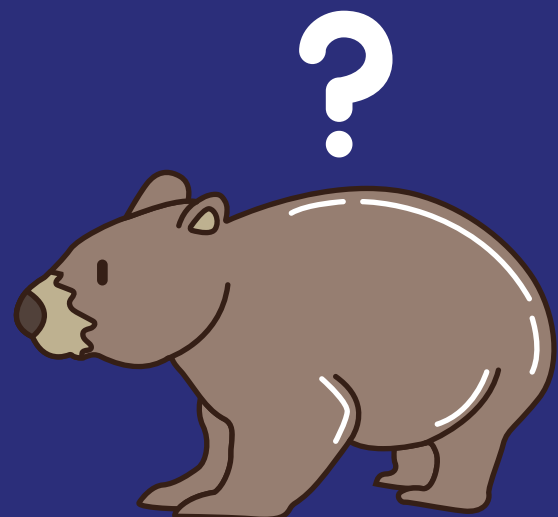
Solve the maze





Outdoor activities

The next few pages include some creative and exciting activities that are best done outdoors, in a backyard or a quiet park far, far, away from others. If this isn't possible, never fear there are some that are adaptable to indoors too!



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Footpath chalk paint

Supplies:

- water
- cornstarch
- watercolour paint or food colouring
- paint brush

To make your own chalk paint:

1. Fill a container of choice halfway with cornstarch.
2. Add you choice of colours.
3. Add water to the coloured cornstarch and give a quick stir. 1 part water to 1.5 parts cornstarch works well.
4. If the paint is too runny, add more cornstarch or more water if it is too thick.
5. Paint the footpath, driveway, trees or concrete with a large paint brush!

(This paint washes off easily)



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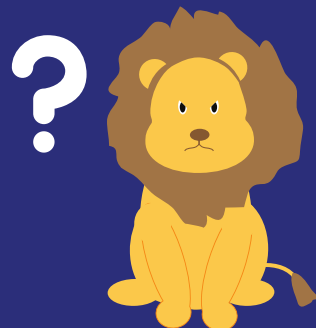


Homemade playdough

Supplies:

- 2 Cups of Flour
- 2 Tbsp of Oil
(any cooking oil will do)
- 1/2 Cup of Salt
- 2 Tbsp Cream of Tartar
- 1 1/2 Cup Boiling Water
- Food colouring

1. Pour flour, salt, cream of tartar and oil into bowl and mix.
2. Pour in the boiling water. Be VERY careful because this makes the dough HOT!
3. Mix all the ingredients together until they form the dough.
4. After it's cooled separate the dough into equal parts and roll it up into balls.
5. Now, punch out the middle of the ball to leave a little bowl for you to pour your gel food dye into.
6. Drip your dye into the bowls and knead to make dough!

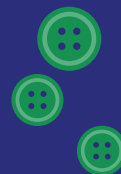


Playdough towers

Supplies:

- Playdough
- Uncooked spaghetti
- Pasta tubes
- Cut up colourful straws
- Fruit loops
- Anything that can be threaded through to decorate towers (beads, buttons etc)

1. Use playdough to stick pieces of spaghetti in as a base for the tower(s).
2. Thread through different decorations to make towers look unique and pretty!



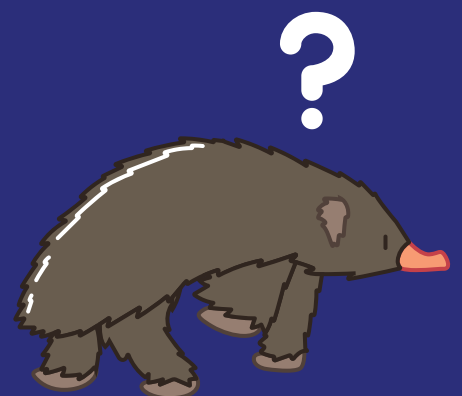


Playdough volcano

Supplies:

- Playdough
- A plate for the base
- 1 jar or bottle
- Nature items like flowers, sticks, leaves, and pebbles
- Lava (next page for instructions to make your own lava)

1. With an adult, shape the volcano by wrapping playdough around the jar or bottle.
2. Cover the plate with playdough.
3. Poke various nature items into the playdough to create trees, flowers, and bushes
4. Make the lava! (next page)





Lava

Supplies:

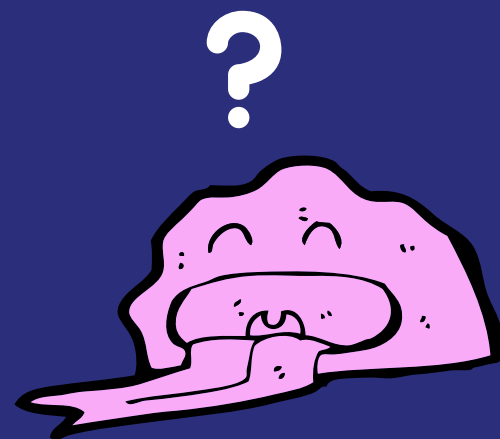
- 2 tablespoons baking soda
- Dishwashing detergent
- Red food colouring
- Vinegar
- Warm water

1. With an adult, set-up outside or inside over tiles (this gets messy!).
2. Mix red food colouring with warm water.
3. Pour liquid into the bottle/jar hidden inside the volcano.
4. Add 6 drops of dish soap, 2 tablespoons of baking soda, and then a dash of vinegar.
5. Watch your volcano erupt!



Other playdough activities

- Create a playdough maze and use small toys to challenge someone to complete the maze. Make sure there's a prize at the end. For maze references, check out the mazes earlier in the book.
- Use feathers, googly eyes and any craft bits to make playdough monsters.
- Make playdough birthday cakes, stick in candles to make it look realistic.
- Make playdough pizzas.
- Open up a playdough bakery. Playdough coins can be used as money.
- Make playdough easter eggs.





Nature collage

Supplies:

- Gather leaves, sticks, flowers, bark and any nature items that can be used
- Craft glue
- Paper
- Googly eyes (or seeds)

1. Go on a hunt for natural materials that can be used.
2. Use leaves to create heads for people, sticks to create arms etc.
3. Grass or petals can be used for hair.
4. Stick on googly eyes to create faces or you can use seeds or broken up sticks.

