

CELEBRATE CHILDREN'S WEEK

Children's Week - 23 to 31 October 2021

Children's Week is a national celebration that recognises the talents, skills, achievements and rights of children. The key principle is respecting the dignity and worth of each child, regardless of race, colour, gender, language, religion, opinions, origins, wealth, birth status or ability. The theme for Children's Week 2021 is **Children have the right to choose their friends and safely connect with others**, drawn from Article 15 of the *United Nations Convention on the Rights of the Child*.

We usually arrange face-to-face events for families in our community for Children's Week. However, due to current COVID activity restrictions, the events must be re-scheduled for a later date. In lieu of in person events, we would like to provide families with some fun activities to engage with during Children's Week.

Active day

Let's Limbo – How low can you go? Place a wooden broom, or a long pole, on top of two chairs to form a "bridge". Children can take turns doing the "limbo" by leaning backwards as they move under the pole without touching it. Use music to dance to and adjust the height of the pole for a challenge.

Hopscotch – With chalk, or masking tape, mark out a hopscotch pattern on the ground with eight numbered squares. Use an object (such as a pebble, shell, bottle top) to toss on to a number and then hop or jump on the squares to retrieve the object. If you have enough space, increase the number of boxes on your hopscotch.



Nature day

Rainbow Colour Scavenger Hunt – Take a colour walk or visit a local park and explore nature in your local community. Print or draw a Colour Scavenger Sheet and off you go. See how many items you can find. <https://thealohahut.com/wp-content/uploads/2021/02/Color-Scavenger-Hunt.pdf>

Nature or Chalk Drawing Portraits – Use a collection of natural materials (such as leaves, flowers, bark, seed pods) and cardboard and glue to create a portrait of yourself and of your family/friends. You could also use chalk to draw portraits on the ground outside.



Games day

Treasure hunt – "Let's go on a Treasure Hunt". Before starting this hunt, you will need to draw a picture of another area of the home or backyard (such as the hallway or front porch). Once players find the spot, they will find their treasure and another picture for the next hidden treasure spot.

Go bowling – "It's a Strike". Collect and decorate six plastic bottles and position the bottles in a triangle shape. Using a ball, or rolled up pair of socks, you can bowl bottles over. This game can be played both indoors and outdoors.



Play charades – Be creative and take turns at role play while other players guess what role you are. You can role play animals such as a cat, a dog, a flying butterfly, or a loud roaring tiger or other characters you like.

Mindfulness day

Bubbles, Bubbles and Bubbles – Pour ½ cup of dish washing liquid into a large cup/bowl and add 1 ½ cups of water. Measure 2 teaspoons of sugar to the mixture and gently stir. Go outside and blow bubbles using a kitchen utensil that has holes in it for a wand, or pipe cleaners.

Calming Jars – Watching the glitter slowly fall to the bottom of the jar can help calm children's breathing and regulate their emotions. With a jar or plastic bottle, add warm water until half full and then add glitter glue. Next, add three drops of food colouring, stir and pour in the glitter. Add more **warm** water and tightly seal the lid.



Tea Party day

Teddy Bears Picnic Day - Host your own Teddy Bears Picnic Party, outdoors or indoors. Make party hats for everyone and prepare yummy healthy food to share.

Decorate a Natural Mud Pie or Cake – Get out some old pots, pans or cake tins and decorate your mud pie or cake with stones, sticks, flowers, leaves or other natural materials.

