

umfc

# ACTIVITY

# Safari

Imagine & Learn



# The best, soft PlayDough

Difficulty Level **3**

## You'll need ...

- 1/2 cup salt
- 1 cup plain flour
- 2 tbs cream of tartar
- 1 tablespoons oil
- 1 cup of boiled water (recently boiled)
- liquid food colouring

## Let's Make it!

Make sure to ask an adult for help.

### Step 01:

Mix the salt, plain flour, cream of tartar and oil together in a heat-proof bowl.

### Step 02:

Add the boiled water and food colouring to the bowl. Mix with a spoon, and then mix with your hands when the mixture is cool enough to touch.

### Step 03:

Allow the play dough to cool fully, and store in a well-sealed plastic bag or container.



Difficulty Level **3**

## You'll need ...

- 2 ¼ cups cornflour (plus a little extra)
- ½ cup shampoo
- 6 tablespoons water (approx)
- Food colouring in the colour of your choice
- Bowl or plastic container for mixing in
- Spoon for mixing

## Let's Make it!

### Step 01:

Slowly mix the shampoo with a couple of drops of food colouring together in a bowl then gently mix in the cornflour.

### Step 02:

Add 1 tablespoon of water at a time while gently mixing until all 6 table spoons are used or until slimey in texture.

### Step 03:

Once it's all mixed together you will have this amazing slime-like dough you can play with.

# ooey, Gooney STICKY SLIME



# Biggest, homeMade BUBBLES

Difficulty Level **1**

## You'll need ...

- ½ cups dish washing liquid
- 4 cups of water
- 4 tablespoons glycerine (60mL)

## Let's Make it!

### Step 01:

Measure the water, detergent and glycerine mixing them gently in a container.

### Step 02:

Cover the container and leave overnight if possible

**Leaving it overnight can make larger and tougher bubbles!**





# cheeky SOCK PUPPETS



Difficulty Level **4**

## You'll need ...

- An old clean sock
- 2 buttons
- Cotton Balls
- Needle & Thread
- Wool (Optional)

## Let's Make it!

Make sure to ask an adult for help.

### Step 01:

Sew the buttons onto the sock as eyes/nose and thread the wool through for the hair.

### Step 02:

Slip onto your hands and greet your new friend - what's their name? Introduce your new friend.

# Funky chunky sandFoam



Difficulty Level **2**

## You'll need ...

- 3 cups of sand
- 1 x 250g can of shaving foam
- 1 x plastic tub big enough for kids to be able to move their hands around in.
- Mixing spoon

## Let's Make it!

### Step 01:

Pour the sand into the plastic tub.

### Step 02:

Then pour in the shaving foam, mixing as you go.

### Step 03:

Keep mixing until you are happy with the texture.

### Step 04:

It should feel like very wet sand at the beach, but slightly lighter and airier.

# Erupting VOLCANO!

Difficulty Level **3**

## You'll need ...

- Plastic cup
- Water
- 3-4 tablespoons of baking soda. (4-6 tablespoons for larger eruptions)
- 1 tsp of dish soap
- 3-4 drops of washable paint.
  
- 1 cup of Vinegar to start the eruption. (You can add more after the first eruption to try for a second eruption - or third!)

## Let's Make it!

### Step 01:

Start off by combining the "base ingredients." Put the water inside of the plastic cup.

Fill it about 2/3 full then add the baking soda, dish soap, and washable paint. (By using washable paint, you don't have to worry about any staining)

### Step 02:

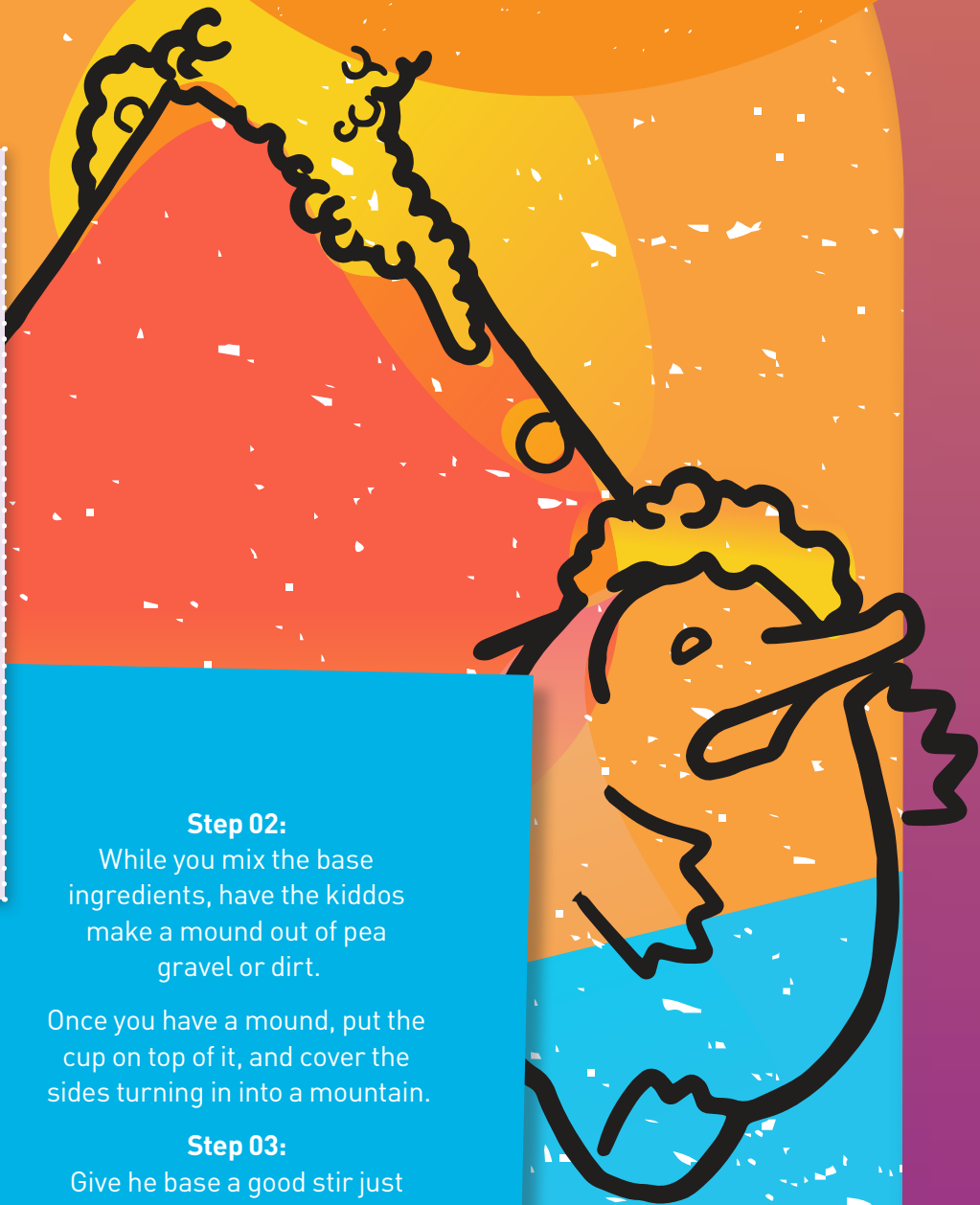
While you mix the base ingredients, have the kiddos make a mound out of pea gravel or dirt.

Once you have a mound, put the cup on top of it, and cover the sides turning in into a mountain.

### Step 03:

Give the base a good stir just before adding the last vinegar.

Now it's time for the eruption! Pour in the vinegar and watch the eruption!



# Host a Junk Fashion Show



Difficulty Level **2**

## You'll need ...

- Toilet paper
- Newspaper
- Bin bags
- Sticky tape

## Let's Make it!

Its time to get creating your newest fashion masterpiece.

Use the materials you have to dress up yourself or a friend.

Once you have created your masterpiece you could hold a fashion show to show off your creation.





# Fashionable Macaroni Necklace

Difficulty Level **3**

## You'll need ...

- Uncooked hollow pasta (e.g. penne or rigatoni)
- Ziploc bags
- Food colouring
- Hand sanitiser
- Paper towel
- String cut into necklace lengths

## Let's Make it!

### Step 01:

Place your uncooked pasta into a Ziploc bag.

### Step 02:

Put a few squirts of hand sanitiser into the bag - zip it back up and shake to lightly evenly coat the pasta.

### Step 03:

Into the same bag; put a few drops of food colouring and shake again until the pasta is evenly coated.

### Step 04:

Empty the coloured pasta from the bag onto some paper towel and leave it to dry.

### Be careful!

The food colouring might stain!

### Step 05:

Get ready to thread. Tie a knot in one end of the string. Slide on the macaroni until the string is full. Tie the ends of the string together to make a necklace.

### Tip:

Create several different colours of macaroni in different bags so you can make patterned necklaces.



# Flap-Flap goes the BARRA BARRA

Difficulty Level **2**

## You'll need ...

- Newspapers,
- Pen
- Scissors
- Masking tape
- String
- Coloured paper (optional)

## Let's Make it!

### Step 01:

Take the same number of newspaper sheets or coloured paper as players, and stack them on top of each other.

### Step 02:

Draw a simple fish shape on the top sheet and cut around it, while holding all the sheets together, to create a school of identical fish.

### Step 03:

Each player takes a fish and newspaper and stands in a line at one end of the room. At the other end of the room is a finishing line marked out with masking tape or string.

### Step 04:

On the word 'GO' everyone starts flapping their newspaper behind their fish (without touching it).

The wafts of air will start to move the fish along, and the first fish to cross the finish line is the winner.

### Sneaky Tip:

Players can also flap their opponents fishes in the wrong direction if they are feeling particularly mischievous.



# Enjoying some outside FUN

Difficulty Level **1**

## What we can do

If the day is nice, the sun is out and the air is warm - there are plenty of fun activities to do outside the house.

These things can often be free or take minimal effort and a bit of an explorers imagination.

### Idea 01:

Visit your local library to borrow some books to read out in park - bring some food and drinks along to have a reading time picnic.

### Idea 02:

A bucket, soap and a couple of sponges to help the adults in washing the car can be a great way to cool off on those hot summer days.

(And a sneaky way to get some help doing chores)

### Idea 03:

Borrow a fishing-rod from a friend or dust off the one in the shed, find a local billabong and go together to see what critters you find lurking in the water.



# Fun Indoor Obstacle Course

Difficulty Level **2**

## Let's Make it!

**You can be as creative as you want in inventing your obstacle course.**

Chairs are great for climbing over or crawling through, or you can place them slightly apart, throw a blanket over them and make your own tunnel.

A blanket on the floor weighted down at the edges could be a homemade crawl net, or some cushions some distance apart could be stepping stones.

If you have a narrow corridor you could take some wool and masking tape and create your own spy web that you have to negotiate, if you touch the 'lasers' its back to the start.

### **TIP:**

Make sure you get a grown ups permission to put tape on the walls.

### **Target practice:**

Have a pile of soft toys, and each person has to stand behind a line and try and throw them into buckets a distance away. You can time how long it takes each person to complete the course with time penalties awarded for any failed obstacles.

The winner gets the glory and the losers get to clean up!



# Homemade Lava Lamp



Difficulty Level **3**

## Let's Make it!

### Step 01:

Slowly fill the bottle  $\frac{3}{4}$  full with vegetable oil and add water until it almost reaches the top.

### Step 02:

As water is denser than oil it will make its way to the bottom of your lamp. You can now add several drops of food colouring to the bottle.

As this is water based it will sink through the oil to the water below, which it will then colour.

### Step 03:

Carefully drop a quarter of an effervescent antacid tablet or piece of bath bomb into the bottle.

### Step 04:

As this hits the water it will begin to create carbon dioxide gas, which is even lighter than oil so it floats to the top. This gas attaches itself to blobs of coloured water so these will also rise.

When the coloured water hits the top it will sink back again.

### Step 05:

When the bubbles stop you can add another piece of antacid tablet or bath bomb to start the reaction again.

Also you can put the lid back on the bottle and tip it back and forth to make a coloured wave which also looks pretty amazing!

## You'll need ...

- 1 Litre empty bottle with the label removed
- vegetable oil
- water
- food colouring
- effervescent antacid tablet (or piece of bath bomb).

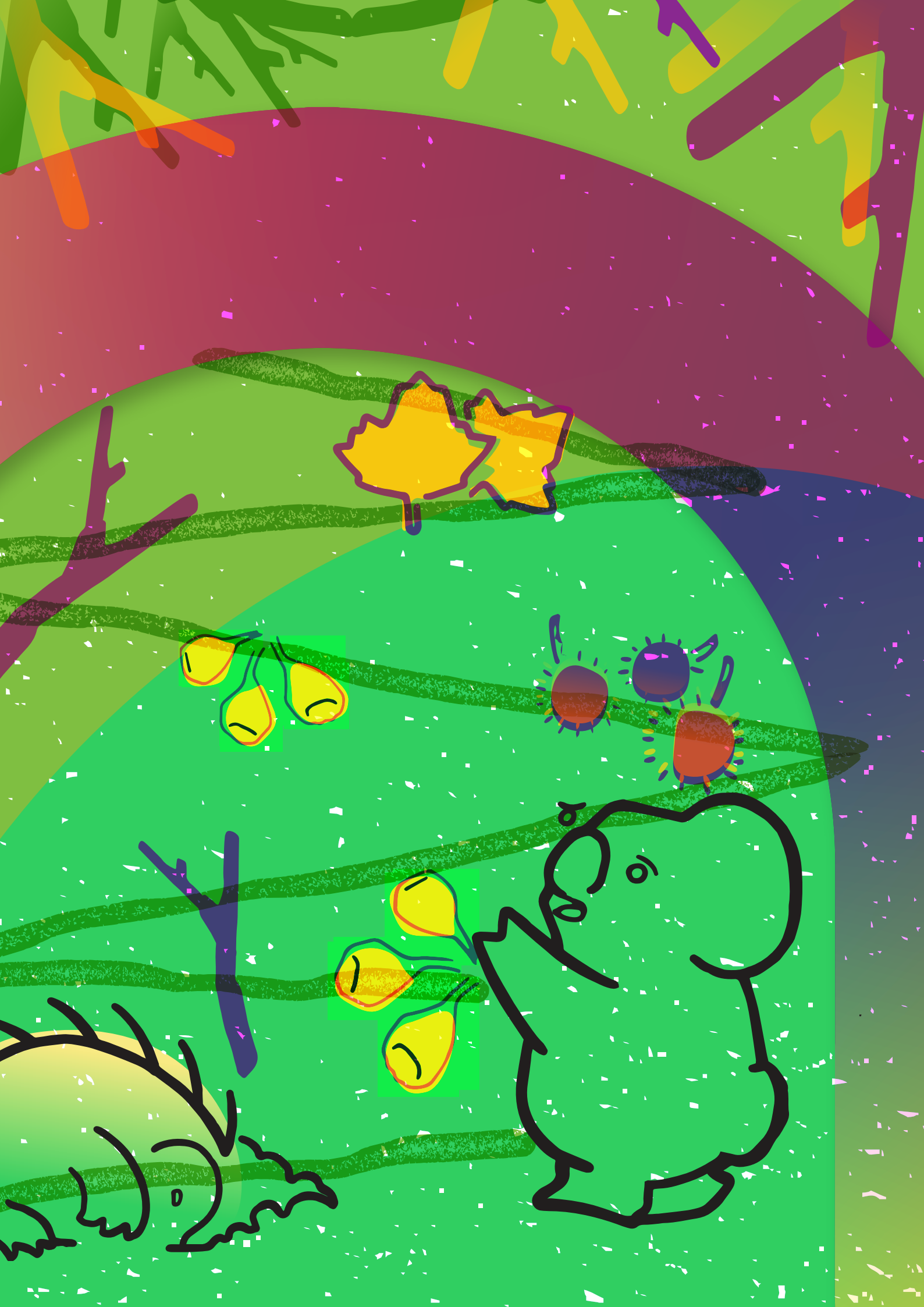
# Find me! outDOOR scavenger Hunt

Difficulty Level **3**

## Let's Find them!

- Something Fuzzy
- Two kinds of seeds
- Something Straight
- Something Round
- Something Smooth
- Something Rough
  - 2 Different Types of Leaves
- A Chewed Leaf
- A Beautiful Rock
- Something you think is a treasure
- Something Green
  - A Pine cone
- Something you think is beautiful





# SING ALONG open, shut them



## Sing Along

Open, shut them,  
Open, shut them  
Give a little clap

Open shut them,  
Open shut them  
Lay them in your lap

Creep them, creep them  
Creep them, creep them  
Right up to your chin

Open wide your little mouth  
But do not let them in!

Shake them, shake them  
Shake them, shake them  
Shake them just like this

Roll them, roll them  
Roll them, roll them,  
Blow a little kiss





# SING ALONG Row, Row, Row Your boAt

## Sing Along

Row, row, row your boat,  
Gently down the stream,

Merrily, merrily,  
merrily, merrily,  
Life is but a dream!

Row, row, row your boat,  
Gently down the stream,

If you see a crocodile,  
Don't forget to scream!

Row, row, row your boat  
Gently down the river

If you see a polar bear  
Don't forget to shiver

Rock, rock, rock your boat  
Gently too and fro

Wiggely, wobbely,  
wiggly, wobbely

Into the water you go!



# SING ALONG Incey Wincey Spider

## Sing Along

Itsy bitsy spider went up  
the water spout

Down came the rain  
and washed the spider out

Out came the sun  
and dried up all the rain

And the itsy bitsy spider  
went up the spout again

Incey Wincey spider  
was climbing up a tree

Down came the snow and  
made poor Incey freeze

Out came the sun shine and  
melted all the snow

So Incey Wincey spider  
had another go.



# SING ALONG Five Little Speckled Frogs



## Sing Along

Five little speckled frogs  
Sat on a speckled log

Eating some most delicious  
grubs – yum yum

One jumped into the pool  
Where it was nice and cool

Now there are four green  
speckled frogs – glub, glub

Four little speckled frogs  
Sat on a speckled log

Eating some most delicious  
grubs – yum yum

One jumped into the pool  
Where it was nice and cool

Now there are three green  
speckled frogs – glub, glub

Three little speckled frogs  
Sat on a speckled log

Eating some most delicious  
grubs – yum yum

One jumped into the pool  
Where it was nice and cool

Now there are two green  
speckled frogs – glub, glub

Two little speckled frogs  
Sat on a speckled log

Eating some most delicious  
grubs – yum yum

One jumped into the pool  
Where it was nice and cool

Now there is one green  
speckled frogs – glub, glub

One little speckled frog  
Sat on a speckled log

Eating some most delicious  
grubs – yum yum

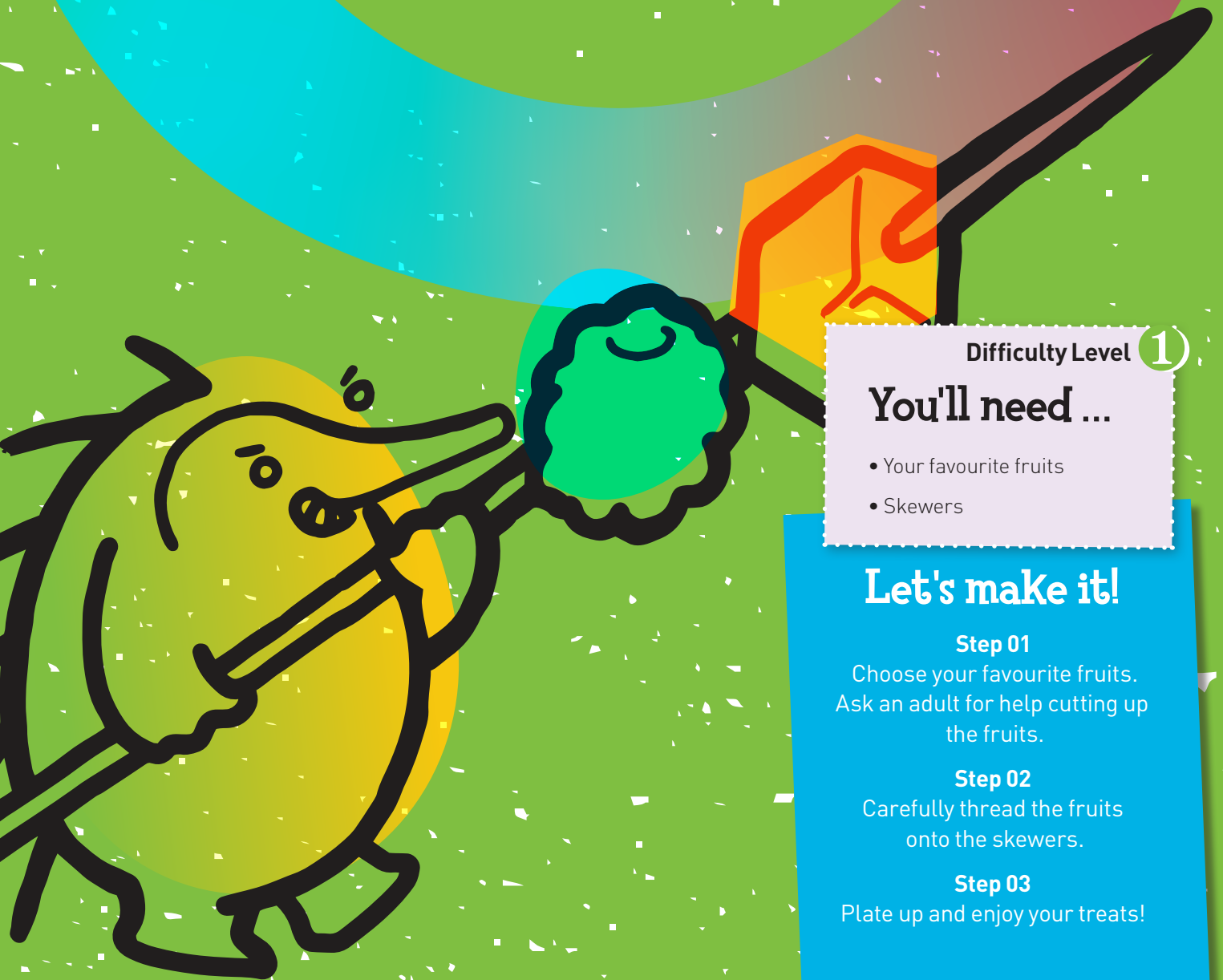
One jumped into the pool  
Where it was nice and cool

Now there are no green  
speckled frogs – glub, glub



# Yummy Recipes

# Fruit Kebabs



Difficulty Level **1**

## You'll need ...

- Your favourite fruits
- Skewers

## Let's make it!

### Step 01

Choose your favourite fruits.  
Ask an adult for help cutting up  
the fruits.

### Step 02

Carefully thread the fruits  
onto the skewers.

### Step 03

Plate up and enjoy your treats!



Yummy Recipes

# Zucchini Slice

Difficulty Level **4**

## You'll need ...

- 5 eggs
- 150g (1 cup) self-raising flour, sifted
- 375g zucchini, grated & squeeze the excess water out of the zucchini
- 1 large onion, finely chopped
- 200g rind-less bacon, chopped
- 1 cup grated cheddar cheese
- 60ml (1/4 cup) vegetable oil

## Let's make it!

Make sure you have an adult to do this with!

### Step 01

Preheat oven to 170C.

### Step 02

Beat the eggs in a large bowl until combined. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir to combine.

### Step 03

Grease and line a 30 x 20cm lamington pan. Pour into the prepared pan and bake in oven for 30 minutes or until cooked through.



# Yummy Recipes PIZZA Slices!



## You'll need ...

- 1 cup self-raising flour
- 1 cup natural Greek yoghurt
- Pizza sauce
- Cheese and other toppings

Difficulty Level **3**

## Let's make it!

**Make sure you have an adult to do this with!**

### Step 01

In a bowl, combine the flour and yoghurt and bring together to form a ball.

### Step 02

Flour a board then place the dough into it.

### Step 03

Knead for 5-8 minutes. Roll into a pizza shape and add your toppings.

### Also!

\*This recipe makes one pizza base. Can also be used for scrolls and garlic bread.

\*If the dough seems a little wet when you mix it, just add a sprinkling more flour.

\*The more you knead it the better it comes together; the dough becomes more pliable and stretchy.

Spoon the pizza sauce over the dough and sprinkle with cheese and other toppings.

For a bit of extra fun, and to encourage the kids to try different toppings, get them to make pizza faces with the ingredients on top of the pizza.

# Supporting children and families in their time of need.





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UMFC acknowledges the support of the Victorian, NSW, and Australian governments.

We acknowledge the traditional custodians and Elders past and present, who have raised children and taught them about the world around them.

**We celebrate diversity and are committed to inclusion for all as a service and a workplace. We are a Child Safe Organisation**

