

# Activities for Kids



## ARTS & CRAFTS

- Create super-sized games (e.g. giant twister, connect four, snakes and ladders, memory, naughts and crosses, Who am I?). Google 'giant' and the name of the game for ideas on how to create them!



- Complete a puzzle or make your own, you can even super-size it
- Use recycled materials to make art, toys and lots of wonderful creations
- Try making play-dough or fluffy slime.
- Make a chatterbox
- Practice your photography skills and take pictures of nature, pets and family members
- Get creative with lego
- Check out '[highlight kids](https://highlightkids.com/activities)' online it has lots of craft and cooking activities [highlightkids.com/activities](https://highlightkids.com/activities)



## COOKING

- Create lots of fun creations with fruit and veggies. Google 'vegetable art' for ideas or visit the [Healthy Heroes recipe booklet](#)



- [Eat.Move. Smile Blog](#) has lots of recipes
- [Life Education](#) has a cooking with kids section with ideas including purple pancakes
- [Woolworths](#) have a selection of kids recipes
- [Coles](#) have a large selection of kids recipes
- [Kidspot](#) have a great selection of recipes
- [Foost](#) have lots of colourful fruit and veggie recipes
- [4 ingredients-](#) Quick and easy kids recipes
- [One handed cooks-](#) healthy snacks for the family



### FOR MORE INFORMATION:

Health Promotion | Swan Hill District Health

Phone: (03) 5033 9337 | Email: [hpreception@shdh.org.au](mailto:hpreception@shdh.org.au)

Web: <https://eatmovesmile.shdh.org.au/> | Instagram & Facebook: eatmovesmile



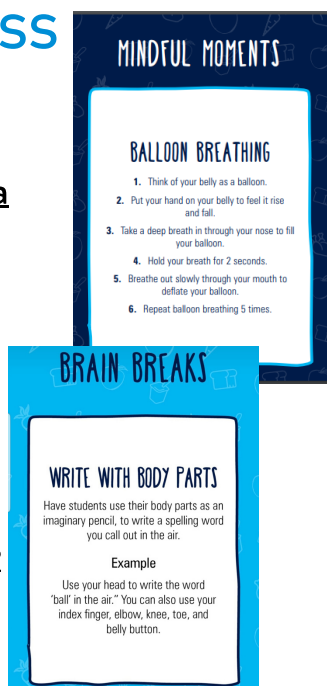
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## PHYSICAL ACTIVITY & OUTSIDE GAMES

- Check out 'Go Noodle' online it has lots of dancing and physical activity clips [gonoodle.com](http://gonoodle.com)
- Check out 'Cosmic Kids' on youtube it has lots of Yoga moves and stories for kids- [cosmickids.com](http://cosmickids.com)
- Go for a bike ride, run or walk
- Create a scavenger hunt
- Design an amazing race
- Trampoline
- Jump rope
- Put some music on and create a dance
- Play outside e.g. tiggy
- Play in the cubby house or make one!
- Make your own game
- Help with the gardening
- Go on a bear hunt in your street
- Visit Voyage Fitness Livestream - Swan Hill on Facebook for kid friendly workout videos
- Sam Wood's Facebook has free kid friendly workouts on Tues and Thurs

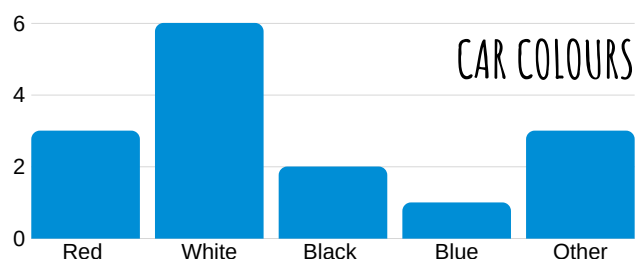
## MINDFULLNESS

- **Go Noodle- Flow**  
[gonoodle.com](http://gonoodle.com)
- **Cosmic Kids Yoga**  
[cosmickids.com](http://cosmickids.com)  
and cosmic kids  
youtube
- **Mindful Moments and Brain Break Cards**- Go to the website to find 12 cards of each  
[bit.ly/2Jn1bqB](http://bit.ly/2Jn1bqB)



## EDUCATIONAL ACTIVITIES

- Read a book or visit Swan Hill Regional Library on Facebook for story and rhyme time
- Write a letter to a family friend or your grandparents
- Follow a recipe or a set of instructions. Write your own recipe or instructions and see if someone in your family can follow them
- Find out if your school uses matheletics or something similar and get your children to login at home
- Have your kids count the different colour cars driving past, and get them to present it in a graph



- **National Geographic Kids**  
[natgeokids.com/au/category/discover/](http://natgeokids.com/au/category/discover/)
- **PBS learning media**  
[pbslearningmedia.org](http://pbslearningmedia.org)
- **Learning A-Z**- [learninga-z.com](http://learninga-z.com)
- **Starfall**- [starfall.com/h/](http://starfall.com/h/)
- **Brainpop**- [brainpop.com](http://brainpop.com)
- **ABCYA**-[abcya.com](http://abcya.com)
- **Lonely Planet**-[lonelyplanet.com/kids](http://lonelyplanet.com/kids)
- **Scholastic**- [scholastic.com](http://scholastic.com)
- **Freckle**-[freckle.com](http://freckle.com)
- **Explore**- [explore.org](http://explore.org)
- **Typing Club**- [typingclub.com](http://typingclub.com)
- **Live feeds at the zoo**-  
[zoo.org.au/animal-house](http://zoo.org.au/animal-house)
- **Virtual museum tours**-  
[travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours](http://travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours)



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