


# School camp at home.

ACTIVITIES BOOK

OFFICE OF SPORT







**The below activities can be done in a wide range of environments - parks, backyards, green spaces, balconies or even inside!**

**This can be a great way to break up the self distancing and social isolation. Maintaining the public's physical and mental well-being is now as important as ever.**

**Where possible, it is important community members continue to exercise, so long as social distancing is practised and rules around public gatherings of no more than two people (or members of the same household) are complied with.**

**Some of these you can do with your child, or set them free in the backyard, make a cup of tea, or catch up on work.**



**[sport.nsw.gov.au/stayingactive](https://sport.nsw.gov.au/stayingactive)**

# 1 Blindfolded Exploring.



A great activity to test the senses to take more notice of the finer details of our world around us. One person (blindfolded) is guided safely around to a chosen feature (tree etc), explore it with their hands then taken back to the beginning. Blindfold is taken off and they must find their previous destination.

## EQUIPMENT:

- Blindfold (bandana, hoodie on backwards, teatowel etc. Whatever you can find)
- Somewhere outdoors. Can do this indoors if you can't find anywhere appropriate outside.

## INSTRUCTIONS:

- Have one person cover their eyes with blindfold
- Second person starts to guide blindfolded person around your chosen environment. Add some spins to confuse them. Take the long way, try and confuse them.
- Once at the chosen feature, using their hands, explore the texture, size, height. These clues will hopefully lead them back.
- Lead blindfolded child back to starting point. Again, some spins will make this task harder.
- Blindfold comes off and they then try to find their chosen feature.

## TIPS:

- You can guide the blindfolded person by either the elbows, or by hands on shoulders.
- **Make sure emphasis is on good communication to avoid tripping and running into things**
- Prompt the blindfolded person to take their time to gain as many clues as possible. Not only touch, but feeling the direction of the sun, wind, shadows etc
- To make it harder, challenge them to follow the exact path. They will have to use many senses to conquer this one.

## 2 Mirror view.



This activity focuses observation through a new perspective. Because of the small area of the mirror, their view is focused and can get to areas such as under bushes, looking out to the world. Explore and enjoy. Kids love finding new angles to using the mirror as their window to the world.

### EQUIPMENT:

- Mirror – make up mirror, handled mirror. Have a look in your bathroom cupboard. You can usually find something.
- Somewhere outdoors. Can also do this indoors if you can't find anywhere appropriate outdoors.

### INSTRUCTIONS:

Best to demonstrate to start with. Using the mirror, investigate different perspectives and angles to view the natural world. Try:

- On the ground
- Look behind you
- From the side of your head
- Stick the mirror into the base of a shrub/pot plant and angle it towards the sky, out to the side, to the base.
- Place it upright on some grass and look at the detail of the grass
- Close ups of garden bugs, creatures (non bitey ones!)



# 3 Human camera.



Get theatrical with this fun activity. It will push your child's observation and recall skills. Take it in turns to be the photographer and then the human camera. Find a vista or a close up and use your human camera to take a quick snapshot. Then have them describe what they saw in those few seconds.

## INSTRUCTIONS:

- Take your human camera (child) and get them to shut their eyes or use blindfold.
- Safely direct them to your chosen view.
- Using your best acting ability, set up your camera. Using their legs as tripod, adjust the height, angle their head etc. Then, get them to stay still.
- Using your own method to open the shutter (their eyes). I like gently twisting the ear as the shutter button).
- They will then open their eyes for an agreed amount of time. 3-5 seconds works well. Shut their eyes by using the button again. The view should be a surprise to them.
- Get them to describe what they saw in as much detail as possible.
- Vary the photos. panoramic, landscapes, close up of varying objects such as bark, rocks etc



# 4 Art –tape picture.



Get creative with different objects from nature. There are many different formats that you can use here. Get fancy and make a cardboard frame, use an unused picture frame, or make wrist band. Your imagination and what you can find at home will make this a unique and enjoyable activity.

## EQUIPMENT:

- Double sided tape, or any type of masking, or sticky tape.
- If you can, an old photo frame, or cut out a cardboard frame (children can paint, or colour with pencils/textas)
- Somewhere to collect objects from. Only use non-living objects such as:
  - Gumnuts
  - Bark
  - Rocks
  - Cicada shells
  - Sand
  - Leaves
  - Feathers
  - Shells

## INSTRUCTIONS:

- Use the sticky side of the tape to fix natural objects.
- If using a frame, place the tape on the back, so the sticky side is facing out.
- If making a wrist band, wrap the tape around a few times so the sticky side is facing out. Make sure it's not too tight.
- Have the kids search out a whole bunch of natural objects and then decide what they want to create, or give them some ideas.
- Stick the objects onto the sticky side of the tape to create their masterpiece.
- Depending on the age of your children, you could create a themed picture, or just a beautiful decoration for the younger children.



# 5 Nature tales.



Simple activity that gets children's imagination going.

## EQUIPMENT:

Somewhere to collect non-living natural objects. Balcony, backyard etc.

## INSTRUCTIONS:

- Find an object then spend 1 minute thinking up a story that can be used to describe the object and its use.
- It's best to get creative and form an imaginative history of its use, backstory etc.
  - For example: Gumnut- "This funny looking thing that people might think is a gumnut, but it's actually a world famous tea cup. The fairy that lives in the corner of the yard under the compost bin was given the tea cup from her grandfather who got it from the Fairy Princess Jessica. It all happened when her grandfather Bruce was working for....."

# 6 Noise map.



This is a short activity that uses a child's hearing to observe the natural and built environments around them.

## EQUIPMENT:

- Somewhere to sit
- Optional paper and pen

## INSTRUCTIONS:

- Sit for a few minutes and take note of the noises around them. Identify natural and human made noise.
- Options:
  - Sit with eyes shut and using the enhanced hearing sense, mentally take note of all the noises that they can hear and the direction that they come from.
  - Sit with eyes open. Using a pen and paper to identify what noise is coming from what direction and how far away. Do this by using lines to indicate the direction, and the length of line to indicate how close it is.
  - Depending on age, vary the amount of detail. Eg Bird -They might describe the sound, if they can see it, the colour, if they know the bird, name it.
  - If your kids are interested, after the activity, try and identify bird using a bird book or the internet. Do this daily and build up a list of birds in your area! Birdlife Australia is a very good resource on the web.



# 7 My new leaf Friend.



This encourages kids to look at the finer detail to help them understand the uniqueness of nature. It's a good lesson to help them look closer next time they are out in a greenspace and have ownership and connection.

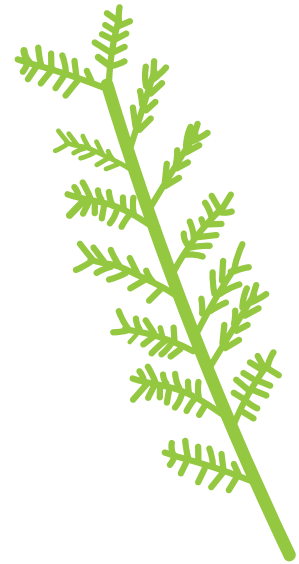
## EQUIPMENT:

- Leaves
- Bowl or hat

## INSTRUCTIONS:

- Head outside where you can find leaves on the ground. You want to find about 30 leaves
- Get each person to pick out a leaf. Place the rest into the bowl or hat.
- Weave a story that this leaf is their new best friend. They go to zoom meetings together, watch the TV together, do learning online together.
- Ask them to find 5 things that makes their leaf special. There might be different colours, little nibbles, holes/tears, particular shape etc. Do this in silence.
- Ask them to then name their new leafy best friend.
- Introduce their leafy friend to someone else and show them 3 things that makes their leaf special.
- Next step - Tell them that they've had a fight with their leafy best friend and all the leaves want to have their own party. Each person will then place their leaf into the hat or bowl.
- Hurrah - their leafy best friend wants to come home. Up end the hat or bowl on a clear surface and ask the kids to find their leafy best friend. Only pick up their leaf if they are 100% sure it's their leaf.
- Get them to say hello, give their leafy best friend a kiss and a cuddle and reunite with it.
- If you're game, then tell them to tear up their leaf. You'll find 90% of kids won't want to. A great lesson that when people look at the details in the bush and become attached, they are less likely to want to destroy natural environments.
- Depending on their age, collect leaves from the same type of tree. even yr 4 children can find their leaf from seemingly very similar leaves.
- Get them to crush the remaining leaves and smell them. Another sensory experience. If you have a lemon scented gum or a lemon myrtle, you're very lucky.

# 8 Sensory Path.



A great activity to test the senses to take more notice of the finer details of our world around us. One person (blindfolded) is guided safely around to a chosen feature (tree etc), explore it with their hands then taken back to the beginning. Blindfold is taken off and they must find their previous destination.

## EQUIPMENT:

- Sidewalk chalk OR
- Items from nature; for example, leaves, sticks, bark, rocks, etc.
- Flat surface (cement, grass, dirt)

## INSTRUCTIONS:

- Draw, or place items, on flat surface to create a path. You can use pictures, words or a combination of both.
  - If using items from nature, decide what movement each item represents.
- Follow the path you have created and do each movement as you come to it.

## TIPS:

- Be sure to include a variety of different movements; for example, jumping, hopping, spinning, side walking and handstand walking.
- Include movements that require you to touch the ground. Add an extra sensory element by touching a variety of surfaces; include, cement, dirt and grass.
- Include movements that make sound; for example, clapping, stomping and knocking.





ANZAC biscuits, sometimes referred to as 'Soldier's Biscuits', are easy to make, delicious and have sentimental value. Whilst the recipe over the years has changed, it is said to be linked to the time of the first and second World Wars. The women back at home would make and send the Australian & New Zealand soldiers a version of ANZAC biscuits containing flour, oats and golden syrup. These ingredients were readily available and did not spoil easily which made them perfect to travel far distances. Back then, the biscuits were not as soft and chewy as we make them today but were rather hard, in which case some soldiers used them as cereal – crushing them up and adding water. Baking ANZAC biscuits allows us to continue the tradition and is a fun way to celebrate ANZAC Day and honour the service and sacrifice of our brave soldiers, past and present.

### EQUIPMENT:

- 2 x mixing bowls
- 2 x baking trays
- Baking paper
- Measuring cups
- Stirring spoon

### INGREDIENTS:

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup brown sugar
- 1/2 cup coconut
- 125g unsalted butter
- 2 tbs golden syrup
- 1 tbs water
- 1/2 tsp bicarbonate of soda

### INSTRUCTIONS:

1. Preheat oven to 160 degrees
2. Add all the dry ingredients into a mixing bowl (flour, oats, sugar & coconut)
3. Melt the butter and add the golden syrup and bicarb soda and stir ingredients well
4. Combine both mixtures together and mix thoroughly
5. Place walnut size balls onto a greased tray or baking papered tray – ensure they are placed at least 3cm apart from one another as they will expand when cooked)
6. Place in oven for 20 minutes or until golden brown all over
7. Allow to cool before serving