

SCHOOL HOLIDAY IDEAS

FIT

Keeping active and healthy whilst we are spending more time than ever at home is important. We found Joe who's is doing a daily 30min exercise class for kids. No equipment needed, what a fun way to start each day this school holidays!

[Watch Video here](#)



CRAFT

SNOWGLOBES! Making snow globes is an easy craft activity you can do with things you'll find in the home. All you need is a jar, water, glitter and something to put in the middle. Best thing about snow globes is how calming it can be to watch all the glitter settle. Great mindfulness strategy in these interesting times.



EXPLORING

I know we can't travel this school holidays but google earth can help you and your family adventure from the comfort of your lounge room.

[Google Earth - Virtual National Parks Tours](#)



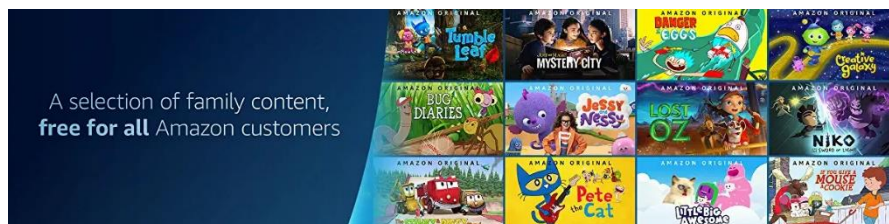
Walking around your neighbourhood is still encouraged in this time. Some clever people have found inspiration from the kids book "going on a bear hunt" and are asking people to place a Teddy in a window in their home for people to spot if they are going for a walk during COVID 19. See more information and if this is happening in your suburb in this Facebook group:

[Visit group page](#)



TV & MOVIES

Amazon wants to help parents this school holidays. They have made a selection of kid's TV shows and movies free to stream. All you need is a free amazon account. [Claim Free Entertainment](#)



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