

# WHAT'S ON SPRING

**CHOOSE  
YOUR  
ADVENTURE**

**Team  
Kids**

**Best Holiday Programs in Australia, as voted by you!**

**teamkids.com.au  
1300 035 000**

# 40 HOLIDAY BOREDOM BUSTERS

TICK THE ACTIVITY OFF EACH DAY!

Once schools out, your kids might be tempted to sit in front of a screen all day. These activities and experiences will get the children active, creative, and mindful as well as out of the house!

## WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
RANDOM ACTS OF KINDNESS	<b>YUMMY KINDNESS</b> <input type="checkbox"/> Bake some cookies for your neighbour, local nursing home or police station.	<b>FRIEND APPRECIATION</b> <input type="checkbox"/> Write your best friend a letter to let them know how much you appreciate their friendship.	<b>SHARE YOUR LOVE OF READING!</b> <input type="checkbox"/> Go through your book shelf and decide which books you could donate to a charity or the library.	<b>FRIENDSHIP BRACELETS</b> <input type="checkbox"/> Make a friendship bracelet and give it to someone you care about. Instructions and tutorials can be found online.	<b>GRATEFUL TREE</b> <input type="checkbox"/> Draw a tree and on the branches, write all the things you're grateful for.
GET ACTIVE	<b>JUMP, RUN, SKIP!</b> <input type="checkbox"/> 10 x Jumping Jacks 10 x Sprints 10 x Stair runs	<b>HANDSTAND HOLD</b> <input type="checkbox"/> Do a handstand against the wall and see how long you can hold it for.	<b>DRAMATIC DUCK &amp; DIVE</b> <input type="checkbox"/> Pretend there's someone chasing you around the garden. Duck and dive to avoid them.	<b>NO ONE IS WATCHING - DANCE</b> <input type="checkbox"/> Pop on your favourite song (as loud as possible) and dance like no one is watching you!	<b>PLANKING CHALLENGE</b> <input type="checkbox"/> Challenge your siblings or parents to a planking competition - who can last the longest?
GET OUTSIDE	<b>I SPY 10 THINGS THAT FELL FROM THE SKY</b> <input type="checkbox"/> Look around the ground and spot anything that has fallen from above. What is it & Why has it fallen?	<b>BUG DISCOVERY</b> <input type="checkbox"/> Go outside and catch as many bugs as possible in 30 minutes. Can you identify what each bug is and the role they play in the garden?	<b>KIDS GARDEN</b> <input type="checkbox"/> Using an egg carton, fill it with dirt and grab different seeds from the garden and see what you can grow. Weed or tree?	<b>CLOUD ANIMALS</b> <input type="checkbox"/> Find a comfortable spot to lie down and look up at the clouds. What animals can you see?	<b>FAIRY NESTS</b> <input type="checkbox"/> Using grass clippings, twigs, flowers etc, make and decorate your special fairy nest. Leave them a gift and see if they come?
QUIET, MINDFUL MOMENTS	<b>TAKE ME AWAY!</b> <input type="checkbox"/> Find a quiet spot, get comfortable and read your favourite book for 30 minutes.	<b>STILLNESS CHALLENGE 1 - SQUEEZE</b> <input type="checkbox"/> Find a cosy spot and sit comfortably. Squeeze, tensing different muscles in the body for 5 seconds and then slowly release. Try 1 minute and the next day - try 2 minutes.	<b>MINDFUL COLOURING</b> <input type="checkbox"/> Choose a Mandela or your favourite colouring in and spend time making it look amazing! Close your eyes and randomly select just 4 colours and see what you can do. Loads of free colouring in printable's are available online.	<b>STILLNESS CHALLENGE 2 - BREATHE</b> <input type="checkbox"/> Find a cosy spot and sit comfortably. Keep your eyes closed, sit still (if you can) and focus on breathing slowly. Start with 1-minute and the next day try 2-minutes.	<b>JIGSAW PUZZLE</b> <input type="checkbox"/> Jigsaws are known to increase alertness, concentration, visualisation and creativity. Pop on some relaxing music in the background.

## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
RANDOM ACTS OF KINDNESS	<b>RANDOM SNUGGLES</b> <input type="checkbox"/> Give someone a random snuggle. Surprise them with a lovely compliment about something you've noticed that you love about them.	<b>SOMEONE NEEDS IT MORE!</b> <input type="checkbox"/> Go through your toys & teddies and decide which toys you could donate to the local charity.	<b>POSITIVITY EVERYWHERE!</b> <input type="checkbox"/> Put positive sticky notes in places around the house where people can read them and be uplifted.	<b>THANK YOU CARDS</b> <input type="checkbox"/> Create your own thank you cards and give them to friends and family to let them know you're grateful to have them in your life.	<b>WHAT YOU LIKE ABOUT ME!</b> <input type="checkbox"/> Interview each family member and ask them to tell you 3 things they like most about you. You could even film the interviews, so you can watch any time.
GET ACTIVE	<b>BALANCE BEAM</b> <input type="checkbox"/> Grab some masking tape and make a straight line on the ground. Imagine the floor is hot lava and you have to stay on the line! Try spirals, zig-zags etc.	<b>ANIMAL RACES</b> <input type="checkbox"/> Hop like a bunny, squat and jump like a frog, waddle like a duck, run like an emu, roar and pounce like a bear. What else could you be?	<b>KEEP THE BALLOON UP</b> <input type="checkbox"/> Be prepared, for this will get hectic. Simply blow up some balloons and keep the balloons from touching the floor. How many can you keep in the air for 1 - minute?	<b>INDOOR OBSTACLE COURSE</b> <input type="checkbox"/> Crawl under tables, create a balance beam, climb over chairs, jump over snakes, somersault on a pillow. The opportunities are endless.	<b>SOCK SKATING</b> <input type="checkbox"/> Pop your socks on then slide and skate around the house. Practice spinning and seeing who can slide the farthest. Pretend you are professional ice skaters in the middle of a frozen pond in the winter.
GET OUTSIDE	<b>LEAF BOAT SAILING RACES</b> <input type="checkbox"/> Find a piece of bark or large leaf that will float on top of the water. Attach a stick and another leaf as the sail. Put them in a container of water and see who has the fastest leaf boat. What innovations will make your boat go faster?	<b>MUD CAKE FUN!</b> <input type="checkbox"/> Time to get dirty! Grab a container and a spoon then head outside for some mud cake making. What happens when the soil is mixed with water? What else can you add to make it an amazing mud cake? Don't eat them though!	<b>NINJA OBSTACLE COURSE</b> <input type="checkbox"/> Using everything in your garden create your own ninja obstacle course and time yourself. Can you beat your best time?	<b>VEGETABLE GARDEN</b> <input type="checkbox"/> Collect some seeds from your local gardening centre, claim a plot in the back yard or find some garden pots, fill them with dirt and plant your seeds. Make special signs so you remember which vegetables are growing where.	<b>NATURE SCAVENGER HUNT</b> <input type="checkbox"/> Start with this list and add your own: Seeds, leaves, noisy things, smooth, rough, fuzzy, stinky, smells nice, purple, and something beautiful. How many can you find?
QUIET, MINDFUL MOMENTS	<b>BLOWING BUBBLES</b> <input type="checkbox"/> Using 'slo-mo', start blowing bubbles. Make sure you focus on taking in deep breaths through your nose and breath out slowly through your mouth.	<b>TALKING BOOKS</b> <input type="checkbox"/> Find a nice comfy place and get comfortable. Turn on your favourite story and sit back and listen to someone else reading it. Think about what you sound like when you're reading, is it the same?	<b>COLOURED GLASSES</b> <input type="checkbox"/> There is something magical about seeing the world through coloured glasses. Grab a clear plastic container, fill with water and add food colouring. Walk outside and around the house looking through the coloured water to see how things look differently. Try different colours!	<b>GLITTER JAR</b> <input type="checkbox"/> All you need is a jar with a lid, a bottle of clear glue and glitter. Your child can SHAKE the jar or bottle when they feel anxious or upset and remain still while the glitter settles.	<b>MINDFULNESS 5,4,3,2,1</b> <input type="checkbox"/> Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and one thing you can taste.



## WEEK 1

23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday
<b>FINALS FEVER</b>	<b>ECOPARK &amp; BALLOON ROCKETS</b>	<b>HIPPO CHOW &amp; BRUSH CAR</b>	<b>ANGRY BIRDS 2 &amp; DIY CRANKY BIRDS</b>	<b>ROAMING REPTILES &amp; DIY ORNITHOPTER</b>
With Finals Fever in the air, we're celebrating all things SPORTS! So, come dressed in your favourite jersey & colours as we jump into a day of sporting madness with games galore & more!	We'll have an awesome time at EcoPark as we play mini golf, feed the animals & ride pedal go-karts! There's something for everyone! Back at the venue, we'll get to make our very own balloon rockets.	Who's the hungriest hippo? We'll find out after we play the epic inflatable game, Hippo Chow! See how many balls you can collect. Afterwards, we'll create our own Brush Cars.	Today, we're off to the movies to see this season's blockbuster, Angry Birds 2. Afterwards, we'll get inspired as we make our very own Cranky Birds. *Popcorn & water provided. *Allergy Alert.	See, touch & discover some of Australia's cutest & creepiest reptiles when they come & visit us! Afterwards, create your own Ornithopter & watch it glide outside.
Base Fee \$60.00 Exp Fee** \$7.00 Daily Total \$67.00	Base Fee \$60.00 Exp Fee** \$29.00 Daily Total \$89.00	Base Fee \$60.00 Exp Fee** \$18.00 Daily Total \$78.00	Base Fee \$60.00 Exp Fee** \$30.00 Daily Total \$90.00	Base Fee \$60.00 Exp Fee** \$19.00 Daily Total \$79.00
After Max CCS* \$10.05	After Max CCS* \$13.35	After Max CCS* \$11.70	After Max CCS* \$13.50	After Max CCS* \$11.85

## WEEK 2

30 Monday	1 Tuesday	2 Wednesday	3 Thursday	4 Friday
<b>GLOW IN THE DARK SPIN ART &amp; CHUCK THE CHICKEN</b>	<b>IPLAY ADVENTURE &amp; SCRAWL BOTS</b>	<b>CODE RED SPY SCHOOL &amp; SPY GLASSES</b>	<b>JELLURGAL CULTURAL CENTRE &amp; BUMPER TAG</b>	<b>BAKE-A-WISH &amp; DRAWING GAMES</b>
Get crafty as we play with Glow in the Dark Spin Art! Using a rotating canvas machine, we'll splatter glow in the dark paint & acrylic paints onto a canvas! After we'll play the wacky game, Chuck the Chicken! *Paint Activity	Prepare for an epic climbing journey, as we explore the 23+ Clip n' Climb walls at iPlay Adventure. We'll also play arcade games & we'll make our own Scrawl Bots. *Enclosed shoes required	Today, you'll be a trainee spy student. Practice spy commands, crawl through lasers, shoot at targets and solve a mystery to come out the other end a Spy! You'll also take home your very own pair of Spy Glasses.	Learn about Aboriginal culture as we experience a live Aboriginal dance performance, take a guided walk to Midden & more at the Jellurgal Cultural Centre. Later, we'll play a fun game of Bumper Tag.	Once again, TeamKids is teaming up with Make A Wish. We'll roll up our sleeves and make yummy treats that will be on sale at our cake stall in the afternoon. Later, we'll play some tricky drawing games. *Allergy alert.
Base Fee \$60.00 Exp Fee** \$17.00 Daily Total \$77.00	Base Fee \$60.00 Exp Fee** \$36.00 Daily Total \$96.00	Base Fee \$60.00 Exp Fee** \$17.00 Daily Total \$77.00	Base Fee \$60.00 Exp Fee** \$30.00 Daily Total \$90.00	Base Fee \$60.00 Exp Fee** \$7.00 Daily Total \$67.00
After Max CCS* \$11.55	After Max CCS* \$14.40	After Max CCS* \$11.55	After Max CCS* \$13.50	After Max CCS* \$10.05

\*Child Care Subsidies may apply. \$5 Admin Fee per family. \$5 Late Fees apply within 7 days per child. Payment plans available.  
\*\*Experience/Activity Fee. Programs may be subject to change. Third Party Payment Fees apply. See Terms and Conditions for cancellation policy.

**Book a day or the whole week... how many days is up to you!**  
Find your nearest venue: [www.teamkids.com.au/venues](http://www.teamkids.com.au/venues)

# Getting Ready to Attend

## Arrival Time

Please ensure children are signed in no later than 9am.



## Excursion Days

Parents/Guardians MUST provide written consent for their child(ren)'s participation in an excursion. At TeamKids, excursions typically occur twice a week, so at drop-off, please look out for the permission form on the sign-in desk to supply your written consent. Please do not leave the venue without signing this form.

On excursion days, we require all children to be signed in by 9.00am (unless otherwise stated on our website). If you have not arrived by the departure time, then you may be required to drop your child(ren) off at the excursion location as the bus cannot be delayed.

## Booking and Cancellations

Bookings are subject to availability and may be placed/amended until 11:59 pm the night prior to attendance via your TeamKids online account. An additional fee of \$5 per child applies to bookings made inside 7 days of attending.

Cancellations are unable to be refunded to bank accounts, however, a non-expiring credit will be applied to your TeamKids account for use toward future bookings.

## Medical Information? Have a Plan



If your child has Asthma, Anaphylaxis, an Allergy or any other medical condition, upload plans to your TeamKids account and **bring along a completed Risk Minimisation Form**, found on our website.

Please provide required medications to your venue coordinator on the first day of attendance - In their original packaging, clearly labelled with your child's name and a use-by date.

**\*\*Please note children are unable to attend our venues without their medication and action plans.**

## Electronic Sign-In/Out.

All TeamKids venues require electronic sign in/out. Any person signing your child in or out from TeamKids care **MUST be listed** on your TeamKids account and **know your TeamKids account pin number**, if this has been activated. These details can be updated via your TeamKids account at any time.

## Stay Sun Safe

At TeamKids we love the outdoors! Please remember to pack a **hat - clearly labelled and wear suitable footwear. Where possible avoid singlets, thongs and open-toed shoes.**



Please apply sunscreen before arrival, and we'll reapply later in the day. If your child reacts to sunscreen brands, please advise our educators and provide your own sunscreen.

The Cancer Council recommends high protection sunscreen (Minimum SPF 30 with a high UVA rating (4-star minimum).

## Receiving Child Care Subsidy

After your TeamKids booking is placed, you must log into your MyGov account to confirm your enrolment - 4 times per year when using the holiday program.

## Extended Hours of Operation

During the school holidays, our customer service team are available from 7:00 am till 6:30 pm.

## Pack a Healthy Lunch

A delicious, nutritious, morning and afternoon tea are provided in all programs. Children are required to **bring a packed lunch and refillable water bottle.**



When packing your child's lunch, please consider that some children in attendance have been diagnosed with food allergies or the risk of anaphylaxis.

## Double Check TeamKids Room Location

It is very important to double check our website prior to attending, **in case of a room change.** We are sometimes required to temporarily change rooms due to school building maintenance over the school holidays. Last minute changes will be announced via email to attending families.

## Additional Needs

For new families, our TeamKids Inclusion Manager will discuss attendance options for children with additional needs before they attend. Please contact Customer Service on **1300 035 000.**

Please note: We require a minimum of four weeks' notice for funding applications for children requiring an extra staff member to help support their time with us. Places cannot be guaranteed if less notice is given.

**Please call with any questions: 1300 035 000**