

# Discovery Early Learning Centres — Vacation Care Program

## Sorell Vacation Care

A strong sense of physical and psychological wellbeing enables children to confidently and optimistically engage and respond to others and the environment around them. Week 1 of Vacation care will see a perfect mix of stimulating our physical and psychological wellbeing from Obstacle courses, beach walks, park play and trampoline centers to relaxing with some art & craft, mindfulness activities and enjoying a movie or two. The theme for this week is:

*Active Play & Wellbeing*

### Monday 3rd October

#### *Unwind with Arts & Crafts*

Today we will be unwinding by getting into everything arts and craft. We will be making slime and making our very own bath bombs, salts and scrubs. Also, join us outside as we practice mindfulness on the deck in the morning and do some outdoor painting later in the day.



Pack: Water drink bottle, packed lunch, sun safe hat and a **change of clothes**

Morning and afternoon tea will be provided each day. Please pack a lunch for your child everyday unless otherwise advised. If the day includes an excursion or incursion a fee of \$15.00 will be added to your account.

There will be a number of other experiences on offer each day including: painting, construction, craft activities, ball games, sports activities, outside play, music, board games, jewellery making etc.

### Tuesday 4th October

#### **Ninja Warrior Day**

Join us today as we will be exploring our inner ninja warriors by seeing how fast we can complete a ropes course and different ninja obstacles. First we'll do some stretching and yoga poses to get us ready to complete the challenge and later in the day we will relax and watch the Kid's Ninja Warrior on the TV.



Pack: Water drink bottle, packed lunch, sun safe hat and a **change of clothes**

### Wednesday 5th October

#### Dodges Ferry Boat Park

We are heading on the bus and off to the Dodges Ferry Boat Park. We will enjoy a nice walk along the beach together and then have a play in the playground. Before we leave we will try and make some boats out of natural resources, and when we come back we will relax with some quiet activities and watch a movie together.



**Bus departing 10am  
Returning 2pm**

Pack: Water drink bottle, sun safe hat, bring a **change of clothes and BBQ lunch provided**

### Thursday 6th October

#### **SCAVENGER TEAM RACE**

Today we will be in for a fun exciting adventure. Together we will complete a variety of fun adventures within a team—deciding on their team name and designing their own team bandanas to wear! Once we've finished our Scavenger Team Races we'll have an awards ceremony for the winners and then challenge each other to some fun Minute To Win It challenges!



Pack: Water drink bottle, packed lunch, sun safe hat and a **change of clothes**

### Friday 7th October

#### *Bounce!*

Don't miss out—today we will be heading to Bounce Trampoline Centre and exploring all of those big trampolines and the massive rock climbing walls. In the morning we'll limber up with Kid's Cosmic Yoga before having a great time out and about!



**Bus departing 10am  
Returning 1:30pm**

Pack: Water drink bottle, packed lunch, sun safe hat and a **change of clothes**

The theme for this week is:

## ADVENTURE WITHIN THE COMMUNITY

**Monday  
10th October**

### Mini Golf

Fooooor! We're off to the Barilla Putt and Play miniature golf course in Cambridge. Have fun and challenge your friends to a game of mini golf. In the morning we can warm up with a couple of group games of cricket, baseball or totem tennis. When we come back we have some water play activities planned as well as some creative hama bead ideas to start!



**Bus departing 10am  
Returning 1pm**

Pack: Water drink bottle, packed lunch, sun safe hat and a change of clothes

**Tuesday  
11th October**

### Superhero Olympics

Today we will be putting all our skills to the test with our epic Superhero Olympics. Our Olympics will take you on a ultimate sporting adventure— try your super hand at human ring toss, egg & spoon race, sack race, handstand competition, one-legged race, ball race and a frisbee water race! In the morning we'll get crafty and create our winners medals together, ready to award at the end of the day.

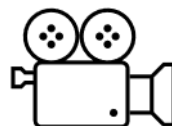


Pack: Water drink bottle, packed lunch, sun safe hat and a change of clothes

**Wednesday  
12th October**

### Movie & Popcorn Day

Get comfy and crafty with us— we're having a movie marathon and decorating our own cardboard boxes with lots of different art resources. We'll make a blanket fort to use to get comfy when we watch the movies, and when we're ready for a play outside, join in the group games of mushroom tag, flags and hide and seek!



Pack: Water drink bottle, packed lunch, sun safe hat and a change of clothes

**Thursday  
13th October**

### RICHMOND PARK

Come with us on an adventure, exploring Richmond with a visit to the ducks and a special trip to the lolly shop - children can bring a maximum of \$5 to spend to pick a tasty treat.

In the morning we will research and learn about the ducks we plan to see at Richmond, and later in the afternoon we'll enjoy some art time to recreate some of what we saw on our excursion.



**Bus departing 10am  
Returning 2:30pm**

Pack: Water drink bottle, packed lunch, sun safe hat and a change of clothes

**Friday  
14th October**

### Disco Pajama Party

Today we will be dancing the holidays away in our cozy pjs ready for our disco party. We will also have conversations about our next vacation care and what the everyone would like to include for next time! We'll bring the pizza, you bring your dance moves!



Pack: **Wear PJs**, Water drink bottle, sun safe hat, bring change of clothes and pizza lunch provided

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