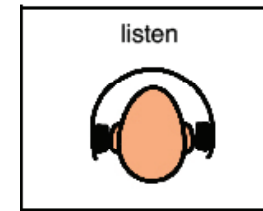




FLYING FOX'S ACTIVITY BOOK

EDITION III

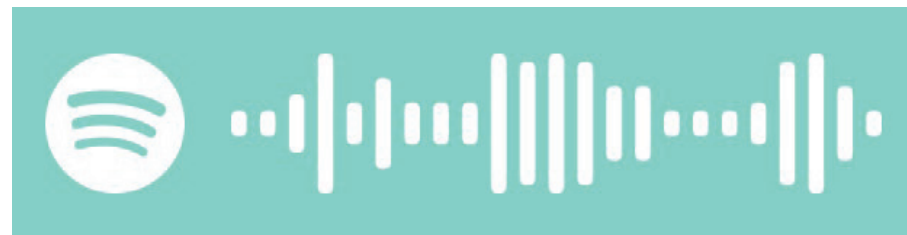
The Flying Fox activity book/Spotify playlist



A Flying Fox playlist for you to listen to while doing the activities in this Activity Book.

[CLICK HERE!!](#)

You can listen when you are cooking, drawing, creating or moving through the activity book!

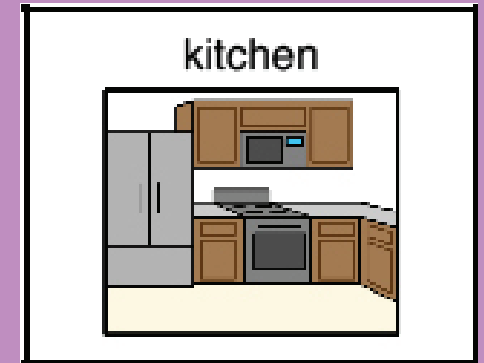
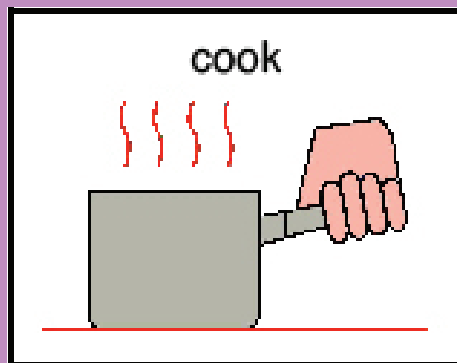


Or scan here

SECTION 1:

Come cook with us!

**These recipes are modified from websites for
Flying Fox purposes



Mini Capsicum Pizzas (serves 4)

What you will need:

- Teaspoon
- Tablespoon
- Measuring cup
- Oven tray
- Oven 180C°

Ingredients:

- 4 red capsicums (cut in half and seeds taken out)
- 1 tablespoon of olive oil
- salt and pepper
- 1/2 a cup of pizza sauce
- 2 cups of shredded mozzarella
- 1/2 a cup of grated parmesan
- your own pizza topics (e.g mushrooms, olives, basil)
- chopped parsley

Steps:

1. Turn the oven on to 180C°
2. On a tray, drizzle capsicum with olive oil, some salt
3. and pepper.
4. Spoon the sauce onto each half capsicum.
5. Sprinkle with cheese and top with your toppings.
6. Bake for 10 to 15 minutes, until the peppers are crisp and the cheese is melted.
7. Sprinkle parsley



Original recipe: <https://www.delish.com/cooking/recipe-ideas/recipes/a51593/mini-pepper-pizzas-recipe/>

Italian Wonderpot (serves 4)

What you will need:

- Large cooking pot
- Stovetop
- Knife for chopping
- Teaspoon
- Tablespoon
- Measuring cup

Ingredients:

- 350 grams of fettuccine (dried)
- 1 brown onion, medium size and sliced
- 3 cups of baby spinach
- 1 tin of canned diced tomato
- 1 tablespoon of Italian dried mixed herbs
- 3 garlic cloves sliced
- 5 cups of water
- 2 spoonfuls or cubes of stock
- 100 grams of crumbled feta (added at the end)

Steps:

1. Gather all ingredients together
2. Place all ingredients into a pot except for the feta cheese
3. Cover the pot with a lid
4. Bring the pot to boil

5. Take off the lid and turn the heat to medium flame
6. Continue to cook for 10 minutes or until the pasta is soft and all of the liquid has become a creamy sauce
7. Turn off the stove
8. Add crumbled feta to the pot and stir it in
9. Serve into bowls and enjoy



Original recipe: <https://www.kidspot.com.au/kitchen/recipes/one-pot-italian-pasta-recipe/1o6d98he>

Pumpkin Soup (Serves 8)

What you will need:

- A big pot
- Teaspoon
- Tablespoon
- Measuring cup
- Stick mixer
- A knife for chopping

Ingredients:

- 1 butternut pumpkin, peeled, seeds taken out and cut into cubes
- 1 large potato peeled and cut into cubes
- 1 large carrot peeled and chopped
- 1 onion diced
- 2 tablespoons of olive oil
- 4 tablespoons of vegetable stock powder
- 2 Litres of boiling water
- Sour cream and/or toast to finish

Steps:

1. Heat oil in a pot and fry all vegetables (onion, garlic, pumpkin, potato and carrot) until they are golden.
2. Add 2 litres of boiling water to the pot and stir in stock powder.

3. Wait for the soup to start boiling and turn down the heat to medium
4. Let the soup simmer (on medium) for 20 minutes until all vegetables are soft.
5. Using a stick mixer make the soup into a liquid until it's nice and smooth with no lumpy vegetables
6. Taste the soup and season with salt and pepper if it needs
7. Serve into bowls and add sour cream (optional)
8. Enjoy some toast!



Original recipe: <https://www.kidspot.com.au/kitchen/recipes/simple-pumpkin-soup-recipe/97ix9e2a>

Stewed fruit (serves 4)

What you will need:

- A big pot
- Measuring cup
- A knife for chopping
- Teaspoon
- Tablespoon

Ingredients:

- 500 grams of seasonal fruit such as; rhubarb, plums, apricots, strawberries, apples or pears
- 2.5 cm piece of ginger (optional with rhubarb)
- 3 heaped teaspoons of caster sugar (for rhubarb) or
- 2 heaped teaspoons to any other fruit (optional)
- Cinnamon (optional)
- 2 tablespoons of water

Steps:

1. Chop up all the fruit into smaller pieces
2. Throw out any stones or pips
3. Place the fruit in a pot.
4. If using rhubarb, peel the ginger and finely grate it into the pot.
5. Add the sugar (taste as you go along and add more if you think it needs it)
6. Be careful when tasting as it will be hot!

7. Add 2 tablespoons of water and cook on a medium heat with the lid on.
8. Once the fruit has softened, remove the lid and let the liquid reduce – you want to end up with a thick consistency.
9. Serve over cereal, yoghurt, pancakes, granola or muesli.

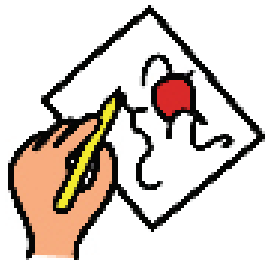


Original recipe: <https://www.jamieoliver.com/recipes/fruit-recipes/stewed-fruit/>

SECTION 2:

Mindfulness

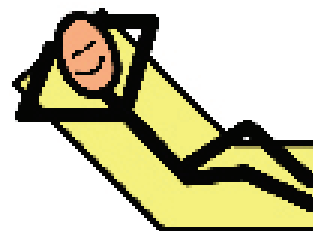
draw



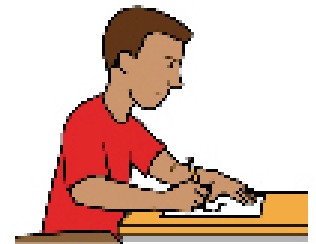
If You're Happy



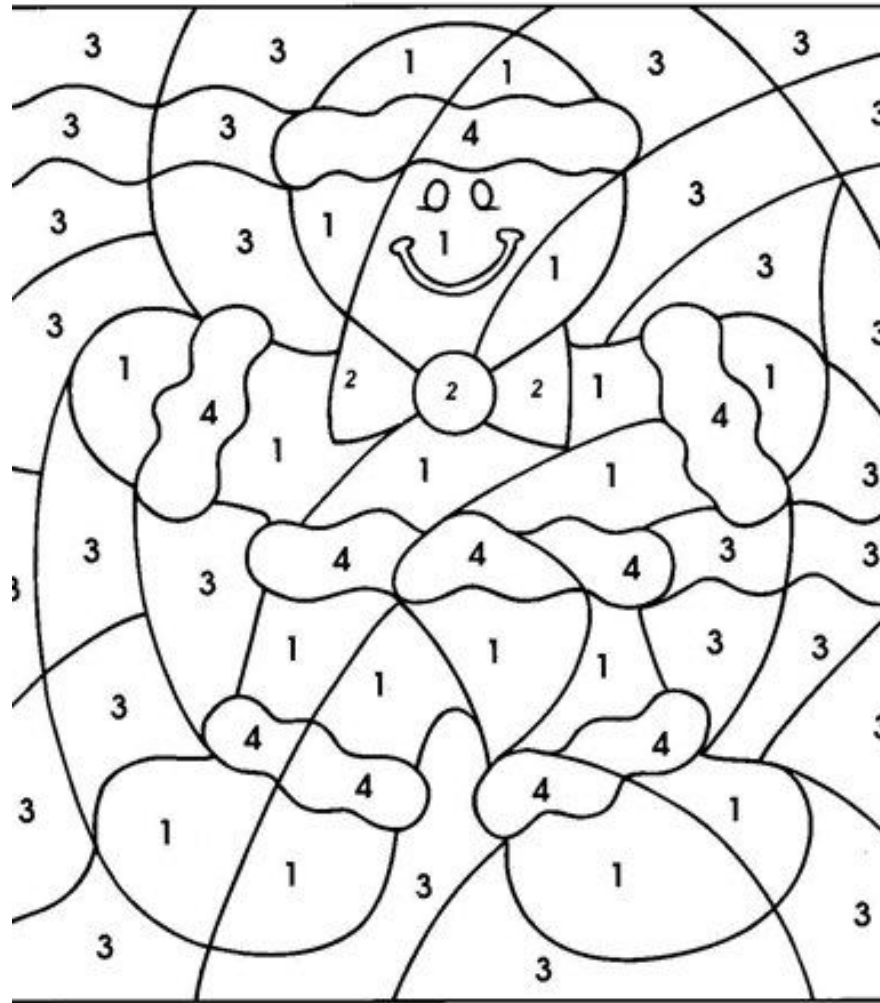
relax



draw



Colouring in and chill activities:



1- Brown



2- Red

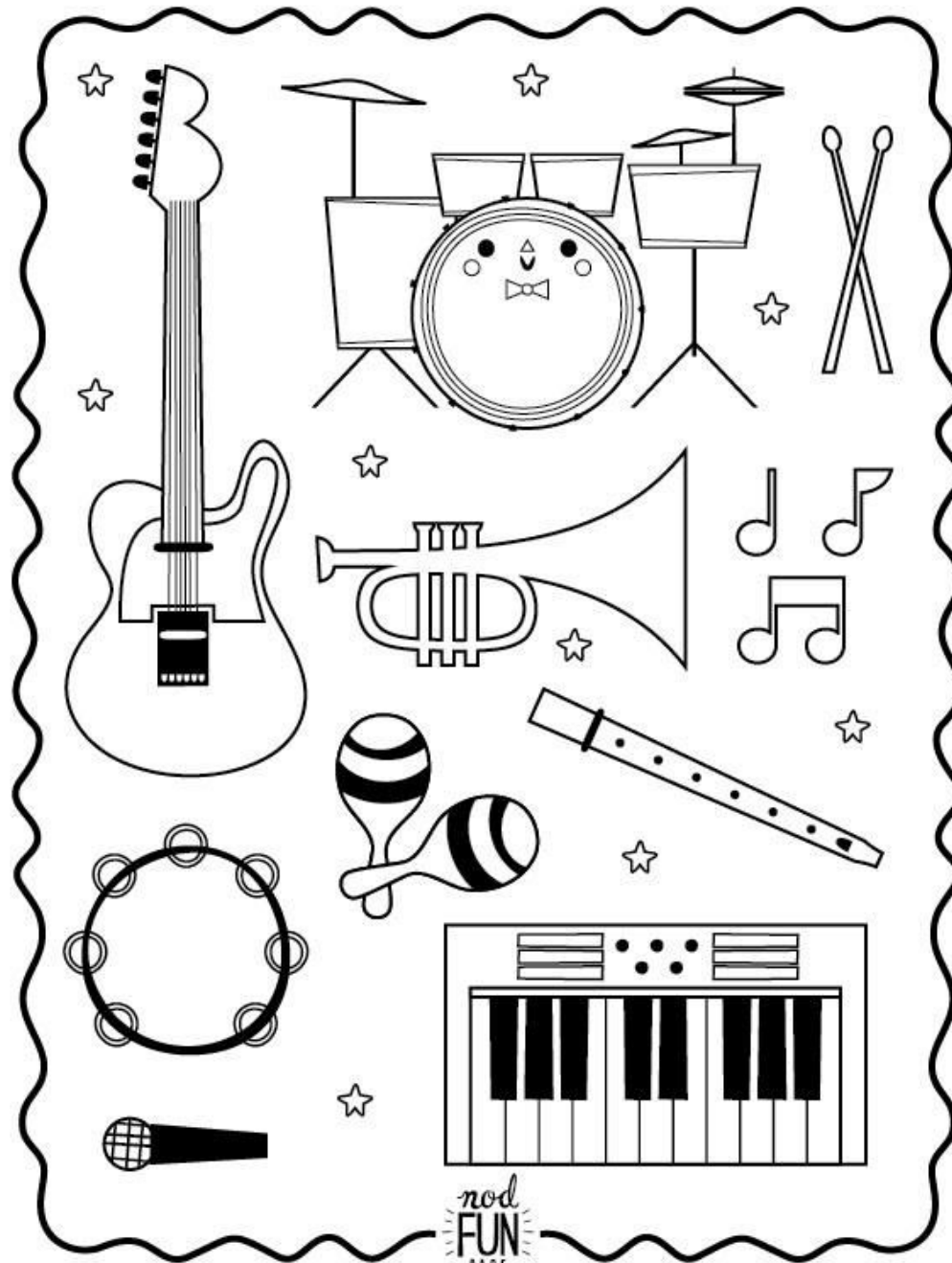


3- Green

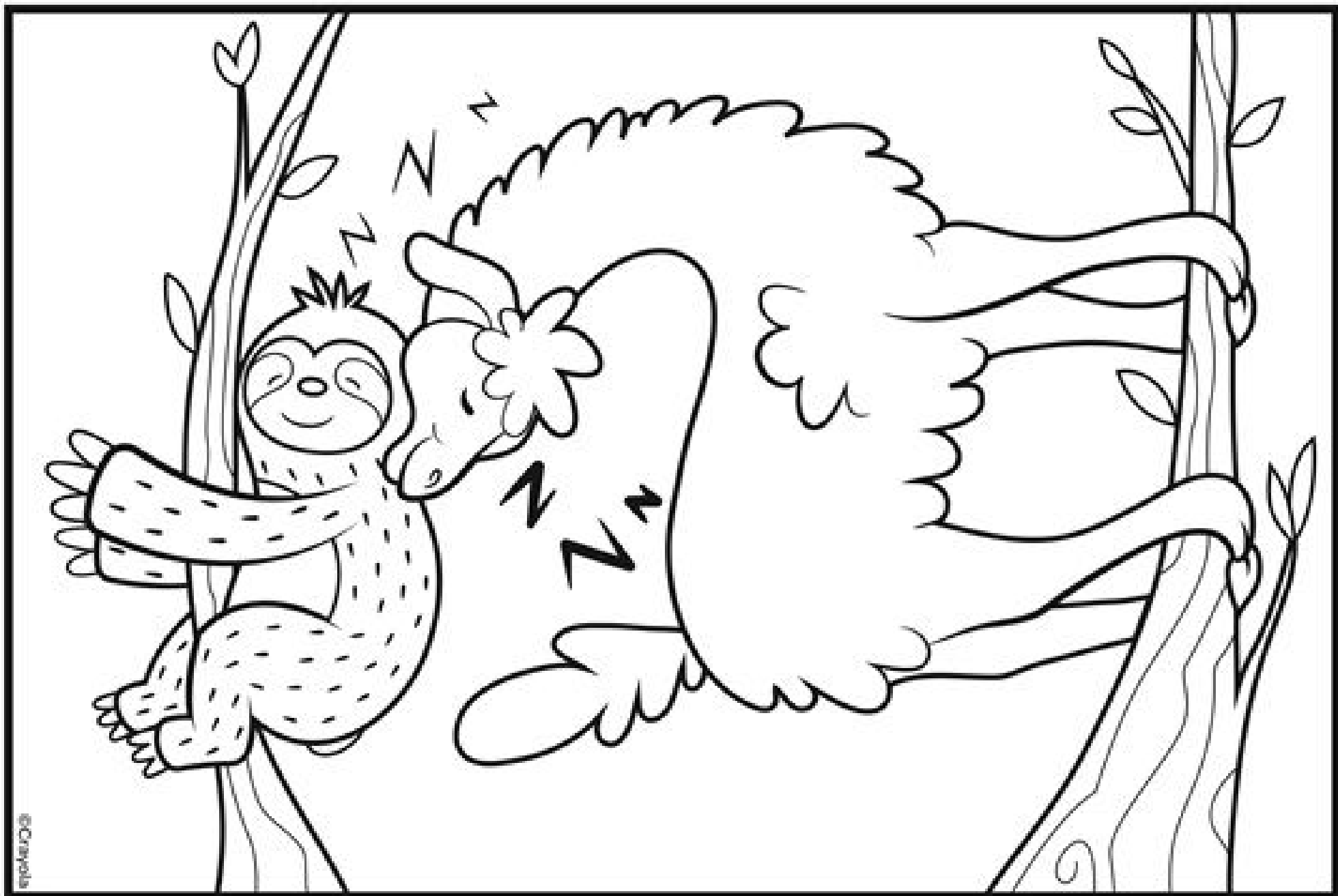


4- Yellow













SECTION 3:

Let's get creative!

come here



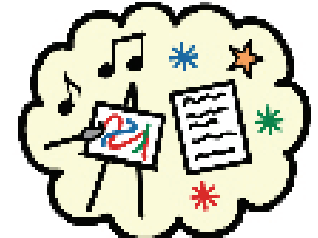
make



knit

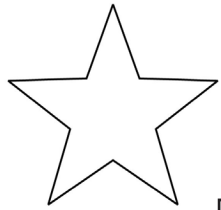


creative



Backyard Scavenger Hunt

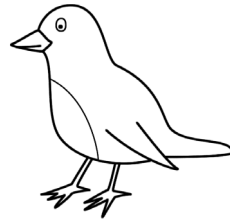
Can you find all 15? Color in and tick the boxes



STAR

☐

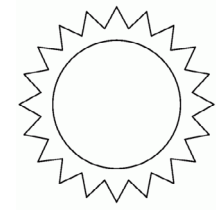
SNAIL

☐

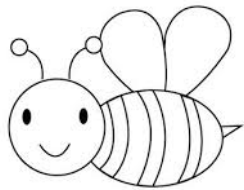
BIRD

☐

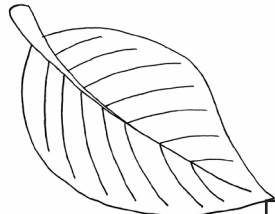
TREE

☐

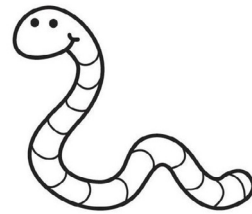
SUN

☐

BEE

☐

LEAF

☐

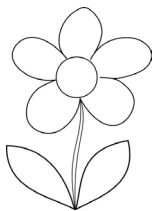
WORM

☐

TWIG

☐

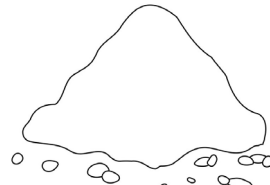
CLOUDS

☐

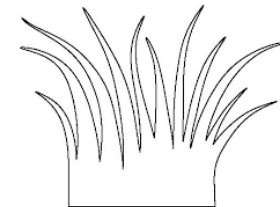
FLOWER

☐

WATER

☐

DIRT

☐

GRASS

☐

FEATHER

☐

How many challenges can you do? Send pictures of yourself with your #activitybook to Flying Fox!

Challenge	✓
Learn a new word in a different language	
Send a letter to somebody you miss	
Make up a song	
Tell somebody you love them	
Help your family	
Water the plants	
Help your family cook	
Make a new dance	
Read or listen to a new book	
Make a creative story	
Give everybody in your family a challenge	
Play a new game	

Flying Fox instagram: @flyingfoxau

Paper Plate Snowflakes

What you will need:

- Paper plates
- Push pin
- Plastic knitting needle
- Wool (colour of your choice)
- Scissors
- Tape

Steps:

1. Draw a big snowflake on the paper plate
2. Using the push pin, poke holes at all of the corners or points where two lines meet each other on the snowflake
3. Cut off a long piece of wool
4. Thread one end of the wool through the knitting needle
5. Tie a knot at the base of the needle, then tie a double knot at the end of the piece of wool
6. Thread the needle and wool through the centre hole in the plate on the front of the plate
7. Then use the holes you poked and the pattern of the snowflake to thread the wool into the snowflake pattern
8. You will go through some of the holes a few times

to finish the pattern!

9. Once you reach the end of the snowflake pattern, cut off any left over wool and tape the end of the wool onto the back of the paper plate



Smash Painting

What you will need:

- Cotton pads
- Paint (the more colours the better!)
- Ladle (or anything you can smash with!)
- Paper cut in small squares
- Tarp (if you do it outside)

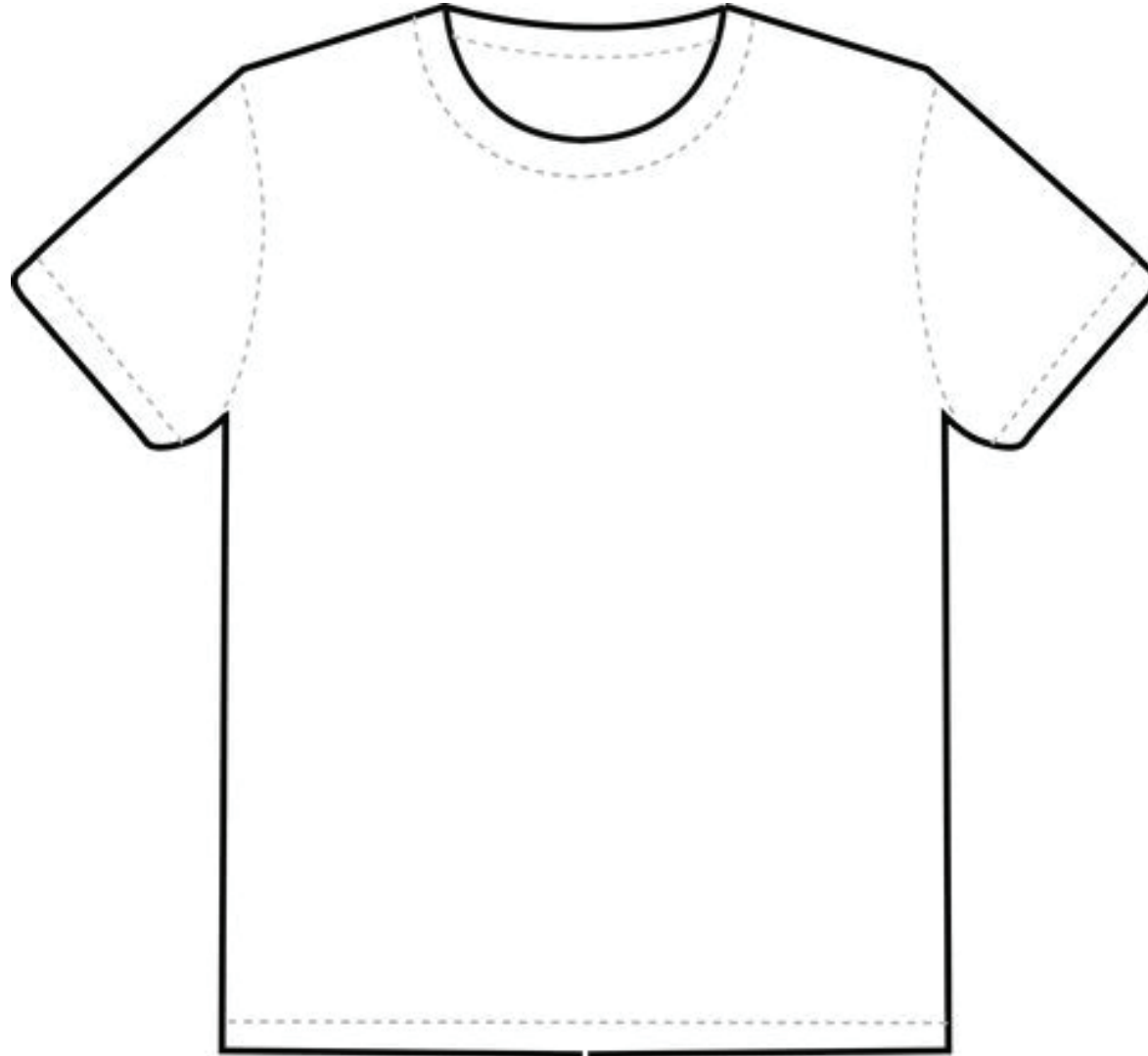
Steps:

1. Squeeze paint (one or more colours) onto a cotton pad
2. Turn the cotton pad over so that the paint side is touching the paper
3. Grab the ladle and smash the cotton pad on to the paper!



Merch Design

Create your very own Flying Fox Merch



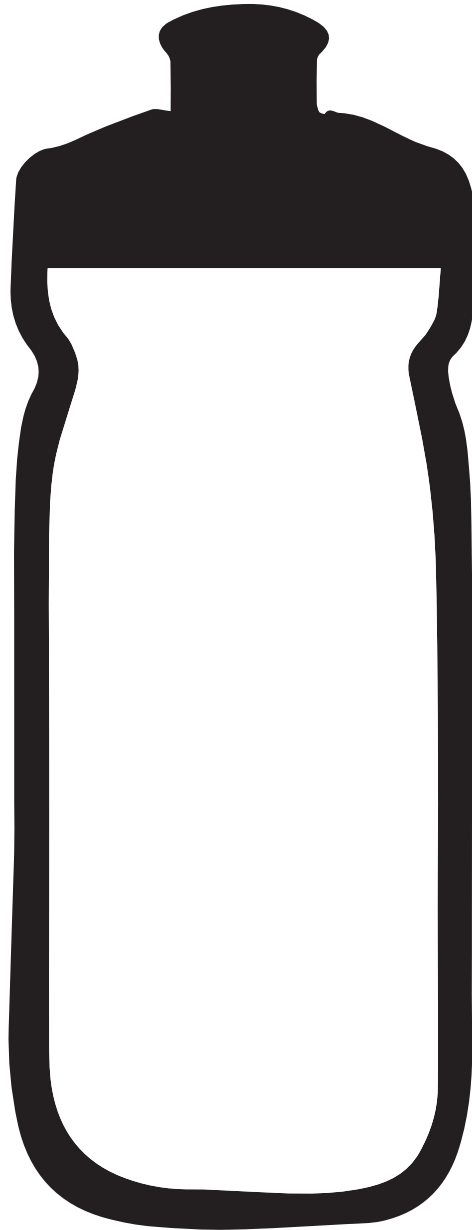
Merch Design

Create your very own Flying Fox Merch



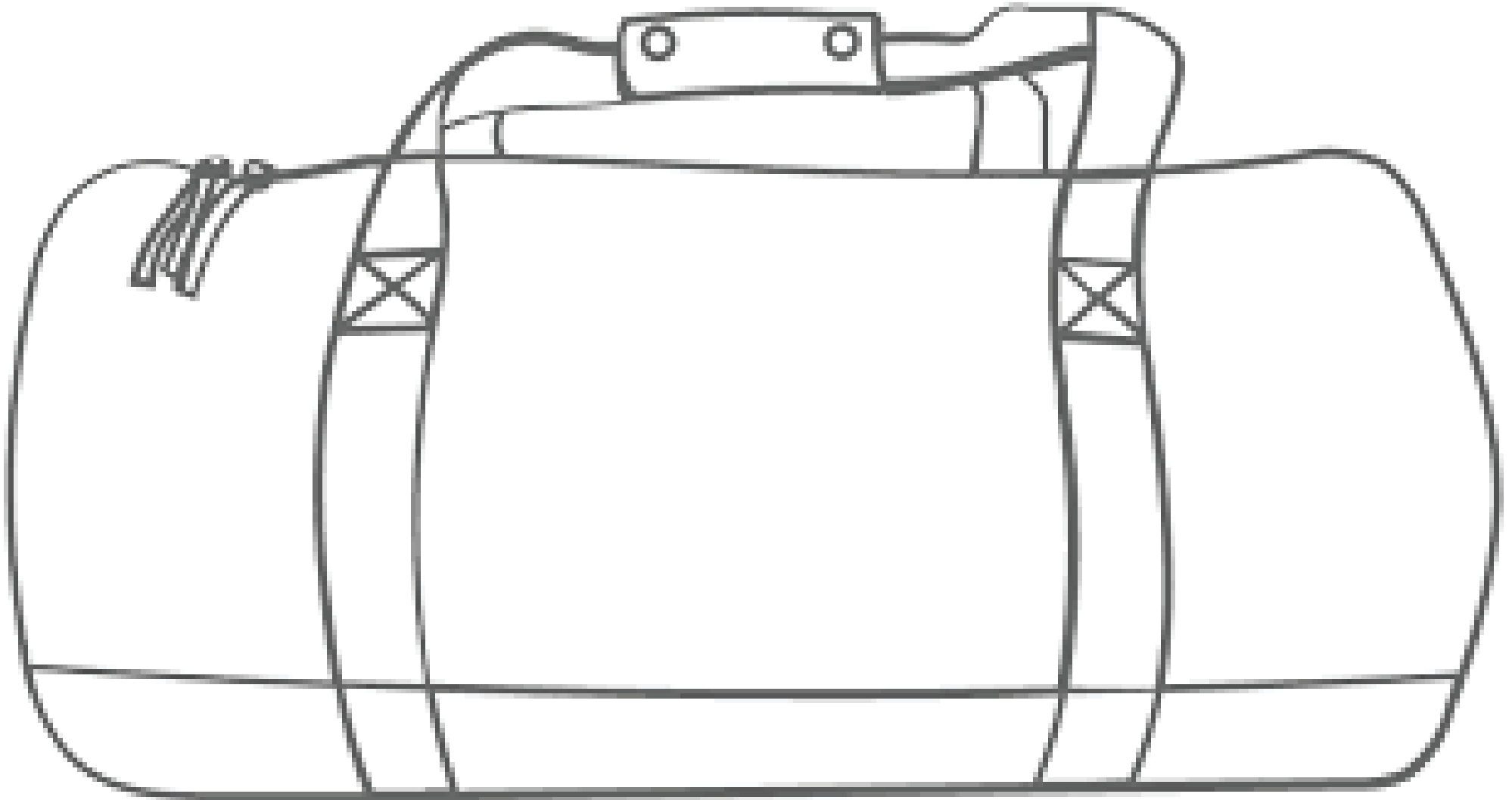
Merch Design

Create your very own Flying Fox Merch



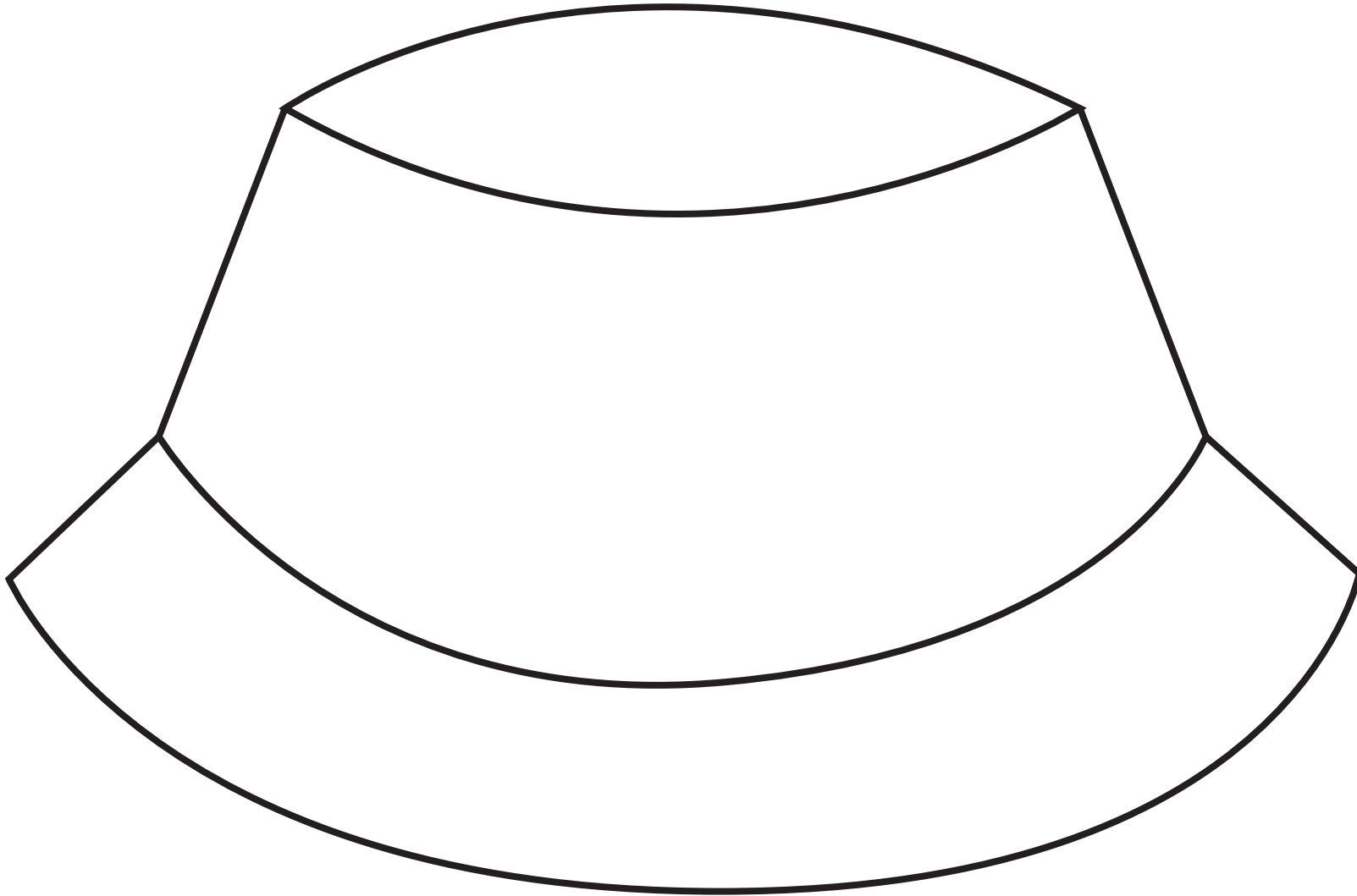
Merch Design

Create your very own Flying Fox Merch



Merch Design

Create your very own Flying Fox Merch



Merch Design

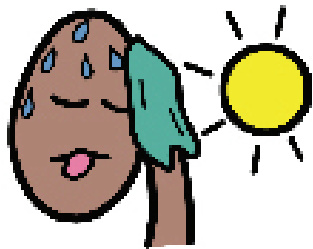
Create your very own Flying Fox Merch



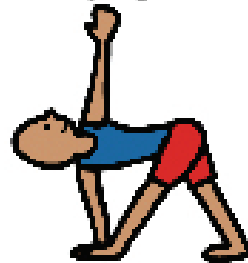
SECTION 4:

Time to move!

hot



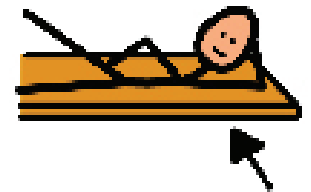
yoga



exercise



exercise mat



Jumping Jacks



Steps:

1. Stand with your legs together and arms by your side
2. Jump whilst bringing your feet apart and raising your arms up
3. Jump back to first position!

Repeat 10 times!

Sit Ups



Steps:

1. Lie down on your back with your knees bent so that your feet are flat on the ground
2. Place your hands behind your head
3. Using your tummy muscles, pull yourself up so that you are sitting up
4. Lie your body back to the ground
5. Repeat 10 times!

Squats



Steps:

1. Standing up straight with your feet shoulder width apart
2. Bend your knees and bring your bottom down (as if you are sitting on a chair). You can put your arms out in front of you for balance.
3. Stand back up straight to the first position
4. Repeat 10 times!

High-knee jogging on the spot



Steps:

1. Stand up straight with your feet spread apart
2. Begin jogging on the spot
3. As you are jogging, lift each knee up as high as you can! You can swing the arm on the opposite side for balance.
4. Jog for 60 seconds!

Windmills



Steps:

1. Stand with your feet spread widely apart
2. Using your right arm, bend down and touch your left foot
3. Stand back up straight
4. Using your left arm, bend down and touch your right foot
5. Finish by standing back up straight
6. Repeat 10 times!