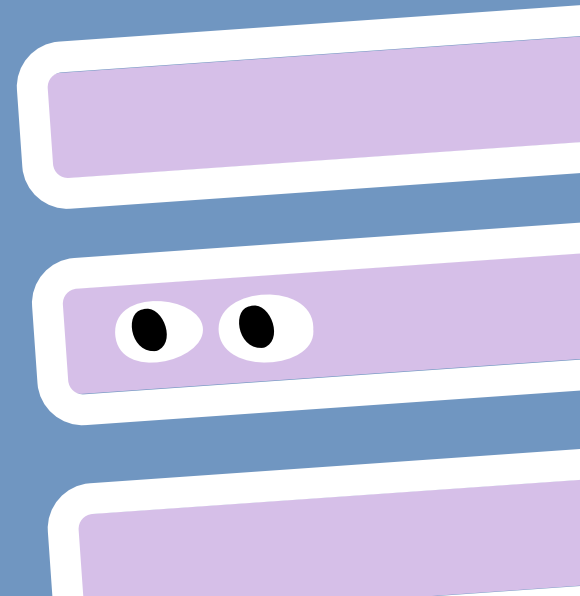
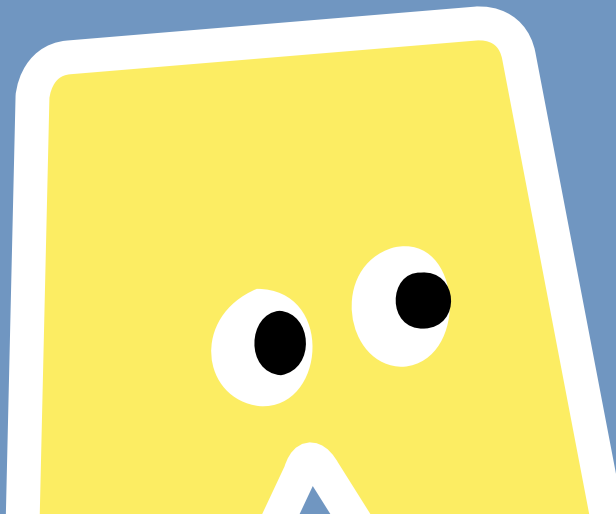
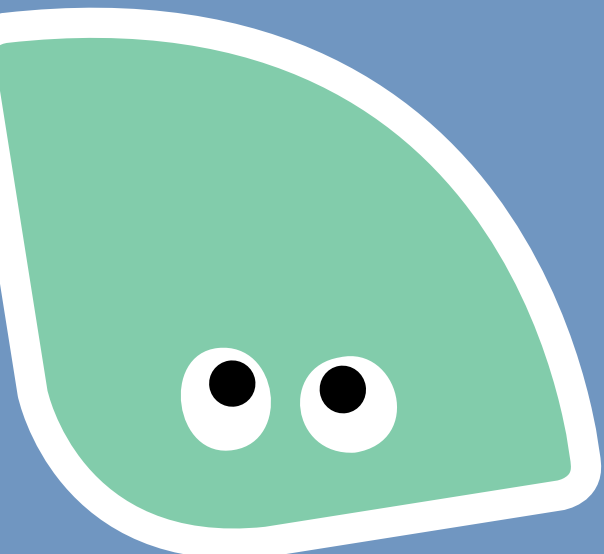


ACTIVITY BOOK #4



CONTENTS



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Let's Have a Think! *Pages 17-29*

Let's Be Mindful! *Pages 30-34*

Fun Activities! *Pages 35-38*

What's Next? *Pages 39-40*

LET'S GET ACTIVE!

Exercise



Exercise mat



Yoga



JOIN OUR ACTIVE SCHEDULE BELOW!

| | |
|-----------|---|
| MONDAY | Get active on YouTube with GoNoodle Get Moving <i>Click here!</i> ↩ |
| TUESDAY | Make an obstacle course and ask somebody to do it with you |
| WEDNESDAY | Choose a game of sport to play with somebody |
| THURSDAY | Join the Hangouts online for a dance party! |
| FRIDAY | Cosmic Kids Yoga, which one is your favourite? <i>Click here!</i> ↩ |
| SATURDAY | Go for a walk outside and look at nature |
| SUNDAY | Search Home Bowling by Erik Myer on Google and build a bowling alley <i>Click here!</i> ↩ |

LET'S GET CREATIVE!

Creative



Draw & Make



Art



COLOUR BY NUMBER

*Follow the colour
code to complete the
picture!*

Let's colour in!

1 = RED

2 = ORANGE

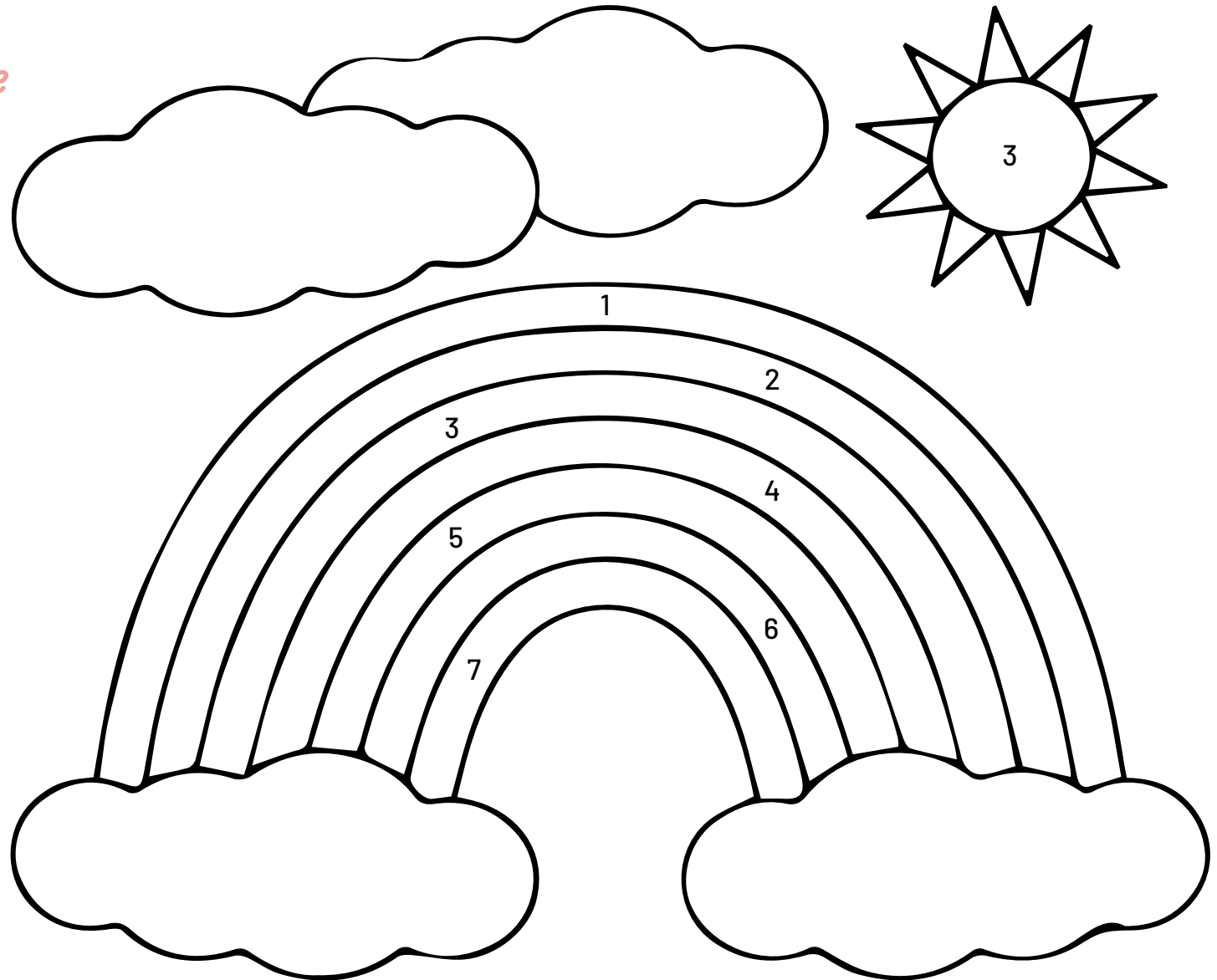
3 = YELLOW

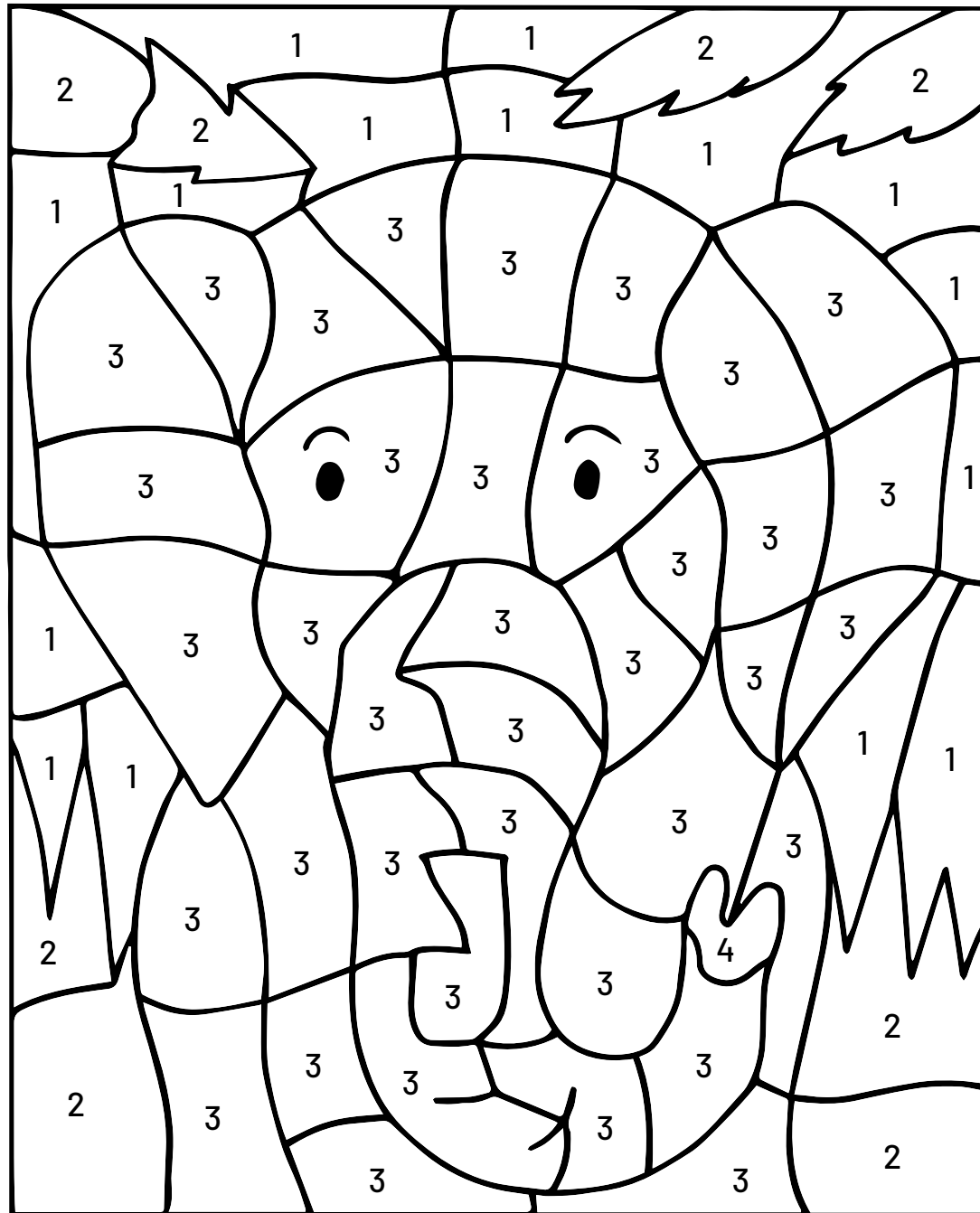
4 = GREEN

5 = BLUE

6 = PURPLE

7 = VIOLET

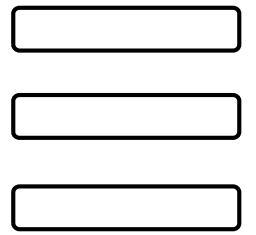
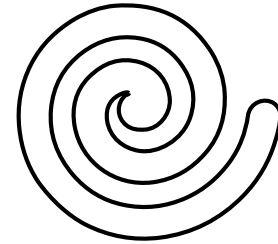
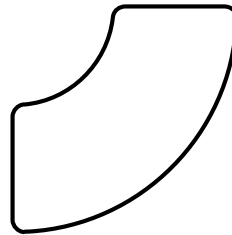
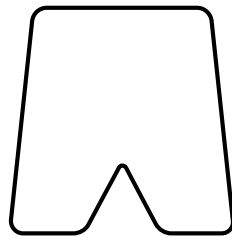
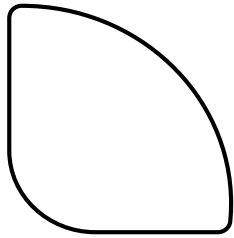
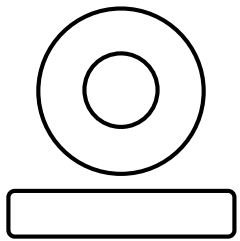


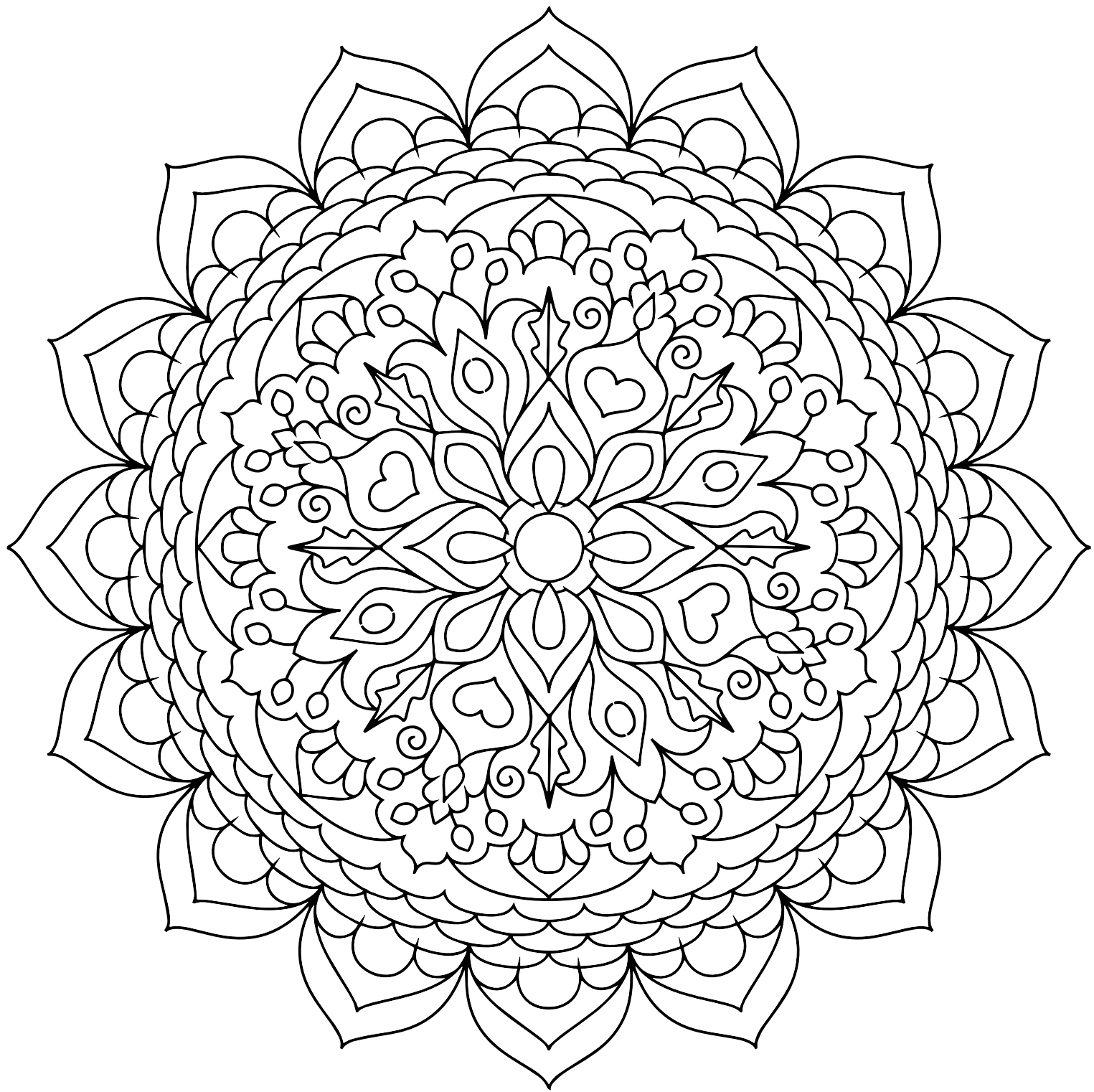


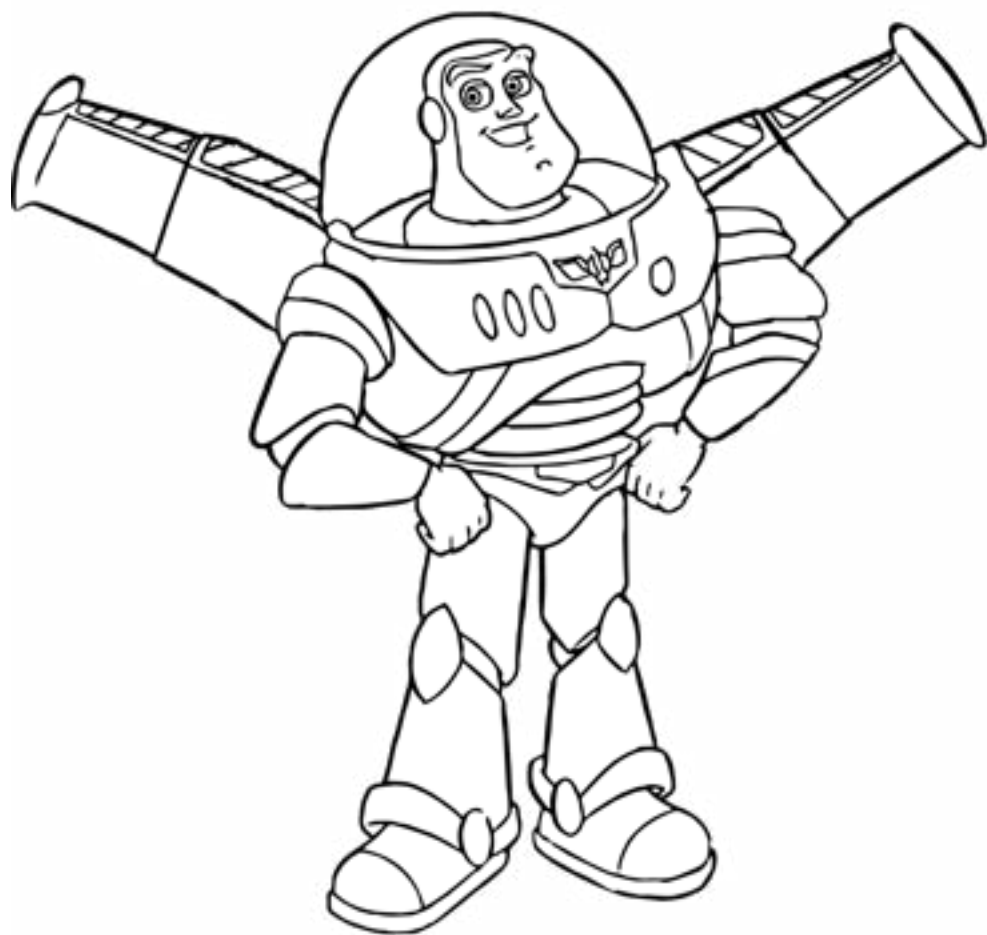
1 = BLUE 2 = GREEN 3 = GREY 4 = PINK

COLOURING IN!

FLYING FOX











MAKE COLOURFUL D.I.Y. LANTERNS

Click here!

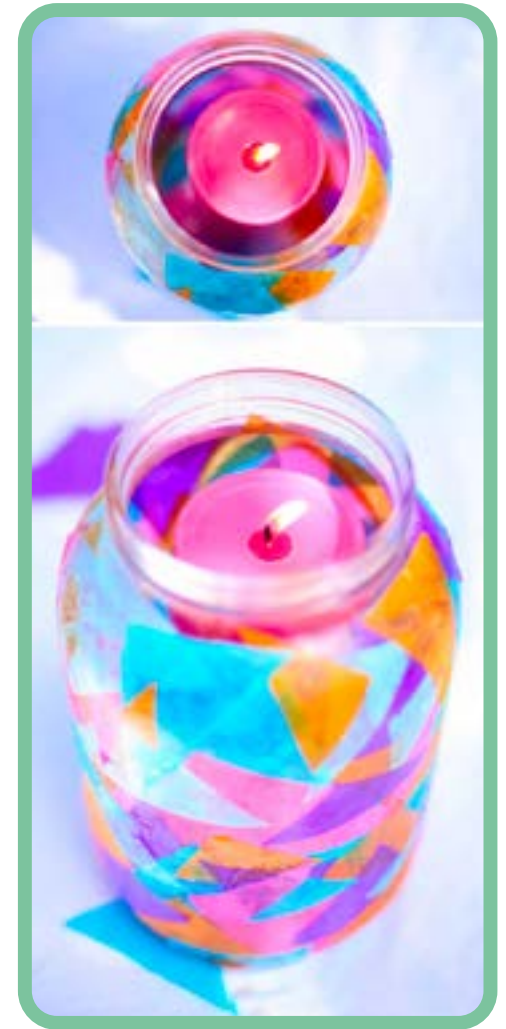
SEARCH: COLORFUL GARDEN DIY ↩

WHAT YOU NEED:

- JAR
- COLOURED TISSUE PAPER
- PVA GLUE
- TEA LIGHT CANDLE

INSTRUCTIONS:

1. FIND A FEW DIFFERENT COLOURS OF PAPER (AS MANY AS YOU WANT)
2. CUT OUT TRIANGLES OF THE DIFFERENT COLOURS
3. USING THE GLUE, STICK THE TRIANGLES ALL OVER THE OUTSIDE OF THE JAR (THEY CAN OVERLAP!)
4. PLACE THE TEA CANDLE INSIDE OF THE JAR AND YOUR D.I.Y. LANTERN IS READY!



BATH BOMB RECIPE

Click here!

SEARCH: BATH BOMB RECIPE ↩

WHAT YOU NEED:

- BATH BOMB MOULDS (CAN USE ANYTHING!)
- MEDIUM SIZED BOWL
- WHISK OR SPOON

INGREDIENTS:

- 1 CUP BAKING SODA
- 1/2 CUP CITRIC ACID
- 1/2 CUP CORN FLOUR
- 1/2 CUP FINE SEA SALT
- 2 1/2 TABLESPOONS OF COCONUT OIL MELTED
- 2 TABLESPOONS OF WATER
- FOOD COLOURING

INSTRUCTIONS:

1. MIX BAKING SODA, CITRIC ACID, CORN STARCH AND SALT TOGETHER IN A MEDIUM SIZED BOWL!
2. USE A SPOON OR WHISK TO BREAK UP ANY CHUNKS AND WHISK TOGETHER
3. MIX OIL AND WATER TOGETHER, AND ADD SLOWLY TO DRY INGREDIENTS. MIX WITH WHISK!
4. YOUR MIXTURE SHOULD HOLD TOGETHER LIKE WET SAND, ADD SMALL AMOUNT OF WATER IF IT SEEMS TOO DRY
5. IF YOU WANT TO MAKE DIFFERENT COLOURS, SEPERATE MIXTURE AND THEN ADD A FEW DROPS OF FOOD COLOURING TO EACH BOWL AND MIX WELL

TIP: Use food colouring sparingly to avoid staining



DESIGN YOUR OWN OLYMPIC EVENT

Name:

Distance/Length of event:

Best times:

Explanation:

Athlete gear required:



MAKE YOUR OWN CAMP SCHEDULE

Cut out your favourite activities and stick them on your schedule!



TODAY'S DAY IS

.....

My Timetable



MORNING

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

AFTERNOON

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

NIGHT

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

LET'S HAVE A THINK!



OUTDOOR BINGO!

NATURE BINGO

STEP 1

Go outside!

STEP 2

See how many things you can tick off your bingo list!



SPOT THE DIFFERENCE

CAN *YOU* SPOT THE DIFFERENCE?

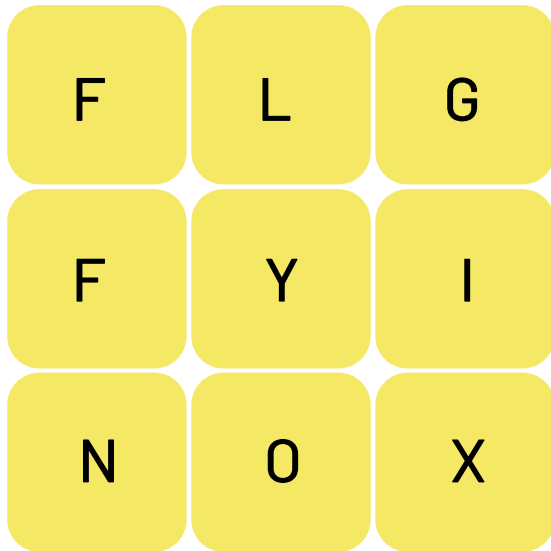


THERE ARE *5* TO FIND!

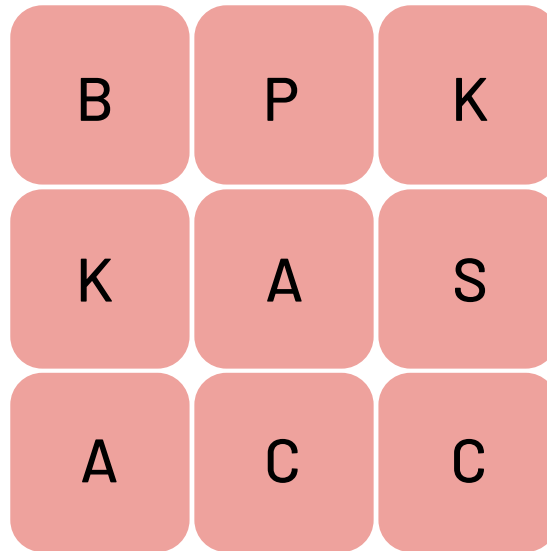
9 LETTER WORDS!



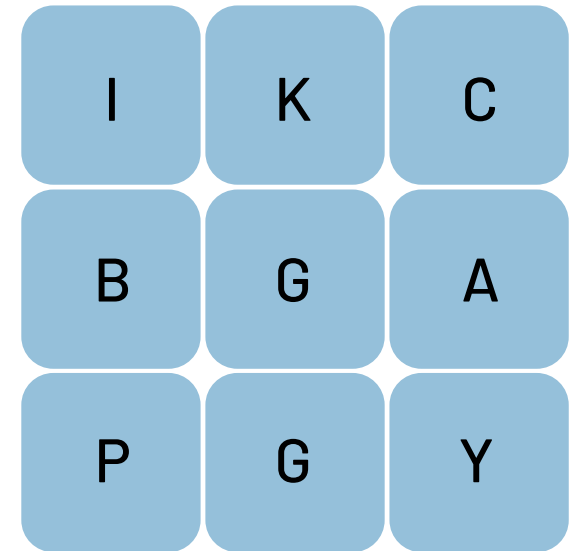
Can you figure out what the squares spell?



.....



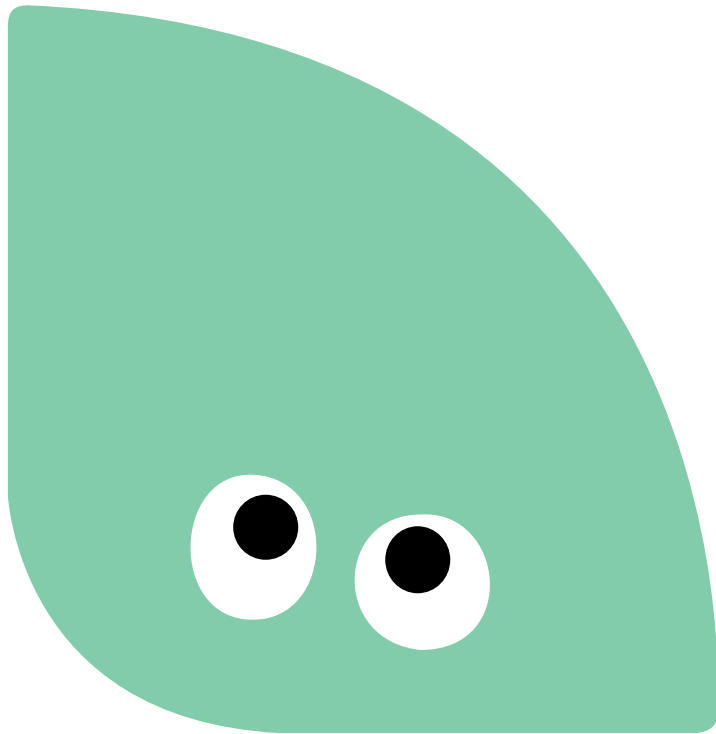
.....



.....

WHERE'S WINGS?

FIND ME!



I'M HIDDEN IN EACH OF
THESE 3 IMAGES FROM
OUR AWESOME CAMPS!

*SEE IF YOU CAN FIND THE
WING IN EACH PICTURE...*

WHERE'S WINGS?



WHERE'S WINGS?



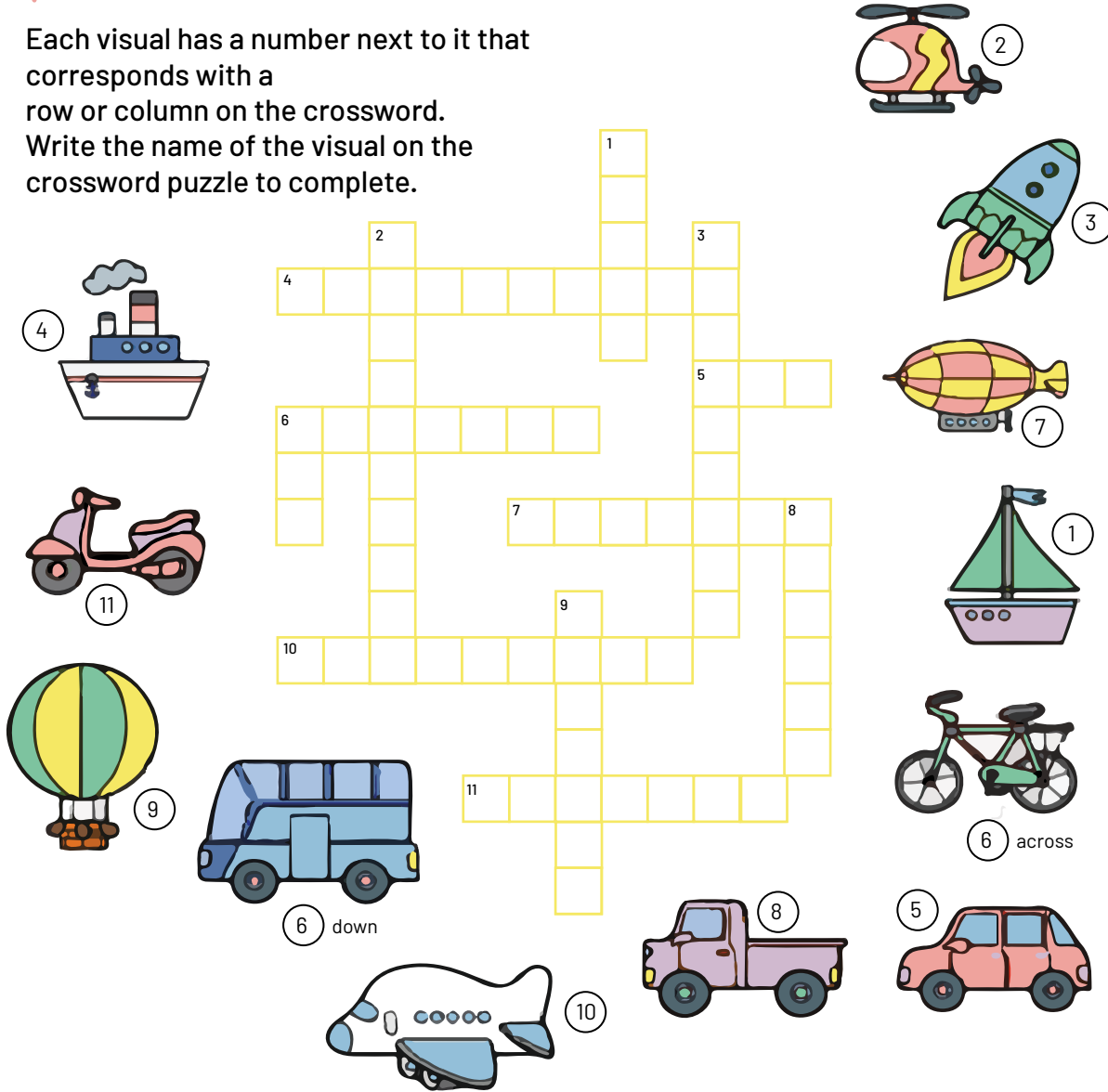
WHERE'S WINGS?



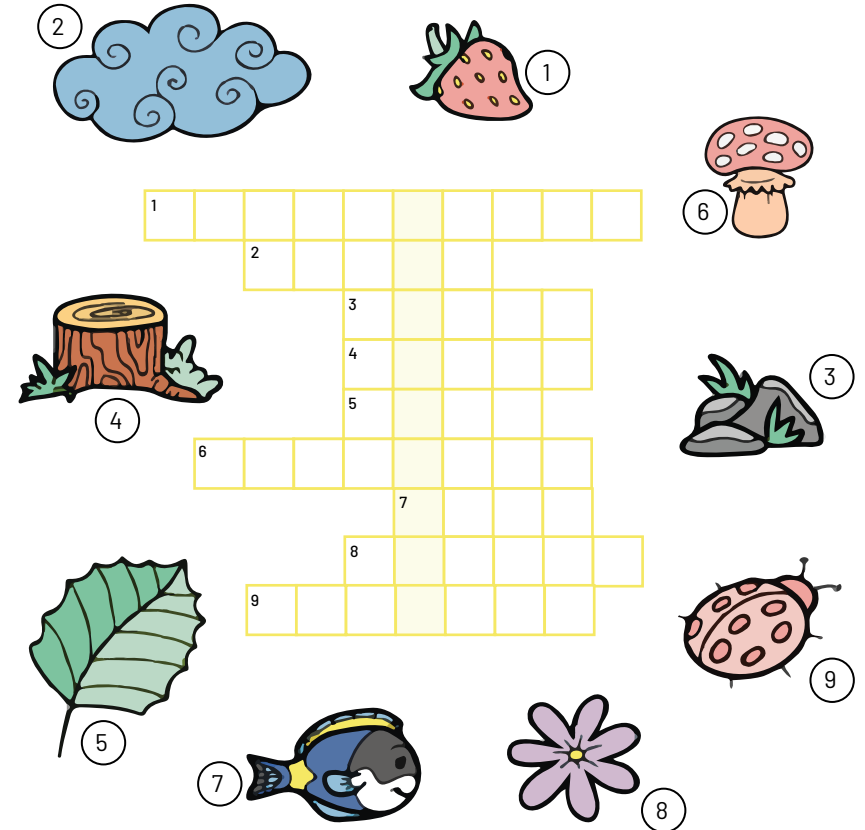
VISUAL CROSSWORD

The visuals are the words!

Each visual has a number next to it that corresponds with a row or column on the crossword. Write the name of the visual on the crossword puzzle to complete.



Check your answers at the bottom of the page!



Down: 1. YACHT, 2. HELICOPTER, 3. SPACESHIP, 4. CRUISESHIP, 5. CAR, 6. BUS, 7. AIRSHIP, 8. PICKUP, 9. BALLOON, 10. AEROPLANE, 11 - SCOOTER
Across: 4. CRUISESHIP, 5. CAR, 6. BUS, 7. AIRSHIP, 8. PICKUP, 9. BALLOON, 10. AEROPLANE, 11 - SCOOTER

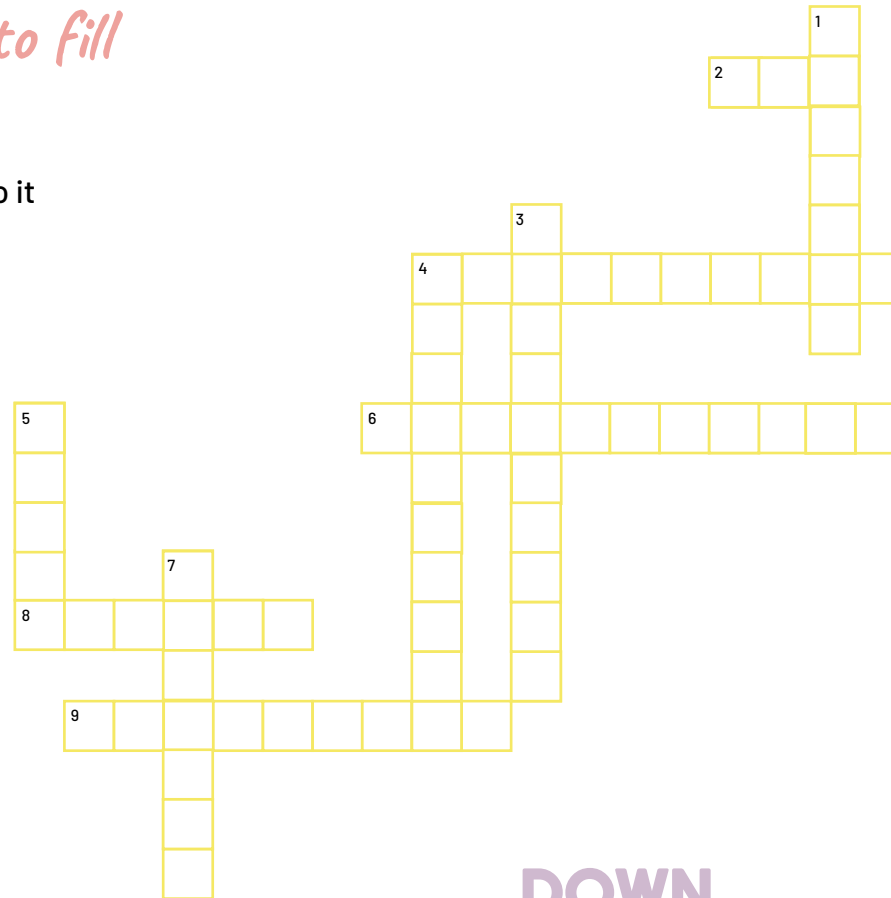
1. STRAWBERRY, 2. CLOUD, 3. STONE, 4. STUMP, 5. LEAF, 6. MUSHROOM, 7. FISH, 8. FLOWER, 9. LADYBUG, 10. ROCK, 11. BUTTERFLY

CROSSWORD

Use the hints below to fill in the crossword!

Each hint below has a number next to it that corresponds with a row or column on the crossword. Write the answer on the crossword puzzle to complete.

TIP: Include a space in your answer if it is 2 words



Check your answers at the bottom of the page!

ACROSS

2. At Flying Fox we take our '.....' seriously
4. One of the outdoor activities at the Flying Fox house that involves jumping
6. Our favourite activity on the last night of camp where everyone performs
8. The name of our weekend getaway program
9. The name of our online blog

DOWN

1. The activity we do on camp where we play music and move our bodies
3. The suburb that the Flying Fox house is in
4. The name of the Flying Fox holiday house
5. The name of one of our camps that is also part of a bird
7. The people that we love to spend time with when we go on camp

FLYING FOX TRIVIA

*TIP: Check your answers
at the bottom of the page
once complete!*

1. What year did Flying Fox run it's first camp?
2. How many co-founders of Flying Fox are there?
3. What is the name of the Flying Fox house?
4. Which famous comedian hosted the trivia night during the Fun-A-Thon in 2020?
5. How many sets of siblings come on Flying Fox programs?



OLYMPICS/SPECIAL OLYMPICS TRIVIA



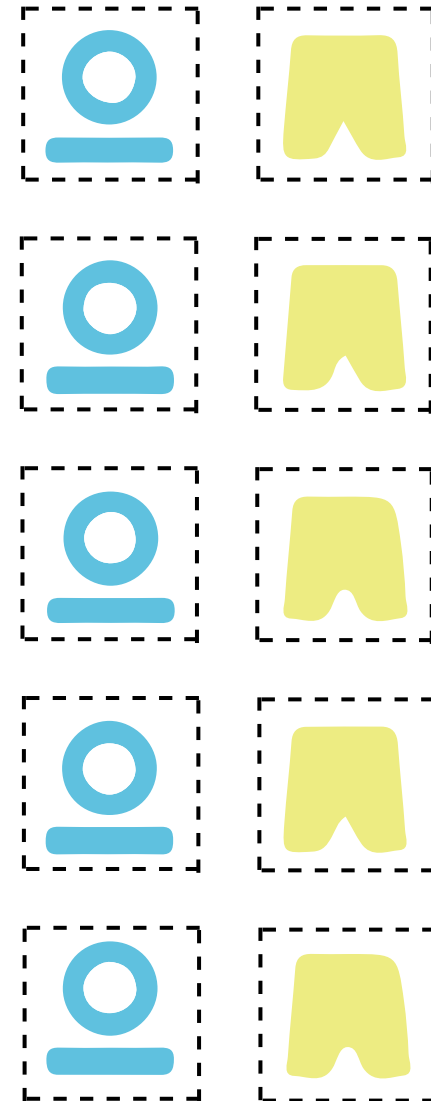
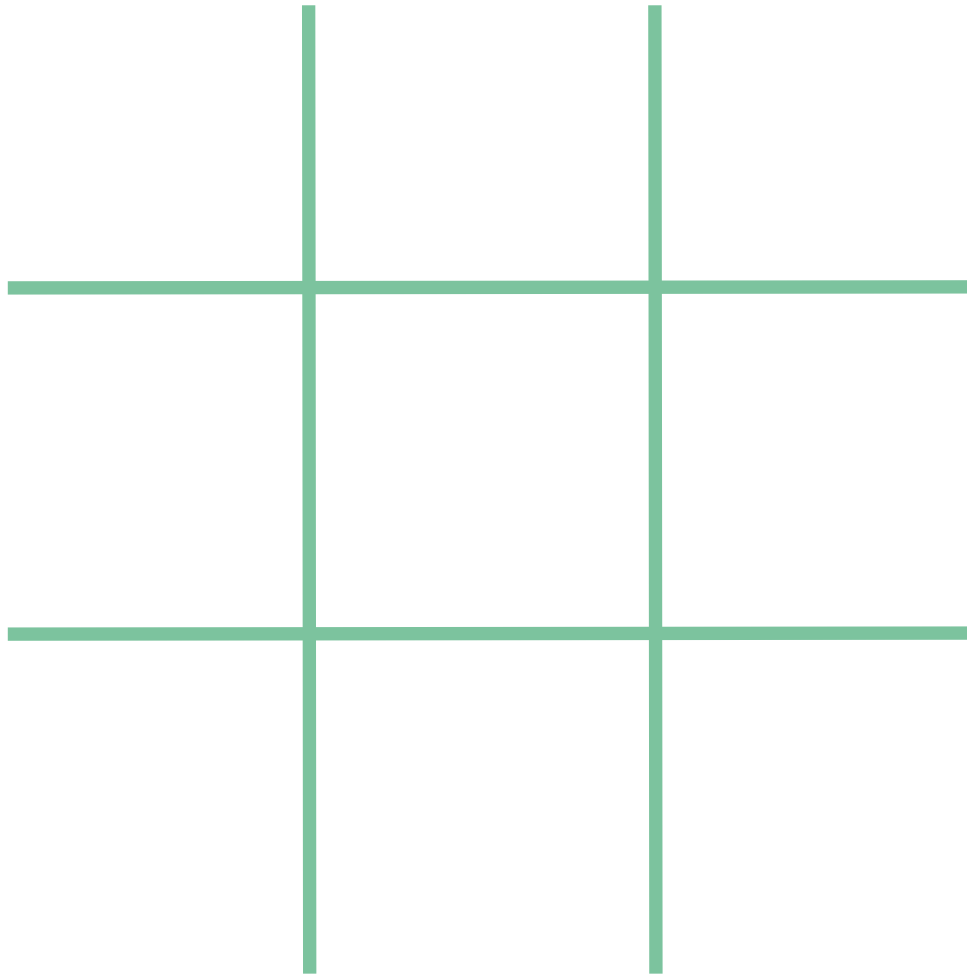
1. Where did the Olympic games happen in ancient times?
2. How many rings do the Olympic flags contain?
3. Which country has won the most Olympic medals?
4. Which Olympics was the first where all countries sent female athletes to participate?
5. Where was the first Special Olympics games hosted?
6. How many countries take part in the Special Olympics?
7. Where is the venue for the 2021 Special Olympics?
8. How often does the Special Olympics take place?

TIP: Check your answers at the bottom of the page once complete!

1. Olympia, Greece, 2. 5, 3. United States, 4. London 2012, 5. Yale University, New Haven, 6. 175, 7. Sweden, 8. Every 2 years

NAUGHTS AND CROSSES

Cut us out and use us as pieces in the game!



LET'S BE MINDFUL!

Meditation



Relax



Writing



MINDFULNESS ACTIVITY



Finish the following sentences:

Right now I can see.....

Right now I can hear.....

Right now I am touching.....

Right now I can taste.....

Right now I can smell.....

 *Click here to watch Flying Fox's favourite guided meditation!*

GOAL SETTING LIST

☐

Example: I want to make new friends!

*TIP: Tick off the boxes
once you complete your
goals!*

☐☐☐☐☐☐☐

BUCKET LIST

☐

Example: I want to go on a nature walk!

☐☐☐☐☐☐☐

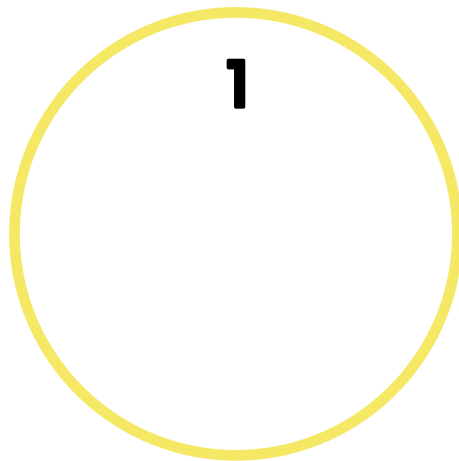
TIP: Tick off the boxes once you complete your bucket list item!

MINDFULNESS OUTDOOR ACTIVITY

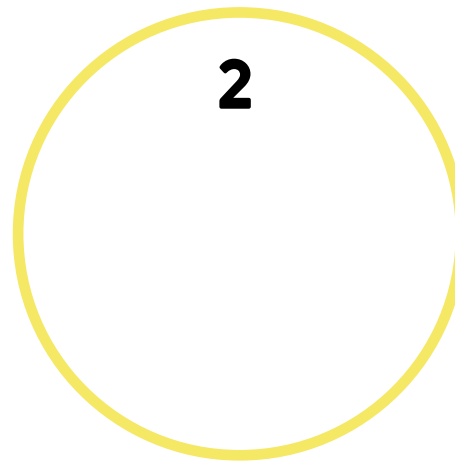
Go outside and think: What sounds can you hear?

Name 3 things you have never noticed about your street before:

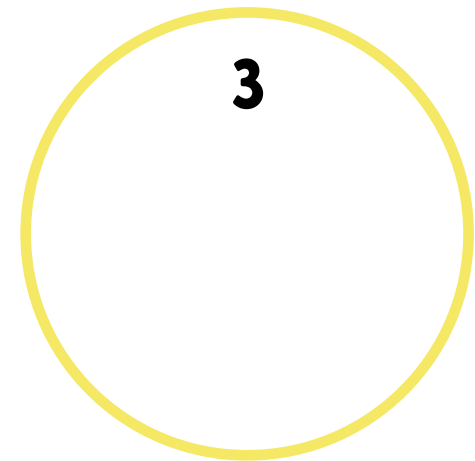
1



2



3



What is something that makes you smile?.....

How many flowers can you see?.....

How many trees can you see?.....

What is your favorite thing to do outside?.....

Can you find any bugs or birds?.....

FUN ACTIVITIES!

Movies



fun



Dance



FLYING FOX MOVIE RECOMMENDATIONS

Spy Kids (PG) Netflix

Sydney White (PG) Netflix

Daddy Day Care (G) Netflix

Finding Ohana (PG) Netflix

Abominable (PG) Netflix

Coco (PG) Disney Plus

Home Alone (PG) Disney Plus

Luca (PG) Disney Plus

Mrs Doubtfire (PG) Disney Plus

The Parent Trap (PG) Disney Plus

Happy Feet (G) Disney Plus

Inside Out (PG) Disney Plus

Incredibles (PG) Disney Plus

The Cat in the Hat (G) Stan

The Pink Panther (PG) Stan

Shark Tale (G) Stan

Scooby Doo (G) Stan

Shrek (PG) Stan

TIK TOK CHALLENGES

Click on the links below to complete the Tik Tok challenges!



🔍 *Blinding Lights*

🔍 *Level Up*

🔍 *I'm Just a Kid*

🔍 *The Floor is Lava*

🔍 *Bop it*



FLYING FOX PHOTO CHALLENGE

1. *Create your best Flying Fox Campsite out of lego and send us a photo*
2. *Send us a photo of your pet with a Flying Fox t-shirt on/near them to be featured on our social media*
3. *Send us a photo of you connecting with a Flying Fox friend*

Please send all photos to participants@flyingfox.org.au or to your Participant Coordinator

WHAT'S NEXT?



WHAT DO YOU WANT TO SEE IN THE NEXT ACTIVITY BOOK?



Send us a list of activities that you would love to see
feature in the next book to participants@flyingfox.org.au !



We hope you enjoyed!

FLYING FOX

