



Afternoon Program

Week 3, Term 3

31ST July to 4th August 2017

The Nature of Mindfulness

		Monday	Tuesday	Wednesday	Thursday	Friday
Afternoon Experiences	Afternoon Tea 3:40pm – 4pm	Rice Cake & Milo Choice of Fresh Fruit Cheese Slice	Pasta with Beef Mince & Vegetable Sauce Choice of Fresh Fruit Cheese Slice	Chicken Schnitzel & Salad Roll Choice of Fresh Fruit Shredded Cheese	San Choi Bao (Beef Mince on Lettuce) Choice of Fresh Fruit Shredded Cheese	Sushi with Cooked Tuna/Ham/Salad Choice of Fresh Fruit Shredded Cheese
	Creative Activities 4pm – 5:15pm		 <i>Popsticks bird house</i>	 <i>Bookmark Craft for Kids with Pressed Leaves and Flowers</i>		 ANIMAL GRASS HEADS
	Construction and Games 5:00pm – 5:30pm	<u>Floor</u> Chess Game, Marbles, Memory Cards	<u>Floor</u> LOGO, Snakes & Ladders, X Box and Electronics	<u>Floor</u> Chess Game, Marbles, Memory Cards	<u>Floor</u> Wooden Blocks, Card games	<u>Floor</u> X Box and Electronics, LEGO
	Quiet Play 5:30pm - 6pm	Book Corner, Colouring-in	Loom Bands, Reading Corner	Book Corner, Colouring-in	Loom Bands, Reading Corner	FRIDAY TRIVIA, Day Book
	Outdoor Play 4:00 – 5pm	Smash Hockey	Ruby & Soccer Games	Skater HQ	Obstacle Course	Equipment Play

