



Morning Program
Week 4, Term 3
 7th to 11th August 2017

The Nature of Mindfulness

Monday

Tuesday

Wednesday

Thursday

Friday

Cereals: Cornflakes, Rice Bubbles, Weetbix, Muesli

Raisin / Wholemeal Toast with Spreads: Cream Cheese, Vegemite, Honey, Jam, Margarine

Gluten Free bread and cereal available on request

Morning Experiences

Breakfast
 7:15am – 8:30am

Creative Activities
 7:15am – 8:30am

Construction and Games
 7:15am – 8:30am

Outdoor Play
 8:15am – 9:00am

The Giving Tree



Grass



Heads



Yoga with Miss Lauren



Mindfulness Journal

Winter Tree Art



Floor

Dolls Play sets,
 Wooden Blocks
 Construction

Floor

Pop sticks constructions,
 Monopoly, iPad

Floor

LEGO, 4 in a roll, Beading

Floor

Master Chief Role-play,
 Loom Bands, iPad

Floor

X Box & Electronics, Chess

Hockey Game

Obstacle Course

Billy Cart

Smash Hockey

Handball Games

