

Find the SUNSHINE

YEARN TO LEARN

STEP TO PREP

STAY & PLAY

**SUMMER HOLIDAYS
PROGRAM 22/23**



Find the SUNSHINE

Find the Sunshine is a complementary program which runs throughout the school holidays and summer, right up until school returns in 2023. The program provides additional resources to support and extend on our existing educational programs based off the children's needs and interests in all rooms, environments and play spaces, providing additional enjoyment and fun for the children and Educators over the summer period.

With the warmer weather comes endless opportunities to explore nature, get active outside and nourish our bodies with delicious produce.

Amongst all of the summer-themed fun and learning activities, *Find the Sunshine*:

- **Extends and encourages physical activities**
- **Promotes healthy meals/recipes and well-being.**





Bee Active

"Movement is the starting point for wiring the brain for learning."

→ Children learn, practice and master physical skills whilst developing their resilience, perseverance, patience, coordination, gross-motor skills, teamwork and much more, all while having loads of fun!

Early childhood learning and development begins with the body. Movement primes the brain for learning, forming the foundations for cognitive, physical, emotional well-being and spiritual learning.

Aligning with our philosophy of a holistic approach to health and well-being, #BeeActive sits alongside these key aspects, providing our precious little Bees with every opportunity to thrive.

"Children are great imitators, so give them something great to imitate."

Let's #BeeActive. Share your little Bee outdoors and moving and use the hashtag **#BeeActive** so we don't miss your amazing posts!



**Thriving minds,
active bodies,
nurtured hearts.**



As an introduction to our #BeeActive program, here's an example week of physical activities...

Mindfulness MONDAYS

Simple mindfulness exercises are a great way to start the week by calming and focusing children's attention on what is happening in and around their bodies in the present moment.

Try it TUESDAYS

Whatever the activity, children get a sense of achievement from scoring a try, a goal or a hoop. Knowing "they can do it" gives them real sense of accomplishment.

Wiggle WEDNESDAYS

Children can wiggle their little legs in jumping sacks!

Teamwork THURSDAYS

Physical activity extends to many social interactions and opportunities for cooperation and teamwork. Children pair up and work together for some fun and fitness.

Fitness FRIDAYS

Focusing on the destination of an excursion, like a walk to the local park, makes fitness fun. Walking or running games get the energy of our little Bees and their heart rates up.





Bee Healthy

Let's #BeeHealthy.
Share your nutritious
culinary creations
and use the hashtag
#BeeHealthy so
we don't miss your
amazing posts!

We love that so many Services are embracing healthy eating.

Guacamole Recipe

Busy Bees at Warner in Queensland have shared this delicious guacamole recipe. The children enjoyed getting involved in making the guacamole—using their fine motor skills, as well as, exploring with touch, smell and taste—and most importantly creating a healthy snack to enjoy.

Ingredients

- 5 avocados
- 1 red onion
- 1 tomato
- lemon or lime
- 1 bag of corn chips

Method

1. Dice up avocado, onion and tomato.
2. Combine ingredients into a mixing bowl and mash and mix until the guacamole is ready.
3. Squeeze lemon juice into the bowl and give one final mix.
4. Dish out some dip and chips, and enjoy a healthy afternoon snack.

Need some inspo...

Smoothie time!

Name and share your Service's favourite smoothie. Hot tip - half frozen/half fresh fruit gives a smoothie a nice easy thickness for children to drink. Frozen banana and frozen mango work well, or fresh avocado makes it smooth and creamy. You could even add some spinach to create a 'green eyed monster' smoothie.

Christmas fun

Serve cut fruit in the shape of a Christmas wreath or make Christmas themed fruit kebabs as a yummy morning or afternoon tea snack.

Cool off

Add fresh cut fruit, veggies or herbs to a water canister. Not only does it look beautiful, it gives a yummy flavour to the water. Utilise produce from your fruit trees or gardening.



LOOKING AFTER YOU!

Well-being over summer

Summer brings significant well-being and mental health benefits for many people. The positive impact that warm, sunny weather has on mental health is real. You might be surprised to learn that summer can be a tough time to stay on track with well-being goals. For some, it may feel too muggy to keep up a running routine; for others, a family holiday can disrupt a daily meditation practice.

It's okay if you get off track when the summer months hit but also it's the perfect time to reassess your goals and find balance again.

When we talk about summer well-being, we focus on a happy body and mind. This means paying attention to five things: what you **eat**, how you **move** your body, how much you **sleep**, how you **connect** with others, and how you deal with **stress**.



Eat healthy and lightly.

Summer is the perfect time to add delicious salads and fruit into your daily meals. Explore some local farmers markets and try something new.



Move. Go outside and explore.

Take a walk, find somewhere new, find a shady spot to relax. Pick some strawberries, find a swing or have a picnic. Fresh air not only cleans your lungs, but it also boosts your mood, lowers your heart rate, increases energy levels, and improves digestion.



Sleep.

A good night's sleep starts with healthy behaviours during the day. Start your day off bright by opening your blinds as soon as you wake up, spending time outdoors being active and maintaining a consistent sleep schedule all helps you rest well at night.



Connect.

Often in summer there are frequent activities and events within your community. Whether it be a music festival, a Santa parade or a simple get together at a park - meet up with some likeminded people to enjoy some sunshine.



De-Stress. Start a garden or make a summer playlist.

Gardening puts you in the moment and helps reduce stress and anxiety. Getting your hands dirty in the garden increases your serotonin levels, not to mention the pleasure of producing food for yourself.

Get in your groove this summer and create a summer playlist to help elevate your mood. Music enhances intelligence and focus, improves mental health, boosts the immune system and elevates self-esteem and confidence.

RESOURCES



**Guidelines for
Healthy Growth and
Development for
Your Child**



**24-hour Movement
Guidelines - Birth to
5 Years - fact sheet**



**Get Up & Grow
booklet**



**Get Up & Grow
booklet (Aboriginal
and Torres Strait
Islander)**



**Activities you can
do at Home with
Your Child**



Nutrition Australia



**Healthy Recipes
from across our
Hive**



**Be You: Educator
Well-being**

