

# Freeze the Moments



FAMILY WINTER  
HOLIDAY PROGRAM 2023



# Freeze the Moments

Dear Families,

Winter is upon us, and to explore this chilly season with our little Bees, in addition to the educational programs based off the children's needs and interests across all environments and play spaces, Educators are providing additional educational enjoyment and fun over the Winter school holidays.

Amongst all of the Winter-themed fun and learning activities, Freeze the Moments:

- extends and encourages physical activities
- promotes healthy meals/recipes and well-being.

This information booklet gives you an insight into what your little Bee can look forward to.

**Join us on this exciting adventure as we embrace the beauty of winter, and freeze special moments in time.**



## YOGA



## MUSIC



## BALANCE ACTIVITIES



## ART EXPRESSION



## CAPTURE THE MOMENT



### Learning Outcomes

- \* Children develop their physical abilities and coordination through practicing the cow pose (EYLF LO 3.2).
- \* Children learn to control their breath and find a sense of calm through practicing yoga (EYLF LO 3.1).
- \* Children develop their body awareness and strengthen their spine (EYLF LO 3.2).
- \* Children learn to appreciate and respect their bodies (EYLF LO 3.1).
- \* Children develop their confidence and self-esteem through mastering the cow pose (EYLF LO 3.1).

### Learning Outcomes

- \* Children develop their language skills through singing and exploring different beats and rhythms (EYLF LO 5.3).
- \* Children learn to appreciate and express themselves through music and dance (EYLF LO 5.3).
- \* Children develop their listening skills and ability to follow instructions (EYLF LO 1.4).
- \* Children learn about different cultures and traditions through learning (EYLF LO 2.2).
- \* Children develop their social skills through participating in group music activities (EYLF LO 1.4).

### Learning Outcomes

- \* Children develop their coordination and balance through participating in balance activities (EYLF LO 3.2).
- \* Children learn to support and encourage each other as they navigate balance challenges (EYLF LO 1.4).
- \* Children develop their resilience and perseverance as they practice and improve their balance (EYLF LO 1.2).
- \* Children learn to respect and trust their bodies as they take on balance challenges (EYLF LO 3.2).
- \* Children develop their problem-solving skills as they navigate obstacles and find ways to improve their balance (EYLF LO 4.2).

### Learning Outcomes

- \* Children develop their creativity and imagination through expressing themselves through art (EYLF LO 5.3).
- \* Children learn to appreciate and respect different forms of artistic expression (EYLF LO 5.4).
- \* Children develop their fine motor skills through working with different art materials (EYLF LO 3.1).
- \* Children learn to observe and appreciate the beauty in their surroundings (EYLF LO 2.2).
- \* Children develop their self-awareness and emotional regulation through expressing themselves through art (EYLF LO 1.3).

### Learning Outcomes

- \* Children develop their sense of belonging and identity by creating a personalised picture frame (EYLF LO 1.3).
- \* Children learn to appreciate and cherish special moments and memories (EYLF LO 3.2).
- \* Children develop their creativity and imagination through decorating their frame (EYLF LO 4.1).
- \* Children learn to follow instructions and work independently (EYLF LO 4.4).



# Bee Active.

Thriving minds, active bodies, healthy hearts.

As an introduction to our #BeeActive program, we've provided some super fun and educational resources and an example week to get you started, or to complement the physical activities you already do with your little Bees.

Why don't you try...

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

## MOO'VE IT MONDAY

### Yoga (The cow pose)

Get ready to move and groove on Moo've it Monday with some yoga fun! Practising yoga will have your little ones stretching and strengthening their spine like a graceful cow in no time. Let's get moooving!

## TUNE IN TUESDAY

### Music

Time to turn up the tunes and get your groove on. Sing and explore different beats and rhythms with musical instruments, dance with the scarves. This activity is sure to get the children's body and mind in sync. So let's tune in on Tuesdays!

## WOBBLY WEDNESDAY

### Balance Activities

On Wobbly Wednesday, bring on the challenge with some balance activities. Get ready to wobble, waver, and sway as the children test out their coordination skills and build core strength. Walk along balance beams, hopping on one foot, or navigate an obstacle course. Let's wobble to the challenge!

## THOUGHTFUL THURSDAY

### Art Expression

Thoughtful Thursday is all about getting creative and children expressing themselves through art. Create some expressive art like painting or sculpting, using all kinds of materials like paint, clay, or recycled items. This activity is designed to spark creativity, build fine motor skills, and have some fun while doing it. Let's get thoughtful and make some art!

## FREEZE IT FRIDAY

### Capture the Moment

It's time to freeze it up on Freeze It Friday! Play a game of statues, what's the time Mr Wolf?, or even Simon Says. When it's time to get crafty, let the children decorate a picture frame in wintery colours. Fill the frame with a drawing or image of themselves to freeze that moment in time.



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

# Bee Healthy.

## Wholemeal Cheesy Veg Muffins

### Ingredients

3 cups wholemeal Self Raising flour  
2 cups milk  
2 eggs  
1 tbsp mixed herbs  
¼ cup olive oil  
250g corn kernals  
250g grated cheese  
½ cup frozen spinach  
Parmesan cheese  
Diced bacon (optional)

### Method

1. Combine dry ingredients including cheese, spinach, corn and bacon (excluding parmesan)
2. Whisk milk, eggs and oil
3. Add milk mixture to dry ingredients, mix well and spoon into lined muffin trays
4. Sprinkle parmesan over the top of muffins



# 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



**Busy  
Bees.**

The best start in life