

JUST FÜN4



A PRESBYTERIAN
SUPPORT
INITIATIVE



Family
Works
OTAGO

fun activities
4 families



Just 4 Fun is available free to Otago families.

We thank the Otago Community Trust for helping us do this.

JUST 4 FUN

Looking back on childhood memories, the ones that warm the heart more often than not are memories of time spent with family.

Time exploring the shore with grandparents, in the kitchen baking something special with Mum, time in the yard kicking a ball with Dad, and time at the table over a board game with brothers, sisters, cousins and friends.



Family time is as important today as it was in your childhood and it is with that in mind that we present this selection of activities for you to do with your own family; creating memories of the future for your children, grandchildren, nieces, nephews and other young people.

“Just 4 Fun” follows on from the very successful booklet we published in 2009, and emphasises the fact that families don’t need to spend money to have fun together.

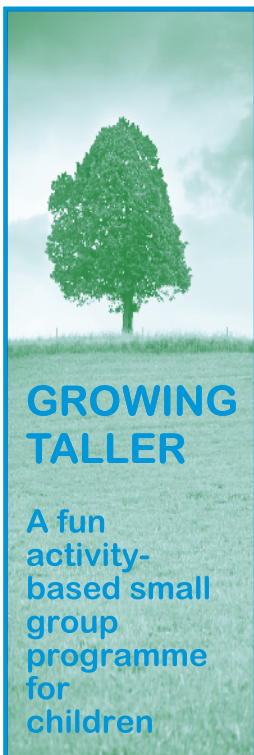
Through our Family Works services, Presbyterian Support Otago works to encourage strong families – families that are healthy and positive – contributing to strong, healthy communities.

We hope you enjoy exploring the activities in this booklet and creating many happy memories for your family.

Gillian Bremner
Chief Executive
Presbyterian Support Otago
May 2010

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GROWING TALLER

is one of a range of family programmes available through Family Works.

Others are:

- Buddy Programme
- Assertiveness
- Grandy's Group
- Stepping Stones
- Social Work Services
- YouthGrow



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FUN INDOORS

MUSICAL JARS

You will need glass jars and spoons

Fill the glass jars with varying water levels (1 can be full to the top and then go lower and lower from there). You might want to add a dot of food colouring to each jar so the different levels are more obvious to younger children. Give a spoon to each child and ask them to gently tap each jar - noting the different sounds due to the varying water levels. Then, arrange the jars in order from the lowest water level to the highest so they can hear the notes go higher and lower. If they're still enjoying it, you can have them close their eyes as you tap - and guess which jar it is (food colouring will help with this so they can guess "the blue jar"). Try and make a tune!

STATUES

Have the children spread out in a room. Start the music and the children can go nuts dancing and being silly. STOP the music and all of the children must freeze in whatever position they are in. Watch the children for any movement - the first person to move goes out. Then, restart the music and repeat until only one person is left - the winner!

FUN WITH STRAWS

You will need bendable straws, tape and paper clips. Cut straws to different lengths. Snip a slit at one end of some of the straws. Insert straws into each other to form desired shape. Paper clips can be used for angled joints by bending into S & U shapes and inserted into the straws. This bike is a challenge but to make simple "fireworks" or trees, cut several slits on the end of the straws and curl with scissors, as you would do to curling ribbon. You can also make dolls' furniture by stacking and gluing straws.



PAINT SQUIRTING

You will need finger paint, glossy paper, washable markers, spray bottle of water and a few pieces of masking tape. Decorate the paper in any design; the more colour the better. Detailed pictures are not recommended. Tape the picture to a shower wall. Stand back about 1 ½ metres and spray the picture with the spray bottle a few times. The colours will mix and blend. You will all be fascinated by the changes. You can use this opportunity to teach about colour mixing, and gravity being the reason it drips down.

BATHTUB FISH

You will need a clean plastic milk container, permanent marker and scissors. Turn the container onto its side so that the handle is at the top. With the marker, draw a mouth shape on the base of the jug and extending partway up the sides. Cut along the lines with scissors, creating a wide mouthed scoop. Using the marker, outline the edge of the mouth, add eyes and a fin. Be sure to check for rough or sharp edges where the mouth has been cut and use an emery board where necessary.



MARBLE BOWLS

Make a bowling alley for your children's marbles. A good game to play before or on wet days. You will need a box – a shoebox is ideal or a cereal box, scissors, paper, a marker and marbles

Cut arches out of the bottom of the box for the marbles to roll into. Above each arch mark the score. Mark a spot on the floor for the players to roll from. The competitors take it in turn to roll six marbles towards the box. If a marble goes through the arch, the player earns that number of points. Appoint a score-keeper (parents are great at this) so there will be no arguments. The first player to reach a certain score- perhaps 50 or 100, is the winner.

SECRET MESSAGES

Children love intrigue and mystery and writing secret messages to their best friend (so brothers and sisters can't read them) will become a favourite activity. You will need paper, water-based paint, cotton buds, birthday cake candles and lemon juice.

There are two ways to write secret messages. The simplest way is to write on a piece of white paper with a candle. When your children's friends want to read the message, they paint over the paper with a wash of the paint. The other method is to write the message with lemon juice using a cotton bud. When it's dry dip the paper in water and the message can be read.

FUN FAMILY ACTIVITIES

One of the best things about being part of a family is that when the work is all done, it's time to have some fun!

Families from our online feedback panel *The Couch* told us what fun things they enjoyed doing when they spend family time together.

SHEET
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Dr. Gailyn New Zealand Services a unit of Te Kaitiaki Take Kōwhiri

GET CREATIVE AND CRAFTY

* Make leaf pictures by putting dried autumn leaves between sheets of greaseproof paper and ironing them together.

* Boxes can be turned into any number of things – you're limited only by your imagination! Large boxes make great playhouses, smaller boxes make good robots or are useful for creating obstacle courses.

* Body cut-outs. Use up old wallpaper or posters by lying the kids down on them and drawing the outline of their bodies. Get them to colour it in and decorate it – why not use up some of those old clothes, either to dress them up or paste on as a collage?

* Collect driftwood and shells and make a mobile with them.

* Make collage pictures with scraps of fabric and other things.

* Make a simple thin glue from flour and water (boiling gives it a nice consistency). Mix 1 cup flour into 1 cup water until the mixture is thin and runny. Stir mixture into 4 cups of boiling water. Simmer for about 3 minutes then allow to cool.

CREATE SALT DOUGH ORNAMENTS

RECIPE

1 cup plain flour
1 cup table salt
½ cup water (about)

Mix the flour and the salt in a large bowl. Add the water gradually. Knead until dough becomes smooth, elastic and non-sticky (about 10 minutes). Stand for at least 20 minutes before starting your project. Now get busy and start creating. Leave your ornament to dry for up to 48 hours, or bake in the oven for 3-4 hours starting at 50°C and increasing to 100°C after 30 minutes. Leave to cool down. Now you can paint and decorate it!

REMEMBER
SAFETY FIRST



DROP THE PENNY

A listening game to play with your children. You will need a large glass jar and small items made from different materials to drop into the jar, for example: coins, comb, dice, pencil, plastic clothes peg, safety pin, marble, sinker.

Show your children the small objects and let them listen while you drop them one by one into the bottle.

Then put a blindfold on them and drop the items in again, one by one, to see if they can tell you what has been dropped. This activity is harder than it sounds.

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SOMETHING INVOLVING THE WHOLE FAMILY

* Get your older children to organise a games night. Why not challenge the family down the road?

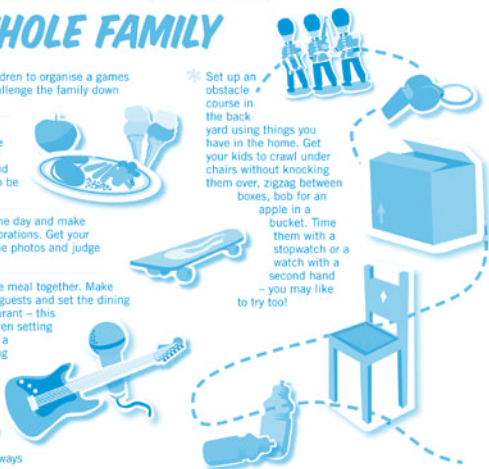
* Have a cooking contest. Get all the kids to make their favourite dishes and choose someone to be the judge.

* Pick a theme for the day and make costumes and decorations. Get your teenager to take the photos and judge the best outfit.

* Plan a three course meal together. Make invitations for the guests and set the dining area up as a restaurant – this includes the children setting the table, creating a centrepiece, serving up etc.

* Sing songs and video or tape-record your performance if you can. Watching it together later is always going to be a laugh.

* Set up an obstacle course in the backyard using things you have in the home. Get your kids to crawl under chairs without knocking them over, zigzag between boxes, bob for an apple in a bucket. Time them with a stopwatch or a watch with a second hand – you may like to try too!



PLAITING

Many children have never learnt to master this interesting skill. Learning to plait will help develop your children's manual dexterity. You will need lengths of heavy wool, thin rope, twine or long strands of interesting fabric.

Tie together three equal lengths of the plaiting material. It's a good idea when your children are learning to use three different colours to make it easier for them. Attach the plaiting material to the back of a chair or a door knob and separate the strands so there is a left, a centre and a right strand. The left hand goes over the centre one and then the right hand strand goes over the new centre one, the original left strand and so on. Continue this way and tie off when the plait is finished.

If your children are really "into" this activity they could plait lots of lengths of fabrics (great way to empty the rag box) and later you can help them sew them together to make an old fashioned rag mat to put beside their bed or use as a bath mat.



PASTA PICTURES

You will need pasta, strong wood glue and cardboard. There are so many great ways to get your pasta working for you! 1) Animal cut out - let children draw a large animal or similar on the cardboard; help them to cut it out and then squirt or paint glue all over the cut out. Next, position the pasta on the glue before it dries. 2) Name plate - write the child's name in large block letters on the cardboard, help them to cut this out and then cover with glue. Next, position the pasta to cover it completely before it dries 3) Draw and fill in - encourage children to draw something that will be fun to fill in with pasta shapes. For example, a huge race track or a big pond with surrounding plants and flowers. Same glue and paste instructions as above.



PLACEMAT

You will need cardboard or thick paper, clear contact; crayons, magazines or other sources of pictures to choose from. First, cut the cardboard to the desired size for a placemat. Encourage your child to decorate the mat however they like - draw and colour; glue on pictures from magazines or even bits from the garden. Let them add their name and even the year for the perfect future memento! Next, cover the place mat with the contact paper, have it laminated or pop it inside a re-sealable plastic lunch bag. Follow this with a quick lesson on setting the table.

MATCH UPS

You will need wrapping paper or wallpaper, and scissors. Cut a shape (triangle, star, heart etc) out of some sturdy wrapping paper or wallpaper. Cut each shape in half. Hide one half of each shape around the living room or house and give the other half to the children (one half to each child). Then, guide the children to hunt for their matching piece. If you want to give prizes, the first one to find their match WINS! If you have a particular party theme, cut the paper in a relevant shape (eg horseshoes for a horse themed party).

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WHEN THE WEATHER TURNS NASTY

* Make your own board games. Encourage your child to plan, draw, construct and design the rules for a board game. You can help with ideas.

* Make costumes out of newspaper, eg princess dresses, pirate hats and swords, and then have a parade.

* Turn the couches upside down and make caves and tents with old sheets. Then all help make morning or afternoon tea and eat it in your new den.



* Play shop with the groceries – set up the shop in a doorway.

* Play 10-pin bowling in the hallway with plastic bottles and a foam-rubber ball.



START A CRAFT BOX!

Keep a craft box in the house for rainy days. Whenever cheap craft supplies come on sale you can add to the box, so there's always a surprise in there. Recycled knick knacks are good too, such as:

- * old computer CDs – decorate them and make mobiles hanging from driftwood
- * buttons and shells – decorate old picture frames with them
- * old magazines – cut out pictures and paste on old clean flowerpots – varnish them, then they can be used outdoors
- * old Christmas and birthday cards – cut out pictures and stick them on craft cards to make new cards.



HOT POTATO

You will need music and a potato or stuffed sock. Arrange the children sitting in a circle. Pass the potato around the circle to music, pretending that the potato is a very, very, very hot potato. When the music stops, the person holding it is out. The music starts again and the remaining children continue passing the hot potato until the music stops again. The last person in the circle is the winner.



FUN FAMILY ACTIVITIES

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Te Kaitiaki Take Kōwhiri o te Kaitiaki Take Kōwhiri

GET OUT OF THE HOUSE

* Have a treasure hunt with clues. If your child can't read, use pictures.

* Make a 'volcano' on the beach or in a sandpit by building a volcano sandcastle and putting baking soda, red food colouring and vinegar on the top to create a 'lava flow'.



* Play 'cat and dog' when out walking or driving. Whoever sees the most moggies or pooches by the time you get home, WINS.

* If you have nowhere in particular you need to go, let the kids choose the direction you head in, and corners you turn. OR when you come to a crossroads, choose a direction each, and play 'paper, rock, scissors' to decide which direction you will go in.



* Take the time to look up, and go star gazing at night.

* Go on a history trip of where you were born. Tell stories about your life when you were little and show them the places where it all happened.

* Take some time to watch people in busy places and make up stories about them. Who are they? What are they doing? Where are they going? You could even write the stories down later.

* Buy some plant seeds and have growing competitions – for example, see who can grow the tallest sunflower.

* Turn over rocks and logs in the garden or in some rough grass, and see what insects you can discover.



REMEMBER
SAFETY FIRST

AFFORDABLE GARDENING

- Spray-free herb & veggie plants grown on-site
- Native & exotic trees
- Shrubs, perennials & bedding plants
- Permanent 'bargains' area
- New stock arriving weekly
- Bagged pea straw, super dirt & compost
- Free advice to new gardeners
- Free delivery in City
- Dunedin Railway Station Saturday Farmers Market stall



GARDEN CENTRE

7 days 10am-4.30pm

146 Norwood St, NEV, Dunedin

Ph 03 473 1334

A Presbyterian Support Otago Family Works programme helping young people grow in confidence and succeed in employment opportunities

CREATE A ZOO

For this project you need a collection of stuffed animals, cardboard boxes, markers and other art items to turn the boxes into zoo cages with appropriate habitats for the different animal species. Use your computer to visit famous zoos to get ideas for the habitats, or look in books.



FUN FAMILY ACTIVITIES

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Te Kaitiaki Take Kōwhiri o te Kaitiaki

GAMES TO PLAY OUTSIDE

* Blob tag

Choose two people to be 'it'. Holding hands together, they run around trying to tag free players. If they tag someone, they then have to hold hands and become a blob of three. Then they chase to get a fourth person and become a blob of four. The four then splits into two and both blobs continue to chase. The game finishes when everyone is a pair.

* Underwater swimming

Give a pair of flippers and a glass of water to each team. The first player stands at the start-line, puts on the flippers, takes the glass of water and lifts it above their head so he/she is "under water". At a signal, the players begin to move forwards. Once the fixed distance is covered the first "submariner" passes the flippers and the glass to the next player. If any water has been spilled from the glass after the first run, add some more water.

* Hold the hands

Draw two lines at both ends of your designated playing area (eg backyard, playground) – make sure there's a good distance between them. Teams with equal number of players stand at the first line at both ends, on the second line in front of each team place a little flag. At the signal the first player of each team runs round the flag, returns to his/her team, takes the next player by the hand and they run round the flag together. Then they run to their team, take the third player, then the fourth etc, until they have all the players of their team in the chain. The players mustn't break their chain. The team to finish the run first, wins.

* Cities

Draw some circles (1.5m in diameter) on the ground, in the form of one big circle. The circles are at a distance of about 2m from each other. Each circle has the name of a city: Wellington, Sydney, London etc. The number of circles should be one less than the number of players. At the instructor's command the players take up their places in the circles. One of the players has no 'city' of his/her own, so he/she is the leader. The object for the leader is to occupy any of the vacant cities. The object for the players is 'to tease' the leader. They decide upon exchanging their cities while the leader isn't looking, with the help of gestures, and run to each other's circles. When a circle becomes 'empty', the leader can take up any of these circles. The player who 'loses' his/her circle becomes the leader.

* Four elements

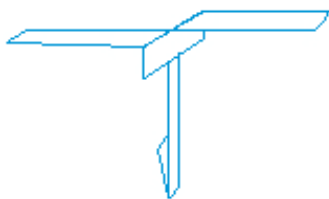
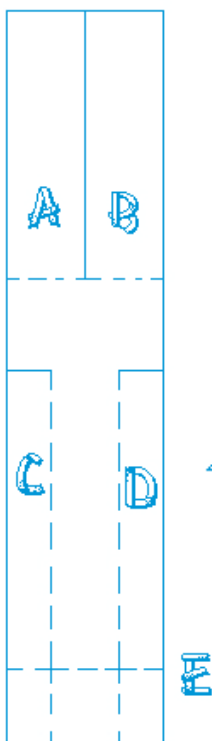
The players get into a circle. The leader is in the centre. He/she throws the ball to one of the players. When throwing the ball, he/she says either 'earth', 'water', 'air' or 'fire'. The player must catch the ball and throw it back to the leader. If the leader says 'earth' they must name an animal; if the leader says 'air' they must name a bird; if the leader says 'water' they must name a fish; if the leader says 'fire' the player must raise their hands over their head and turn around. The player who makes the first mistake becomes the leader.



PAPER HELICOPTER

1. Cut along all the solid lines on the diagram to the right.
2. Fold flap A forward and flap B to the back.
3. Fold flaps C and D both forward along the dotted lines.
4. Fold along the line E upward to give a weight at the bottom.
5. Now this should look like the diagram below.
6. You can scale up this model as much as you want. You just drop the model with the blades facing upwards and the weight at the bottom facing downwards for the best results.

Hold by the rectangle of paper beneath the blades and then let go pulling your hand out of the way very quickly. Everything about this helicopter is simple: making it and flying it.



HANDPRINT RAINBOW

Make this rainbow of hand prints using finger/poster paint and a big sheet of paper or card. Every family member can have their own color or mix and match. Use a blow dryer to dry your rainbow in between colours to stop smudging or colours running in together. Sign and date with a glitter glue or gel pen. Repeat every couple of years to see how the children have grown!



NUMBER HUNT

All you will need is your time.

Someone is chosen to be the caller. They call out a number then ask the others to find objects that represent that number from around the house.

For example, if you call out four then you could be given a stool with four legs or a fork with four tines; call 2 and you could get a bag with two handles, etc. You will be amazed at just what turns up!



ART IN THE DARK

A good family activity to play at night, especially in storms when there is a power failure! You will need paper and pencils.

Hand everyone a pencil and paper and make sure they can draw comfortably. Turn out all the lights. First, they write their name at the top of the paper, then tell them what to draw – perhaps a cow, or your house or Mum, or anything else you can think of. When everyone is finished, turn the lights back on and have a laugh at the results.

PAPER MACHE BOWLS

A useful and colourful gift idea! You will need a plastic bowl and plate, newspaper and plain newsprint paper, glue (wallpaper paste is excellent) and acrylic paint.

Any shaped bowl or plate can be the basic mould for this paper mache creation. Cover the bowl really well with petroleum jelly (Vaseline) before applying the paper mache so it can lift off well when it is dry. Apply the newspaper in strips. Dip into the wallpaper paste and stick on. Paper mache is a slow process – do a few layers each day. When the bowl is nearly thick enough, help your children to make the last few layers from white strips of plain newsprint paper. When it is all dry, the children then paint the inside and outside well with white acrylic paint. When that's dry they can draw on their designs, first with a felt pen, then paint after. Maybe your children could colour co-ordinate the bowl to your kitchen or family room décor for a cheap designer look!

ORANGE POMANDERS



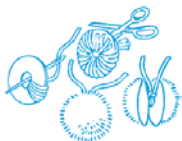
You will need oranges with thin skins, whole cloves, 1 tablespoon of cinnamon, 1 tablespoon of orris powder (available from chemists), a skewer or thin kebab stick, ribbon, paper bag and tissue paper or kitchen wrap paper.

Show the children how to make holes in the oranges with the skewers. Make holes all over and then insert a clove in each hole. Do this until the orange is totally covered with cloves. Then combine the cinnamon and orris powder in a paper bag and shake the oranges in the mixture until they are quite powdery. Wrap the oranges in the tissue paper and leave them in a warm place. In a month they will be ready. They look great tied with Christmas ribbon.

POMPOMS

You will need scissors, wool, strong glue, needle and cotton, and cardboard.

Help your children cut two round circles from cardboard – whatever size they want the finished pompoms to be. Next, cut a small hole in the centre of each cardboard circle. Then wrap wool around and around the circles until the centre hole is completely full. With the point of the scissors, cut the wool between the two circles. Take a length of wool and tie it between the circles and knot firmly. Then they cut away the cardboard, trim, tie and you are left with a pompom. Join lots of pompoms together to make a caterpillar!



COIN TOSSING

You will need a muffin tin, paper, pencil and coins. Cut out circles of paper to fit in the holes in the muffin tin. Give each hole a different number. Stand the tin against some books so it's on an angle. Mark a spot for the players to throw from and take it in turn to try to toss a coin into one of the holes in the muffin tin. Coins that land in a hole score that number of points. Players must add up their own scores and keep a running total. The first player to reach a designated score (perhaps 100!) is the winner.

CANDLE CARVING

You will need white wax candles, a sharp pencil, small sharp knife, acrylic paint and rags.

Warm a candle by rubbing it between their hands. Next, carefully scratch a pattern onto the candle with the pencil and then, using the knife, carve out the pattern. When that is finished, polish the candle with a soft rag and then rub the candle surface with some acrylic paint, making sure the paint goes into the carved surface. When the paint is dry polish it again with a soft cloth. Group the candles together for a decorative effect.



NAILING FUN



You will need small nails, a small tack hammer, a piece of board (pine is easier for hammering into) about 25 cm square, and thread or fine wire.

Mark dots about 1-2 cms apart around the outside of the board and your children can hammer a nail part of the way into each dot. Then give them a selection of wool, string, elastic, raffia or perhaps even coloured wire to wind from nail to nail to make interesting patterns and shapes. Another time you might like to mark the dots in the shape of a circle or perhaps a star to make a different pattern to try.

FUN FAMILY ACTIVITIES

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Dr. Gailyn New Zealand Services a whānau ki te ao māori

GROUP GAMES FOR TODDLERS AND YOUNGER CHILDREN

* Animal families

Have a selection of pictures of animals (two of each), and drop them into a container. Everyone chooses one card. They look at their card, but don't say what animal they have. The only form of communication is the sound that the animal makes. The object is for each person to find their animal pair. Works best with at least eight people.

* Fruit salad

Sit in a circle. Go around the circle giving each person the name of a fruit – apple, orange or pear. Then, tell a story that includes lots of fruit. When you say the name of a fruit, all those who are that fruit must stand up and clap their hands. If you say fruit salad, then everyone must stand up and clap their hands.

* Traffic lights

Define a start line at one end of a playing area. Choose a player to be 'in'. Everyone else stands behind the line and the person who is 'in' stands some distance away, with his or her back to the players.

The person who is 'in' calls out "green light", and the rest of the players start creeping forward. After a few seconds he or she calls "red light" and quickly turns around. If they see anyone moving, they point to them, and they have to move back to behind the start line. The player who can tag the person who is 'in' before they call "red light" is 'in' for the next game.

* Queenie

Choose one person to be Queenie. They stand with their back to the group and throw a ball (soft!) over their head toward the group. Whoever catches it stands with it behind their back as all the others stand in a line, hands behind their back pretending to hide the ball. When ready, everyone calls: "Queenie, Queenie, who's got the ball?" Queenie turns around and tries to guess who has got the ball. If he or she is right, then that person becomes the Queenie. If wrong, the game begins again.



FOR OLDER CHILDREN

MARSHMALLOW RACE

You will need:

- Miniature marshmallows
- Two small bowls
- One large bowl
- Two teaspoons

Directions:

Place the large bowl on the ground and pour the marshmallows into it. Put the two spoons in it. Divide everyone into two teams and line them up beside the bowl.

Some distance away (10–15 metres) place the smaller bowls on the ground. On 'go' the first player scoops up a spoonful of marshmallows, and carries it to their bowl. They run back to



their team, passing the spoon to the next person. Continue playing for a predetermined time frame. The team with the most marshmallows in the bowl wins.

BALLOON POP

You will need:

- Two balloons for each person
- Wool

Directions:

Tie balloons to each person's ankles. The object of the game is to try and pop each other's balloons. The last player with an unpopped balloon is the winner.



REMEMBER
SAFETY FIRST

BUBBLEBATH

Materials: Clear or light-coloured shampoo, water, table salt, food colouring, medium-sized bowl, small plate, spoon, toothpick; small, clean jar (jam jars work well). Pour 1/2 cup shampoo and 3/4 cup water into a medium bowl and combine with a spoon. Then add 1/4 teaspoon salt and wait until the mixture thickens. Next, sprinkle a few drops of food colouring onto a plate. Take a toothpick and dip it into the food colouring, using it to slowly add food colouring to the shampoo mixture. Keep adding until you've achieved a colour you like. Pour into a wide-mouthed jar and decorate by sticking on a pretty label. If you want to get really elaborate, you can cover the lid with a scrap of cloth and tie a ribbon around the top.

FEELY BAG

Use a sock that's not too thick. Place objects inside such as a toy car, a bead (age appropriate size), clothes peg, a fork, a small soft toy etc. For older children put in a coin, tap washer, earring etc. Players hold write down the objects they think is inside the bag. The most correct answers, wins.

GOOP

Materials: 1/2 cup water, 2 cups cornflour and food colouring. In a large bowl, mix together water and cornflour until smooth. Add food colouring and stir. Play with goop on a plastic covered surface or on newspaper.

FUNNY FACES

All you need for hours of funny face fun is a mirror and a whiteboard pen.

Position your child in front of the mirror and show them how to draw around the outline of their head. Ask them to draw in their features - eyes, nose, mouth, ears etc. Don't forget eyebrows and eyelashes. Experiment with changing the features a little – i.e. wide floppy elephant ears; long bunny teeth; curly eyelashes etc. Add a funny hat or some wacky earrings. When they're finished, they can rub it off and create another version of themselves

MICROWAVE PUFF PAINTING

Materials: 1 tablespoon self-raising flour, 1 tablespoon salt, few drops food colouring. Mix the ingredients together using enough water to make a smooth paste. Make 3- 4 different colours and maybe use some empty yoghurt containers to put the paste into. Paint on to thick paper or cardboard, then pop in the microwave on high for about 10 seconds or until the paint is dry. The paint will puff up and look fantastic.

UNCOOKED PLAY DOUGH

Materials: 2 cups flour, 1 cup salt, food colouring, 2 tbs oil, 1 cup water (approx). Mix dry ingredients in bowl then add oil. Mix colouring and water in a jug then add to the dry ingredients/oil mixture a little at a time, stirring then mix with hands and knead. Keep dough in an airtight container for more than a week in the fridge.

LEADING LABELS IN OP-SHOPPING



Be part of our *Circle of Giving*.

By donating to and buying from our opshops, you support your community



Presbyterian Support Otago

Is this your child?

- Lacking confidence
- Excessive worrying
- Not sleeping
- Tearful
- Friendship problems
- Bullying issues

Help them flourish with **GROWING TALLER**, a fun activity-based group programme for children aged 6-11 years.

Programmes every term in Dunedin

familyworks@psotago.org.nz
www.otago.familyworks.org.nz



03 477 7116

GROWING TALLER

An activity-based small group programme

PAPER BAG PUPPETS

Save cardboard tubes from paper towel rolls for this activity; they are used by the puppet-master to hold his puppet. Stuff a brown paper lunch bag about two-thirds with newspaper. Push the cardboard tube into the bag; tape around the bag's base to secure it. Make eyes, nose and a mouth from light card, hair from yarn, clothes from fabric scraps. Cardboard arms are glued onto the tube's sides.

PAPER PLATE MASKS

Materials: Small white paper plate, scissors, string or yarn, hole punch, construction paper, paint, markers and/or crayons. Use a small white paper plate as the base for a child's mask. Cut two holes about where the child's eyes will be, then punch one hole on either side of the paper plate and tie a piece of string or yarn through each hole. This will be what you use to tie the mask on the child's face. Once that's done, you can turn the plate over so you're working on the back side and decorate however you and your child wish. You can make a lion mask by painting the back of the plate yellow and gluing strips of yellow card around the edges of the mask for a mane. You can make a bear mask by painting the plate brown and attaching two small brown circles of card to the top of the mask for ears.



FUN IN THE KITCHEN

NO BAKE PEANUT BUTTER BALLS

1/2 cup peanut butter, 1/2 cup honey, 1 cup crushed corn flakes, 2 tablespoons powdered milk. Set corn flakes aside. Mix all other ingredients well. Roll into balls. Then roll again in corn flakes until covered.

Refrigerate. This is a yummy snack that's great with milk !

ICE CREAM

For each person you are providing ice-cream for you will need 1/2 cup milk, 1/2 teaspoon vanilla, 1 tablespoon sugar, 4 cups crushed ice, 4 tablespoons salt, 2 medium sized re-sealable bags, 1 very large re-sealable bag. Mix together the milk, vanilla and sugar in one of the medium bags. Seal tightly, removing excess air. Place this bag inside the other medium bag, again removing excess air and sealing well. By double-bagging you reduce the risk of salt and ice leaking into the ice cream. Put the double bag inside the very large bag and fill the bag with the crushed ice. Sprinkle the salt on top of the ice. Remove excess air and seal the bag. Shake and the bag, making sure the ice surrounds the cream mixture. Within 5 to 8 minutes you will have ice-cream! If bags get too cold to hold, wrap with a paper towel. Flavourings and colourings can be added to the ice cream. A fun family activity and everyone gets involved.

FROZEN BANANAS

1 banana, 2 ice block sticks, honey or peanut butter. Peel and cut in half, one firm, ripe banana. Wrap in plastic and freeze. When frozen and ready to eat, dip in peanut butter or honey. It also tastes great dipped in melted chocolate.

FUN CHIPS

Use large cookie cutters to cut a flour tortilla or wrap. Brush with a very small amount of olive oil or cooking spray. Arrange on a baking sheet and toast in the oven. Dip them into sauce.

FUN FAMILY ACTIVITIES

One of the best things about being part of a family is that when the work is all done, it's time to have some fun!

Families from our online feedback panel The Couch told us what fun things they enjoyed doing when they spend family time together.

SHEET
»no.01

FOR MORE INSPIRATION
COLLECT THE FAMILY ACTIVITY
SHEET SERIES FOR FUN THINGS
TO DO TOGETHER.

families commission
kōmihana ā whānau

Dr. Gailyn New Zealand services a unit. It is not a member.

GET CREATIVE IN THE KITCHEN

- * Make pizzas. Cut out interesting shapes with the dough (such as trees or people) or leave them round and cut the toppings (eg cheese) into shapes. Add food colouring to grated cheese to make it green and top your tree-shaped base with it.



- * Ice some plain biscuits – use food colouring to colour the icing and create fun and interesting designs. Add sprinkles, raisins, nuts etc for some extra sparkle.

- * Choose another culture or theme, for example medieval days, and plan a meal to make together of food from that country or time period. Make invitations and decorate the dining area with pictures and other bits and pieces. Get the kids to set the table, create a centrepiece, then serve up the meal. Getting the family to dress up in costume also adds to the fun.



SIMPLE RECIPES THE KIDS CAN GET INVOLVED IN MAKING

BASIC BISCUITS

75g butter
½ cup sugar
1 egg
1¼ cup flour
1½ tsp baking powder
1 cup of additives (coconut, chocolate pieces, dried fruit etc)

Preheat oven 180°C
Cream butter and sugar.
Add egg, beat again.
Add flour, baking powder and additives.
Mix with a spoon until ingredients bind together.
Use a dessertspoon, or for smaller biscuits use a teaspoon, get enough dough to roll into a ball, place on the tray. Press with a fork to flatten to about 1cm high.

Bake for 10-15 minutes at 180°C.



PIKELETS

1 egg
¼ cup sugar
¾ cup milk (about)
1 cup flour
1 tsp baking powder
¼ tsp salt
25g (1oz) butter (optional)

Beat the egg and sugar until thick and add with the milk to the sifted flour, salt and baking powder. Add melted butter.
Mix until smooth and drop spoonfuls into a hot greased pan to cook.



REMEMBER
SAFETY FIRST

FUN IN THE YARD

DUCK OR GOOSE

You will need four or more players for this game. Children sit down in a circle facing each other. One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are a "duck" or a "goose". Once someone is the "goose" they get up and try to chase "it" around the circle. The goal is to tap that person before they are able sit down in the "goose's" spot. If the goose is not able to do this, they become "it" for the next round and play continues. If they do tap the "it" person, the person tagged has to sit in the centre of the circle. Then the "goose" becomes "it" for the next round. The person in the middle can't leave until another person is tagged and they are replaced.

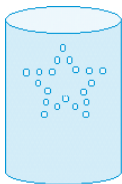
BIRD FEEDER

Materials: String, pinecone, peanut butter, birdseed. Tie string around the top of a pinecone, then knot it, leaving enough string to hang the pine cone. Thoroughly cover the pinecone with peanut butter, then roll it in birdseed. Hang outside and enjoy bird-watching.



TIN CAN LUMINARIA

An easy-to-make candleholder with a punched-out pattern on the side. Punch a variety of hole sizes using different sized nails. Make the holes in the shape of stars, animals, flowers etc. Add a wire handle then hang it outside. Put a tea-light candle in the bottom of the tin and when you light it you can see the punched pattern glow in the dark.



GIANT BUBBLE BLOWER

You will need a wire coat hanger, liquid dishwashing soap, liquid glycerine (found in the supermarket), water and a pan / container such as a 20cm x 32cm cake tin. Mix together 1/2 cup dishwashing soap, 1/2 cup glycerine and 4 1/2 cups water. Mix bubble solution and set aside. The longer the solution sets, the better the bubbles.

For each bubble blower, bend a wire coat hanger into a simple easy shape. Pour bubble solution into a low, wide container and then the blower into the solution. Remove blower from solution carefully and then, holding the blower sideways, move the blower to the right or left, pulling through the air. Leftover solution can be kept in a jar and used for another day. Hint: Blow bubbles on days that are not windy and for the biggest, best bubbles, blow on a slightly humid day.



WATER BALLOON PINATA

You will need a package of balloons, cotton string, small plastic funnel, outside hose, plastic bat or cardboard tube. Before filling the balloons, select a spot where you can tie them overhead so the children have to reach up with the bat, but not too high. A patio structure or branch of a tree would work well.

Attach a balloon to the skinny end of the funnel and then slowly fill the balloon with water. Tie end. Note that the fuller the balloon is, the quicker it will burst. Fill about seven balloons, setting each aside on a soft surface, such as patio furniture or an old blanket, to prevent puncturing the balloons ahead of time.

Cut a piece of string about 1 metre long. Tie each balloon securely to the string, keeping each balloon about 5cm apart. Do not tie balloons to the last 30cm at either end of the string.

Tie ends of string to tree limb or selected structure. Tie securely as balloon string is going to be heavy.

Children should line up and take turns, swinging the bat one swing per turn. Make sure all children remain back a safe distance from the batter and definitely make sure that the bat is made of plastic. If you don't have a bat, you can fashion one from a length of cardboard, rolling it up and taping with duct tape. This is a fun game, especially when the balloons burst open spaying the water.

MORE FUN AT

www.creativekidsathome.com

Nature Detective



Who lives in your backyard? Catch pests in action with a Trakka Tunnel like the one used at Orokonui Ecosanctuary, Dunedin.

You will need: Cardboard box, a flat clean sponge, margarine pottle lid, food colouring (dark colours), glue/sellotape, scissors, blank piece of paper, tape measure or long ruler, paintbrush and peanut butter.

- Cut the cardboard to 50 x 60cm – this is your tunnel.
- Draw a line across the card at 15cm intervals along the 60cm side (you will get space for 3 lines).
- Fold your cardboard along these lines and fold together to make a tunnel.
- Cut a strip 10 x 4cm – this is your trakka card. Cover the trakka card with white paper.
- Take your sponge and stick it in the top of the margarine pottle lid.
- Paint food colouring onto the sponge – this will paint the critter's feet!
- Stick the margarine lid to the middle of the card. Put a teaspoon of peanut butter onto the middle of the card – this is the bait!
- Slide the card into the tunnel.
- Place the tunnel in your garden, under some bushes. Wait for 4-5 days, get the tunnel in and check who has left tracks!



Footprint Identification

Ferret	
Stoat	
Hedgehog	
Rat	
Mouse	

Do this as many times as you like to keep a record of who comes to visit at different times of the year! Feel free to email Orokonui Ecosanctuary if you have any questions: tahu@orokonui.org.nz

GARDEN OBSTACLE COURSES

You will need rope or a garden hose, ladder, tyres, hoops, a broom, cardboard boxes and anything else that can be used as an obstacle.

Set up obstacle courses in the garden. Incorporate any structures you may have such as a slide or swings. Try to use as many different ways of moving as possible: Crawl under some garden chairs, jump through tyres or hoops, jump over the broom, walk along the hose, crawl up a plank balanced on a strong box and hop through the rungs of a ladder laid flat on the ground. This game is as endless as your imaginations.

MOBILE PHONES

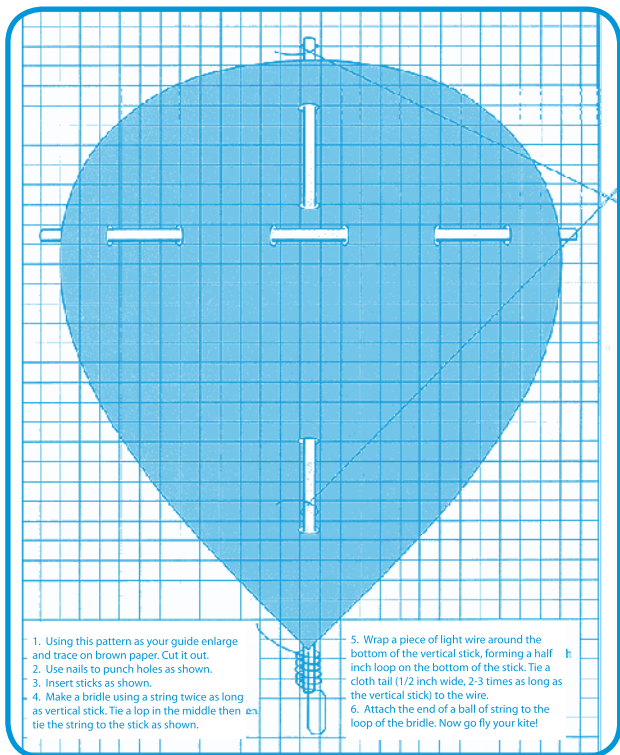
To make a simple phone you will need two funnels and a length of plastic hose that fits the funnel ends. Push the funnel ends into the tubing. If you buy a really big length you can be in different rooms and still tell secrets. If you don't have funnels, tins work well also connected to the tubing or just to string.

SPONGE TARGETS

You will need sponge off-cuts, chinks and a bucket. Draw a clown's face or some other target on the brick walls of the house. Fill a bucket with water, dip the sponge pieces in the water and take it in turns to throw them at the target and 'wipe' it out. Great for a hot day as everyone gets nice and wet while you do it.

KITE

Materials: A brown paper bag or brown wrapping paper, twigs or bamboo barbecue skewers or any other lightweight wood about .16 cm in diameter, thread, a nail to punch holes, strips of paper or cloth 1.25 cm wide and about 2 meters long, scissors. Trace the pattern on the cut-apart paper bag or on the brown wrapping paper. Then cut out the pattern. Use the nail to punch holes in the pattern as shown in the drawing.





*Presbyterian Support
Otago*

VOLUNTEERS

Volunteers are needed in our rest homes for sewing, reading, conversation and assisting with activities

Volunteers are needed to visit people in their own homes for companionship and conversation

Volunteers are needed to be adult buddies to children

Volunteers are needed to assist in day programmes for adults

If you have an hour or two a week to VOLUNTEER

please call 03 477 7115

FUN WALKS AND RIDES IN DUNEDIN

Family Works' Buddy Programme Co-ordinator Jo Scott, has put together this great collection of walks and rides to suit families.

ORGAN PIPES

Another amazing 360 from Mt Cargill transmitter visible from all around Dunedin. Great to spot where you've been and where you want to try next.

Go up North East Valley to Mt Cargill Road and car park marked start of Organ Pipes Track. Boardwalk for quite a while then easy track to Pipes which are very cool. Take a tame geologist to natter to if you've got one, then walk on to the transmitter and satellite dish for lunch.

SANDFLY BAY

Be prepared to roll, slide, skid or race at top speed down wonderful sand dunes – much more fun and so much faster than walking! Throw on a backpack with drinks and snacks because you'll want them when you sit and watch up to a dozen sea lions sunning on the beach. A good grunt uphill so you'll know you've had a good workout but I guarantee you'll have had a ball. Beautiful outlook to Lion Rock and cave at end of beach.

Head to Musselburgh, get onto Highcliff Road as if to Larnach's Castle. The road into Sandfly Bay clearly marked with car park etc.

BULLRING/PINEAPPLE TRACK

Amazing 360 views of Taieri Mouth, the Plains, Dunedin and Silverpeaks for minimum effort. Hardly even need your backpack with snacks, but always good anyway.

Follow Taieri Road onto Three Mile Hill, past Ashburn Hall, turn right into Flagstaff-Whare Flat Road. You'll come to the Bullring – which is the start of Pineapple Track that winds round and over the hill. Do a short round trip or keep going to come out in Glenleith.

TUNNEL BEACH

Spectacular land and rock formations, scenery, cool history with Cargill's Castle up above you, and the tunnel cut for Cargill's daughters to swim in private. A short pinch up and down from car park but very manageable. Best when the tide is further out. Take snacks and camera (plus paints if you're arty) – very beautiful.

Go up to Corstophine, head along Middleton Road south on road marked to Brighton and Blackhead. It's clearly marked Tunnel Beach & car park. Follow track down to beach.



DOCTORS POINT TO PURAKANUI

Such a cool easy walk, often with sea lions on beach.

Go to Waitati, turn onto Orokanui Rd, turn into Doctors Point Rd, follow to end where you'll be at the beach. Walk south thru caves, past rocks to Purakanui headland where there's a track to the end. Then go over to Purakanui Beach, swing on the swing and eat your lunch. Keep an eye on the tide and please do this on an outgoing tide or you'll be rock hopping on your way back.

ARAMOANA

Spectacular walk down to Aramoana, around the settlement and beach then back up if you haven't organized a car to drop off and pick you up. If someone in your group isn't fit then it's a good idea to be collected because the return uphill is definitely a pinch.

Drive to Blueskin Road from Waitati or Port Chalmers then along Reynoldstown Road till you come to the farmhouse with the Angelo-Chapman mail box. Park and set off downhill across paddocks and you'll see the track to township. Quite steep in places but you're on grass with rocks so it is manageable. You come out in Aramoana. Find the Memorial Gardens which are worth stopping for, up and over a sand dune to the beach. Swim and / or eat something to reward yourself. Wander along railway track which is The Spit where you'll probably see diving lessons happening – very cool!

ROSS CREEK RESERVOIR

Gorgeous iconic shed on the reservoir. Going through the Town Belt you'd think you were on the Milford Track it's so beautiful with masses of birdlife and QUIET.

Park by the Woodhaugh Gardens, follow the track through the Gardens, along the Waters of the Leith, up and round the Town Belt to the Reservoir at the top.

SWAMP SUMMIT

A boardwalk and track climb to the transmitter and hut on the summit on a clearly marked track overlooking Silverpeaks and Blueskin Bay.

Drive to Pigeon Flat at the top of the motorway (where Leith Valley Rd hits motorway to cross and turn into Waitati Valley Road down other side).

Park in car park at the side of the motorway. The start of track is clearly marked.

ST KILDA TO ST CLAIR

A piece of cake, do I need to tell you? Cool parks at each end and wonderful beach for dogs and sandcastle competitions, beach cricket and ball games.

Start at either end – St Clair Esplanade by the Surf Club rooms and new park OR the Dinosaur Park at Tahuna.

RONGAMAI/HONEYCOMB TRACK

Very cool walk through manuka forest. A manageable walk though you'll know you've done it by the end because you're up and down tracks and along creek bed to Evansdale Glen. Take a walking stick and lunch and make sure you're always following the direction of the creek. **DO NOT TAKE DOGS** – 1080 frequently laid. Drive over motorway to the Kilmog to Steephill Road (20mins north) then follow Steephill Rd along to start of the track. Sometimes the road can be barred off if logging going on, but you're still allowed to walk it. This is best done as a one way trip so organize someone to drop you off and leave a car at the end point – Evansdale Glen.

EXPLORING IS FUN

Whether you live in Coastal or Central Otago you will find many walks, rides, climbs and heritage sites worth exploring as a family.

A growing number of people enjoy outdoor recreation. Many like to visit our rural, backcountry, coastal and road-end areas. With this rise in use has come an increasing impact on the natural environment. Damaged plants, unsightly rubbish, eroding short cuts, polluted water and deteriorating facilities are now more common.

Take plastic bags with you so you can take home any food or paper rubbish, pick up any stray litter you see even if it isn't your own, leave plants where they are rather than try and take them home for planting in your own garden, but take plenty of photos to share your adventure with others.

Plan, prepare and equip yourself well for a safe and enjoyable adventure no matter whether you are out for an hour or overnight; www.doc.govt.nz has helpful advice to read before you go.

BIKING

PORTSMOUTH DRIVE:

Unload bikes at Andersons Bay Inlet and bike along Portsmouth Drive on cycle lane to wharf area to watch ships and fishermen.

RAVENSBOURNE TO MAIA:

Unload at Yacht Club/Rowing Club area and bike to Maia and back – easy peasy.

For a longer ride, start at Andersons Bay inlet and continue along Thomas Burns and Anzac Streets then go past the new stadium and on to the Ravensbourne track.

Jo says don't forget cool places like Woodhaugh or the Botanic Gardens (call into the information centre for a bag of duck food because bread is not allowed), Portobello, the Aquarium, Quarantine Island, Hooper's Inlet (and do call at Concrete Critters on Highcliff Road), Glenfalloch, Tomahawk Beach and inlet, then the Port Chalmers walk from Back Beach to Hotere Gardens.



FUN IN THE CAR

A TO Z

The aim of this game is to complete the alphabet first. Players search the letters (in alphabetical order) on billboards, trucks, license plates, buildings and anything else in view, and shouts out and points to the letter concerned. Once a letter has been claimed other players cannot use the same letter. Make it harder by limiting to only license plates or billboard signs for older children. Whoever gets to Z first, wins.

FUN FAMILY ACTIVITIES

One of the best things about being part of a family is that when the work is all done, it's time to have some fun!

FOR MORE INSPIRATION COLLECT THE FAMILY ACTIVITY SHEET SERIES FOR FUN THINGS TO DO TOGETHER.

SHEET
» no. 06

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Dr. Garry New Zealand services a unit. It is not a member.

LONG CAR TRIPS

- * **Include a wet facecloth** stored in a re-sealable plastic bag for each person. Add a quartered lemon for extra zing and freshness.
- * **Pack a small chilly bin** with snacks, drinks and frozen ice packs, and store in the boot.
- * **Audio books and music CDs** will help to keep the kids happy and content.
- * **Attach car sunshades** by suction cap to the back windows.
- * **Install a child view mirror** so you can safely keep an eye on baby.
- * **Stop every two hours** for 10 minutes. Driver fatigue is a common cause of car accidents.
- * **Pack a baby capsule insect cover** to keep baby protected from insects such as mosquitoes when you stop for a roadside picnic lunch.
- * **Cushions, neck supports and seatbelt adjusters** make car journeys more comfortable.
- * Store a couple of **in-car rubbish bags** in the glove box.
- * Hang a **back seat organiser** filled with games, drinks and toys from each of the front seats.
- * **Ziplock plastic bags for dirty nappies, bibs, clothes etc** will keep the car smelling nice.
- * Where possible, **rotate the kids' seats in the back** so everyone gets a turn at being next to the window.

LOOKING OUT THE WINDOW SCAVENGER HUNT

Give each child a list of items to watch for while travelling. Check off each item when they find it. The list can be made up ahead of time and adjusted for the scenery. For a younger child who can't read get a little picture of each item next to the word so they will know what to look for. Here are a few examples of items to hunt for:

CITY

- red traffic light
- bus
- signs in other languages
- dog
- food store
- railway tracks
- billboard with a child on it
- police officer
- license plate with "Q"
- man in a suit
- person talking on a cell phone

SUBURBS

- school
- flashing traffic light
- food store
- someone on a bike
- statue
- church
- playground
- flower garden
- person walking a dog

RURAL

- silo
- cows
- railway tracks
- stream or lake
- dirt road
- tractor
- petrol station
- horses
- gate
- barn
- chickens

REMEMBER
SAFETY FIRST

ALUMINIUM FOIL ART

All you need is a roll of cheap aluminum foil. Just give each child a sheet of aluminum foil and have them mold it into anything they want! Encourage them to use their imaginations. You might need give them a few ideas to get them going if they aren't sure how to begin. Start by making different little animals. See how many kinds of animals you can make. Girls might enjoy making jewelry and playing dress up. Make crowns, headbands, rings, necklaces, bracelets and earrings. Make chains out of foil to hang little charms. Poke holes into the foil for added decoration. Think about whether to use the shiny side out or in for jewels.

FUN FAMILY ACTIVITIES

One of the best things about being part of a family is that when the work is all done, it's time to have some fun!

SHEET
»no.07

FOR MORE INSPIRATION COLLECT THE FAMILY ACTIVITY SHEET SERIES FOR FUN THINGS TO DO TOGETHER.

families commission
kōmihana ā whānau

Te Kaitiaki Take Kōwhiri ki te Kaitiaki Take Kōwhiri

TRAVEL GAMES AND ACTIVITIES

- * **Surprise packages** Prepare paper bags of items to be given out at various points along the journey. Mark them up on a map – it takes a little bit of preparation but it can help children understand where they are going. In each bag put a wrapped item: a small toy, a food or drink treat, something relevant to the trip which you can talk about.



- * **Create a travel diary or journal** It doesn't need to be complicated; the simpler the better. You need a spiral bound sketch pad and a box of crayons or markers for each child. Each day of the trip, or for each event along the way, have them draw a picture of what they did that day, and write about it. You can also paste in souvenirs such as brochures, ticket stubs and other mementos.

If your child isn't old enough to write, then you can help by offering to write a caption.

TEST YOUR MEMORY

- * **"I am going on a trip and I am going to pack ..."** The game starts with the first person saying "I am going on a trip and I am going to pack ...", and then fills in the rest of the sentence. It could be clothing, a toy, a person or whatever they choose. Each person then repeats what the last person said, and adds their own selection to the end and so on.
- * **My father owns a grocery store** One player begins the round by saying, "My father owns a grocery store, and in it he sells ..." (something that begins with the letter A, eg apples). The next player says, "My father owns a grocery store, and in it he sells apples and ..." (something that begins with the letter B, eg bananas). It goes around and around with each player having to recite the entire list and then adding a new entry for the next letter of the alphabet.

For those with kids a little bit older try "My father owns a music store..." and name bands, song titles, album titles, etc.

LOOKING OUT THE WINDOW

- * **The cow game** Take the side of the road you are sitting on and keep count of all the cows you see. But every time you pass a cemetery on your side of the road, you lose all your points. The winner has the most points at the end of the journey.
- * **The ABC game** Object is to complete the alphabet first. As you see the letters on billboards and license plates you shout out your letter and point. Once a letter has been claimed other players cannot use the same letter. Make it harder by limiting to only license plates or billboard signs.
- * **The rainbow game** Call out a colour and have everyone find something that colour. Make the older kids find five things while the younger kids look for one. (Pink and purple are the hardest!)



REMEMBER
SAFETY FIRST



FUN AT THE LIBRARY

Dunedin Public Library

230 Moray Place, Dunedin

Phone: 474 3690

Website: www.cityofdunedin.com/lib/catalogue

Hours: Monday to Friday 9:30am – 8:00pm

Weekends 11:00am – 4:00pm

Library Notice Board

Check the notice board for upcoming events.

Free Library Magazine “The Word” has interesting articles and information.

Portobello Public Library

Portobello Community Hall

Harrington Point Road, Portobello

Phone: 478 0825

Website: www.portobello.net.nz/services.html

Hours: Open Thursdays only 11:00am – 2:00pm

Bookbus Timetable

Timetable available at the Library

Website: www.cityofdunedin.com/lib/catalogue

Check in the ODT or free Community Newspaper

Blueskin Bay Community Library

26 Harvey Street, Waitati

Phone: 474 3690

Website: www.cityofdunedin.com/lib/catalogue

Hours: Monday 2:00pm – 7:00pm
Tuesday & Wednesday 2:00 – 5:30pm
Thursday 2:00 – 6:00pm
Friday 10:00am – 12noon, 2:00pm – 6:00pm
Saturday 10:00 am – 1:00pm

Mosgiel Public Library

7 Hartstonge Avenue, Mosgiel

Phone: 474 3690

Website: www.cityofdunedin.com/lib/catalogue

Hours: Monday, Tuesday, Thursday 9:30am – 5:30pm
Wednesday & Friday 9:30am – 8:00pm
Saturday 10:00am – 1:00pm
Service Centre Weekdays 9:30 – 5:00pm

Port Chalmers Community Library

20 Beach Street

Port Chalmers

Phone: 474 3690

Website: www.cityofdunedin.com/lib/catalogue

Hours: Monday, Tuesday, Wednesday & Friday
9:30am – 5:30pm
Thursday 9:30am – 8:00pm
Saturday 11:00am – 2:00pm
Service Centre (Weekdays) 9:30am – 5:00pm

Waikouaiti Community Library

192 Main Road

Waikouaiti

Phone: 474 3690

Website: www.cityofdunedin.com/lib/catalogue

Hours: Monday, Tuesday & Thursday 1:30 – 5:30pm
Wednesday 10:00am – 12:00 noon and
1:30pm – 5:30pm
Friday 10:00am – 12:00 noon and
1.30pm – 8.00pm
Saturday 10:00am – 1:00pm

Hocken Library

90 Anzac Avenue

Dunedin

Published collections, archives and manuscripts.

Phone: 479 8868

Website: www.library.otago.ac.nz/hock

Hours: Monday to Friday 9:30am – 5:00pm
Tuesday 9:30am – 9:00pm
Saturday 9:00am – 12:00 noon

Dunedin Public Art Gallery (Pictorial Collections)

30 The Octagon

Dunedin

Phone: 474 3240

Website: www.cityofdunedin.com/lib/catalogue

Hours: Daily 10:00am – 5:00pm
Closed Good Friday & Christmas Day

The Athenaeum Library

23 The Octagon

Dunedin

Phone: 477 6274

Hours: Monday to Friday 10:00am – 5:00pm
Monday – closed between 1:00 – 2:00pm

Cost: Yearly subscription to belong to Library
\$67.50, which equates to \$1.30 per week.

Three books can be taken out at one
time at no extra cost.

Cameron Centre Library

Family Works Presbyterian Support Centre

407 Moray Place (beside First Church)

Dunedin

Phone: 477 7116

Comments – no charge to use Library or browse
through the books.

Wanaka Public Library

Dunmore Street, Wanaka

Phone: 03 443 0410

Website: www.codc-qldc.govt.nz/page

Hours: Monday – Saturday 10:00am – 5:00pm

Alexandra Public Library

43 Tarbert Street, Alexandra

Phone: 03 448 9412

Website: www.codc-qldc.govt.nz/page

Hours: Monday – Thursday 10:00 – 5:00pm

Friday 10:00am – 6:00pm

Saturday 10:00am – 12:00 noon

Clyde Public Library

10 Fraser Street (In Memorial Hall), Clyde

Phone: 03 448 9412

Website: www.codc-qldc.govt.nz/page

Hours: Tuesday 10:00am – 12:30pm

Friday 2:00 – 5:00pm

Cromwell Public Library

43 The Mall, Cromwell

Phone: 03 445 0213

Website: www.codc-qldc.govt.nz/page

Hours: Monday – Friday 10:00am – 5:00pm

Saturday 10:00am – 1:00pm

Hawea Public Library

Myra Street, Lake Hawea

Phone: 03 443 9371

Website: www.codc-qldc.govt.nz/page

Hours: Monday 10:00am – 12:30pm

Tuesday & Wednesday 10:00am – 5:00pm

Saturday 10:00am – 12:30pm

Maniototo School/Community Library

15 Caulfield Street, Ranfurly

Phone: 03 444 9348

Website: www.codc-qldc.govt.nz/page

Hours: Monday – Friday 9:00 – 11:45am,
12:30 – 4:00pm

Friday 7:00 – 9:00pm

During school holidays:

Monday – Friday 1:00 – 4:00pm

Friday 7:00 – 8:00pm

Millers Flat School/Community Library

1655 Teviot Road, Millers Flat

Phone: 03 448 9412

Website: www.codc-qldc.govt.nz/page

Hours: Wednesday 3:30 – 5:00pm

Saturday 10:30am – 12:30pm

Omakau School/Community Library

Deaker Street, Omakau

Phone: 03 447 3837

Website: www.codc-qldc.govt.nz/page

Hours: Monday – Thursday 8:30am – 3:30pm
(Please call via the school office)

1st/3rd/5th Wednesday of each month
8:30am – 4:00pm

Roxburgh Public Library

120 Scotland Street (Inside CODC Service Centre),
Roxburgh

Phone: 03 446 8105

Website: www.codc-qldc.govt.nz/page

Hours: Monday – Friday 9:00am – 4:30pm

MORE FUN AT...

www.nzfamilies.org.nz

www.HomeGrownKids.co.nz

www.kidsknowit.com

www.BigFishGames.com

www.creativekidsathome.com

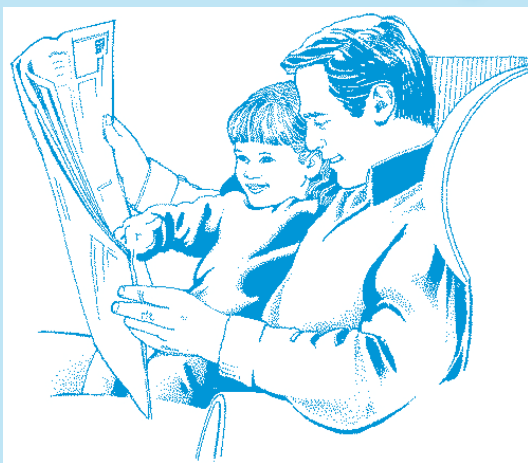
www.disney.go.com

www.kid-craft-central.com

www.artistshelpingchildren.com

www.runnerduck.com/kids_corner

Don't forget to check out the entertainment and public notice sections of the local paper to see what free events are on.



NOTES ON YOUR FUN

WANT TO DO SOMETHING REALLY WORTHWHILE THIS YEAR?



Why not
be a ***Buddy***
and share
in the joy
of being a
positive
influence
in a
child's life?

For further information on how to become an Adult Buddy please call:

Buddy Programme Manager
03 477 7116

or buddy@psotago.org.nz
www.otago.familyworks.org.nz



DIRECTORY

FAMILY WORKS



Level 1

Presbyterian Support centre

407 Moray Place

PO Box 374

Dunedin 9054

Ph 03 477 7116

Fax 03 479 2020

familyworks@psotago.org.nz

www.otago.familyworks.org.nz

Family Works is Presbyterian Support Otago's service for children, young people, families and communities.

At Family Works we believe that:

- Every child and family deserves a decent chance
- Every family has strengths but now and again needs help
- Strong families build strong communities

PRESBYTERIAN SUPPORT

OTAGO



*Presbyterian Support
Otago*

407 Moray Place

PO Box 374

Dunedin 9054

Ph 03 477 7115

Fax 03 479 2020

psotago@psotago.org.nz

www.psotago.org.nz

Presbyterian Support Otago has been working for a fair, just and caring community for the people of Otago since 1906. It provides services for families and communities through the Family Works service, and services for older people through rest homes, hospitals, retirement villages and Enliven Positive Ageing Services for people in their own homes.

Bequests, grants, gifts and donations are an important part of PSO's income and make it possible to continue delivering social services to the communities of Otago.

If you would like to donate to PSO you can do so by the following methods:

- By cheque to the above address ("Attention Donations")
- By dialling 0900 GIVING (automatic \$20 deduction will appear on your telephone account)
- By visiting www.psotago.org.nz and completing the donation form
- By Payroll (Workplace) Giving
- Through a gift in your will (for more information please email lisaw@psotago.org.nz)
- By donating to our three op shops



Family Works

A PRESBYTERIAN SUPPORT INITIATIVE

OTAGO

Family Works is Presbyterian Support's range of services for children, young people, families and communities.

○ Family Services

Family Works offers social work, advocacy, welfare assistance, budget advice, counselling and group programmes, and works from a community development model. These family services rely heavily on donations of food and funds.

○ Buddy Programme

This child mentoring service is for children aged 4-12 in need of additional adult support. Available throughout Otago, this service depends on financial donations as well as adult Buddy time.

○ YouthGrow

A programme of strength and direction helping Otago's young people grow in confidence and succeed in employment opportunities.

○ Stepping Stones

Stepping Stones is a community activity for adults experiencing depression, anxiety or other mental health issues.

If you think you might benefit from any Family Works service please contact:

Family Works, 407 Moray Place Dunedin,
PO Box 374, Dunedin 9054,
Ph 03 477 7116, Fax 03 479 2020,
familyworks@psotago.org.nz

www.otago.familyworks.org.nz

Presbyterian Support Otago
People helping people in Otago

