

our **ULTRA**

Favourite Activities

at OSHC



**Tried, tested and approved
by our ULTRA Kidz!**

Northwest 
Community Childcare
happy caring connected

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Slime Recipe



Supplies Needed

- 1 cup warm water
- 1/2 cup clear glue (we use Elmer's)
- 1 teaspoon Borax
- Measuring cup
- Large bowl and spoon
- Food colouring, glitter, sequins, or whatever else you want for your slime.

Instructions

- Mix 1 teaspoon of Borax into the cup of warm water. Mix it until it's fully dissolved. The water should appear clear and not cloudy.
- Place the Borax solution aside. You will need it again shortly.
- Grab your mixing bowl. Add your 1 cup of clear glue into it.
- Add food colouring (a few drops) and/or glitter to the clear glue and stir gently to combine.
- Very slowly, add your Borax solution into the clear glue mixture. Add only small amounts at a time while stirring thoroughly, or you'll end up with a rubbery mass! Only add enough until the slime isn't sticky anymore.
- Knead and squish the slime with your hands to finish mixing.
- Enjoy your slime!

Too sticky:

- If your slime is too sticky, add some more Borax and water solution until it's not sticky.

Too hard or rubbery:

- If your slime is too hard or rubbery, you added your Borax and water mixture too fast or it was too hot. Try adding the Borax solution to the glue very slowly and only a little bit at a time.
- Hot water can also cause the slime to become too hard. Use warm water to dissolve the Borax and let it cool to room temperature before mixing it into the glue.

Stained my hands or clothes:

- Using too much food colouring can cause your slime to stain your hands or clothes. Only use a few drops of food coloring to avoid this.

Storage

- Store your new batch inside an airtight container. Plastic storage containers or zippered plastic bags work well.
- This slime will typically store for 2-3 weeks if you keep it inside an air tight container.

No-Bake Play Dough

Supplies Needed

- 1 cup salt
- 3 cups plain flour
- 60ml vegetable oil
- Food colouring
- 1 cup warm water
- Wooden spoon

Instructions

- Mix all the dry ingredients and add oil.
- Add the food colouring to water.
- Slowly add the water, mixing with a wooden spoon, until the desired consistency is reached.
- Kneading will help to improve the texture. Break it into smaller parts and let your children get into it.

Storage

Wrap the play dough up well after your child has finished playing with cling wrap and put it in a ziplock bag. Storage in the fridge is best to prevent it from drying out.



Sushi Recipe

Supplies Needed

- 2 1/2 cups koshihikari rice
- 3 3/4 cups cold water
- 1/2 cup rice vinegar
- 2 tbsp caster sugar
- 1/2 tsp salt
- 6 nori sheets
- 1 cucumber, sliced Julienne
- 1 carrot, sliced Julienne
- 1 avocado, halved, stoned, peeled, thinly sliced
- Light soy sauce, to serve

Instructions

- Place the rice in a sieve. Rinse under cold running water, to remove any excess starch, until water runs clear. Place the rice and water in a large saucepan, covered, over high heat. Bring to the boil.
- Reduce heat to low and cook, covered, for 12 minutes or until all the water is absorbed.
- Remove from heat. Set aside, covered, for 10 minutes to cool slightly.
- Combine the vinegar, sugar and salt in a small bowl.
- Transfer the rice to a large glass bowl. Use a wooden paddle to break up rice lumps while gradually adding the vinegar mixture, gently folding to combine. Continue folding and fanning the rice for 15 minutes or until rice is cool.
- Place a sushi mat on a clean surface with slats running horizontally. Place a nori sheet, shiny-side down, on the mat. Use wet hands to spread one-sixth of the rice over the nori sheet, leaving a 3cm-wide border along the edge furthest away from you.
- Place cucumber and avocado along the centre of the rice. Hold filling in place while rolling the mat over to enclose rice and filling. Repeat with remaining nori, rice, cucumber and avocado.
- Use a sharp knife to slice sushi widthways into 1.5cm-thick slices. Place on serving dishes with soy sauce if desired.
- Eat and enjoy!



No-Bake Chocolate & Coconut Balls



Supplies Needed

- 200g desiccated coconut
- 200g condensed milk
- 50g softened butter
- 1 spatula
- Large bowl
- 180g dark chocolate (optional)

Instructions

- In a large bowl, add the desiccated coconut, softened butter and condensed milk.
- Use a spatula to mix everything together into a sticky mixture.
- Shape the balls out of the mixture. You can get more or less than 16, depending on how big you make them.
- If you decorate them with desiccated coconut only, coat each ball into coconut, then refrigerate for at least 30 minutes before serving.
- If you wish to coat them in dark chocolate, break the chocolate into pieces, and add them to a bowl set over a pan of simmering water.
- When the chocolate is melted and smooth, add a ball at a time, and coat well, then use a fork to remove it from the chocolate, and transfer it to a tray lined with non-stick paper.
- If you want to add more coconut to them, sprinkle some before the chocolate sets.
- Refrigerate, then enjoy!

Here's a Tasty Tip:
Enjoy me with a glass of milk
or a coffee! (for the adults)

Animal Charades

Supplies Needed

- A piece of A4 paper
- A pen
- A small bowl or container

Instructions

- Cut out some small rectangles using the paper. Write down some names of farm animals, zoo animals or sea creatures to be guessed and fold them up.
- Place the folded papers in a container.
- Take turns drawing a paper from the container and acting it out (without talking or making any animal noises) in front of your audience until someone guesses it correctly.

Here are some animal examples for you!

- Lion
- Snake
- Bear
- Elephant
- Cat
- Mouse
- Dog
- Chicken
- Fish
- Sheep
- Shark
- Turtle
- Kangaroo
- Cow
- Peacock
- Monkey
- Giraffe
- Crocodile
- Duck
- Pig
- Horse



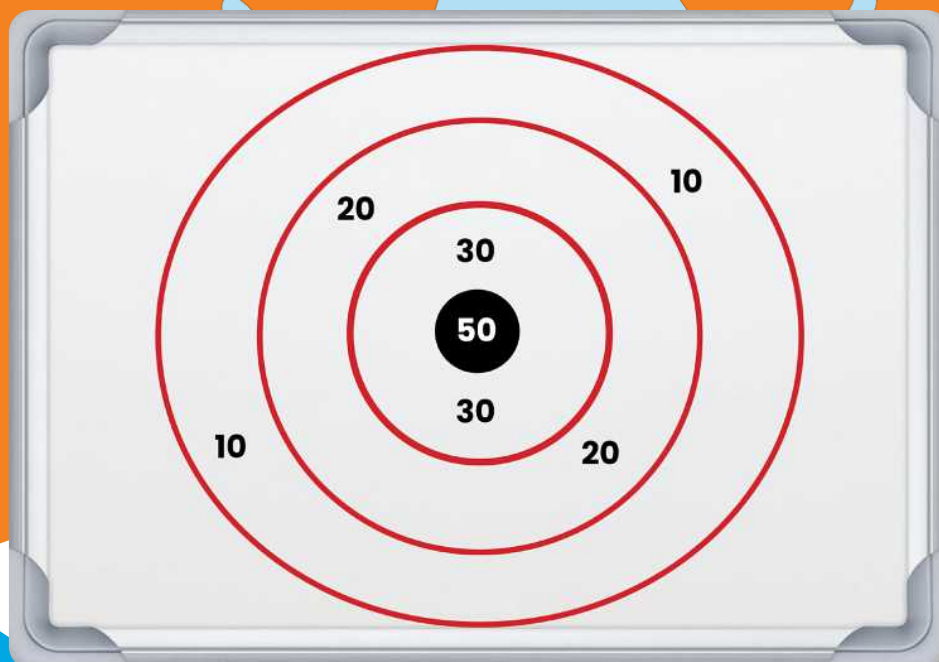
Splash Targets

Supplies Needed

- A hard board (a white board will work)
- Whiteboard markers or sharpie
- Chair or a stand for the target board
- Soft balls that can get wet
- A bucket of water
- A paper and pen for point scoring (if you want to keep track)

Instructions

- Set the target up on a chair or a stand, preferably on the grass.
- Fill up the bucket of water and put the balls in to soak.
- Draw up some targets and lines on the board for the children to aim to get points using the markers. Check out our example of the target lines below.
- Take turns throwing the soaking balls at the board.
- Whoever gets the most points wins!



Chomping Alligators

Supplies Needed

- Clothespins (Use green to make things even easier)
- Washable craft paint in green (if you don't have green pegs), white and red
- Googly eyes
- Green pipe cleaners
- Scissors
- School glue
- Green paper

Instructions

- Cut two pieces of pipe cleaners to a length of 2 inches each. These will become the legs of the alligator.
- Cut a strip of green paper as wide as the clothespin and about 1 1/2 times as long. You'll need a set of legs, eyes, and strip of paper for each alligator.
- Paint the inside of the clothespin red where it connects when closed. When the red dries, add white dots to make teeth. When the paint is dry, the craft is ready for the children.
- Show the children how to make an accordion fold with the strip of paper. The folded paper will become the alligator's back.
- Glue the paper to the top of the clothespin, leaving enough room for googly eyes.
- Glue the two legs to the bottom of the clothespin and bend out to make legs.
- Glue two google eyes to the top of the clothespin near the mouth.
- When the glue dries, the alligator is ready to chomp!
- Squeeze the tail to make the alligator's mouth open. The alligator can open it's mouth wide to show off its pearly white teeth!



Balloon Lightsabers

Supplies Needed

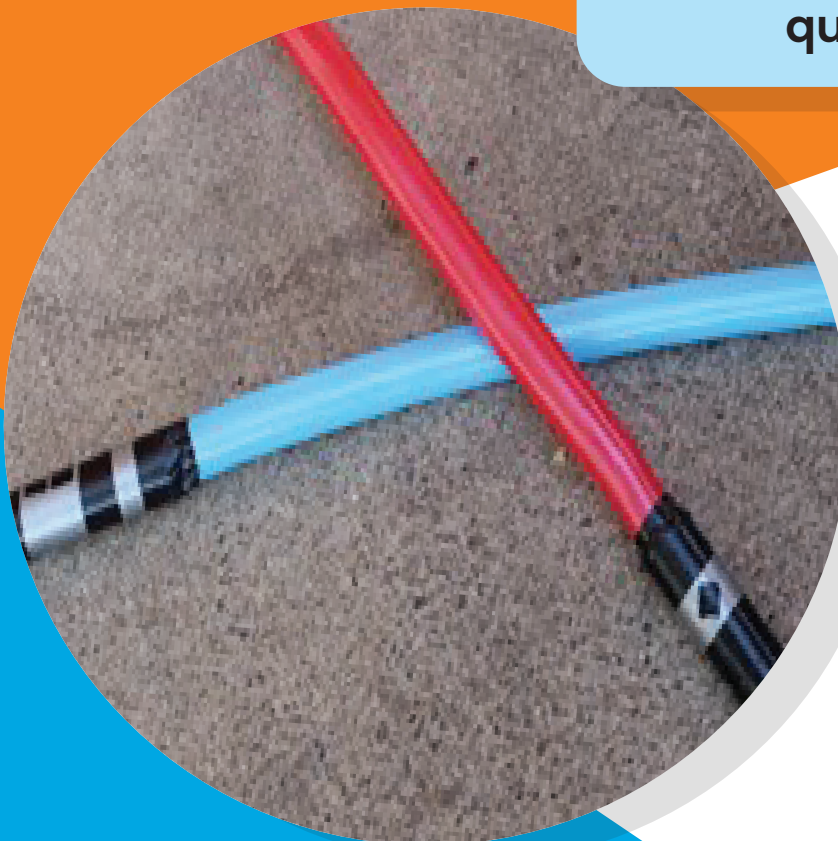
- Long/twisting balloons
- Pump
- Duct Tape (Black & Silver)
- Cardboard Rolls

Instructions

- Wrap 1 cardboard roll with black duct tape.
- Pump your balloon with the hand pump.
- Thread the balloon through the roll so that the roll becomes the handle.
- Use the duct tape to stabilise the balloon into place.
- Do a single silver layer to make a stripe in the handle (as per photo).
- You are now ready to learn how to yield your light sabre to graduate from the Jedi Academy.

May the force be with you!

TIP: This is an easy activity if you're looking for something quick but fun to do!



Bottle Rocket Launcher

Supplies Needed

- Safety glasses
- Empty 2-litre bottle
- 3 tablespoons baking soda
- 2-3 cups vinegar
- Duct tape
- 3 pencils
- Construction paper/cardboard to decorate the rocket
- Cork (make sure it will fit the mouth of the bottle)
- Paper towels
- Measuring cup, funnel

Instructions

- Secure 3 pencils to the bottle using duct tape to make “legs” for your rocket. The bottle opening should be facing down when the bottle is placed on its legs. Make sure the legs are placed high enough to allow for 1-2 inches of space between the bottle opening and the flat surface below.
- Decorate the bottle with duct tape, paper, and/or cardboard to make a rocket as desired.
- Turn the bottle over so that the pencil legs are facing up. Add 2-3 cups of vinegar to the bottle and cork it. Set aside.
- Cut a paper towel into a square. Add 2-3 tablespoons of baking soda onto the paper towel. Roll the paper towel tightly enough so that it will fit inside bottle opening. DON'T add it to the bottle yet!
- Add duct tape to one end to keep the baking soda from spilling out.
- Take everything outside to a clear open area. Adults or older kids only: we highly recommend wearing safety goggles for the following steps.
- Place the rocket upside down and remove the cork. Working quickly, place your paper towel packet inside the bottle and plug with the cork.
- Turn the bottle over, place on its 'legs' and STAND BACK! Watch as the rocket soars into the sky.



Safety Tip:

It may take a moment for the reaction to build up enough gas to launch the rocket. Give it time!

Lava Lamp

Supplies Needed

- 4 tablespoons of baking soda
- 1 clear bottle with cap
- 350 mL vegetable oil
- 1/4 cup vinegar
- Food colouring
- 1 plastic cup
- Pipette or eye dropper
- Funnel
- Measuring cup
- Spoon

Instructions


- Using the funnel, pour 4 tablespoons of baking soda into the bottle. Shake the bottle a bit to let the baking soda settle into a flat layer at the bottom.
- Pour in the vegetable oil slowly to avoid disturbing the layer of baking soda and set aside. You may need more or less depending on the size of the bottle.
- Pour vinegar into a plastic cup. Add 3-4 drops of food colouring and stir to combine. You can experiment with different colours for a more unique lamp effect.
- Use the pipette to add drops of coloured vinegar to the plastic bottle.
- Watch the reaction!
- Continue to add drops of vinegar until the bubbles stop floating to the surface.



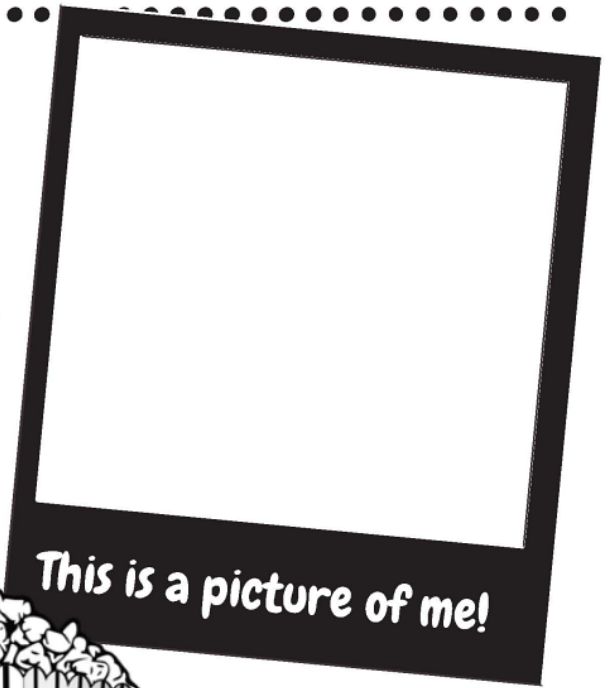
Here's a Good Tip:
Be careful with the food colouring!
It stains.

All about me

MY NAME IS



This is a picture of me!

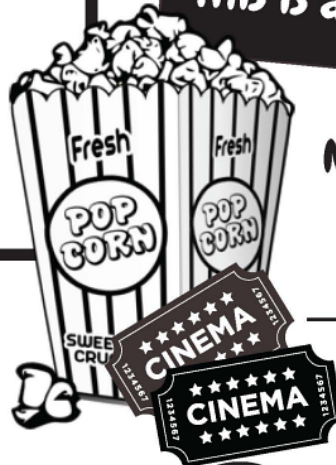


I am _____ years old

My birthday is _____

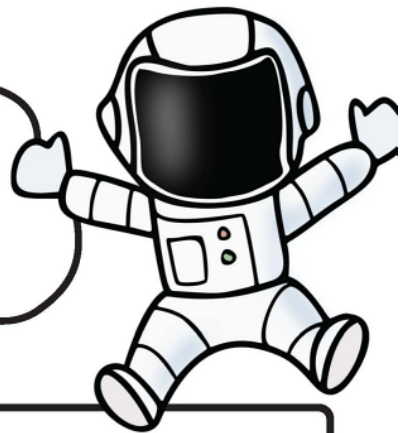


My favourite movie or TV show _____



My favourite book: _____

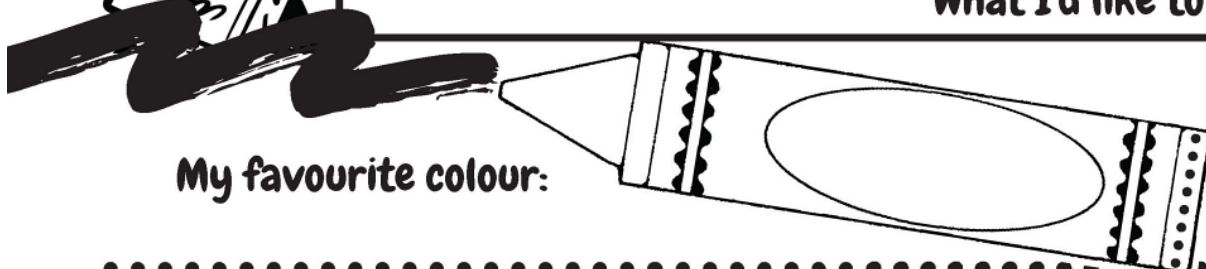
When I grow up I want to be _____



What I'd like to do at OSHC _____



My favourite colour: _____





DONUT
WORRY
BE HAPPY