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Weekly **PLANNER GUIDE**

Welcome to my school holiday weekly planner guide. I hope this guide is able to help you plan your time over the holidays and make it intentional without being stressful.

In this guide you will have access to:

- A template to plan out your own weeks
- A pre-filled in template for the mums looking for a plan without thinking
- A shopping list for materials and;
- A list of other ideas that you can incorporate into your weeks.

I understand how hard it is to be either a working mum or a stay at home mum and have all the kids home looking to you for something to do. With a plan in mind, I hope that this takes out some of the thinking for you.

I like to start the week out with a few slower activities, while the novelty of being home is still exciting and not yet boring. Then as the novelty wears off you can start planning trips out of the house to keep everyone from the inevitable 'bored' complaints.

I have included an activity information page to start with, then the weekly planner is next with those activities planned for you. There is also a blank template for you to fill out for your own schedule.

At the end is a Shopping List template for you to fill in based on what activities you have chosen to do. the items needed for each activity are listed in the Activity Information sheets, so just pick what you need and write it on your list.

Enjoy!





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Activity INFORMATION

Here is more information for each of the activities that I have listed in the planned weekly guides below. You can interchange these as you see fit and use them in the blank guide to fit around your own schedule.

PANCAKE BREAKFAST

Kids love pancakes, and I bet it is an easy breakfast that you don't really get to do all that often. Here is your chance to either whip up some homemade pancakes, or grab out the shake and bake and get going. Also, pancakes take a little time to actually make and serve everyone, so it will kill a little time and you can sip your coffee while making them.

Shopping List Items:

- Pancake Mix
- Maple Syrup or other toppings

MORNING TEA PICNIC

Just like a good old fashioned teddy bear picnic, if there is one thing my eldest loves is a picnic outside. It is an experience they don't get to do very often! Have the kids pick out their favourite toys to bring to the picnic and maybe some food for their toys from their kitchen. Grab your picnic blanket and snacks and head on outside for some fresh air and picnic food!

I usually bring:

- sandwiches for the kids
- ham and salami rolled up (you can get fancy and put toothpicks in them)
- cheese cubes
- crackers
- strawberries
- a treat (chocolate, fruit snacks, gummy bears)
- vegetable sticks and dip (carrots, peppers and cucumber)

While the kids are already outside, I would usually try and incorporate some type of outside activity like throwing and catching a ball to expend some energy.

Shopping List Items:

- Fruit of your choice - strawberries, apples and bananas
 - Cheese (can buy pre-cubed)
 - Fresh bread
 - Cracker or rice cakes
 - Gummy bear treat or other favourite treat
 - Vegetables - Carrots, Peppers, Cucumber
 - Ham or salami
-



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TREAT HUNT

It doesn't have to be easter time to set up a treat hunt! It is probably better to do in the winter so all the chocolate doesn't melt. This is such a simple way to entertain the kids for a while and get them up and moving outside!

Shopping List Items:

- Treats! Usually your best deals are Golden Circle, Reject Shop or Big W

PIZZA AND MOVIE NIGHT

An oldie but a goodie. I usually buy the mini pizza bases from Woolworths for pizza night so everyone gets their favourite toppings. You can also make the grocery trip part of the afternoon, have the kids pick out their favourite pizza toppings at the grocery store! By the time you do that and come home, unload everything, it will be time to start chopping up pizza toppings. This is my littles favourite part, because she will eat a lot of the toppings before they make it to the pizza.

Hand out everyone their pizza base (depending on ages, they can also spoon and spread out their own sauce). I usually chop everything up first, so it can all just be grabbed and dumped onto the pizza. This is a fun activity, but also helpful! Then while they are cooking, have everyone get into their pyjamas and grab a blanket for movie night.

Depending on how far you want to go, you can bring out a mattress and pillows into the living room to really make it a different experience. But sometimes, just pizza on the ground watching a movie with a blanket is good enough too.

Shopping List Items:

- Pizza Bases (bread aisle in Woolworths has mini ones)
- Pizza Sauce
- Toppings (these have to be your choice!)

SINK OR FLOAT

This can be an indoor or outdoor activity. We use our Ikea table with the in built bins for this one, but you can use any bucket to hold the water. All you have to do is fill it with water and have the kids choose different items and guess whether they think it will sink or float! This can be play kitchen items, or nature items. Have them guess first and then they have to test their hypothesis to see if they were correct.

BUILD A FORT

Another activity where you can use what you already have in the house. You will likely need some dining chairs, or use the dining table and some blankets to make a fort. You can be as elaborate as you like. We usually have toddler chairs inside and the soft kids sofas and lots of pillows and blankets to keep it cosy. We usually add in a flashlight and then let the kids set it up inside however they want. Ours gets very full of toys all taking naps.



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SCAVENGER HUNT

This can be as easy or elaborate as you want to make it. You can set it up so that they have to spot certain things while out on a walk or a drive and tick them off. Or you can have it so they need to collect things while outside or even inside. It can be specific items, or just “something green”.

CHALK OUTSIDE

Here is an oldie, but a goodie. We used to always be drawing on our road with chalk (mind you, we were in a cul-de-sac) but you can use your driveway as well. You can set up an arrow course for the kids to follow on their bikes, hop scotch, bean bag toss or simply some drawing! You can trace around one of the kids lying down and then have them name body parts and draw the heart. I find the bike track arrows to be the one that lasts the longest. But if you have enough space, you can set them all up.

Bean bag toss is just a a circle within a circle and you get more points for throwing and landing the small bean bag in the small circle. You can use anything that has a little weight to it to throw.

BUILD A BUG HOTEL

Hopefully you will already have the materials for this one. Just need a box, as large as you want to make it, some cardboard (from old cereal boxes), packaging materials. We used egg cartons, packing paper, shredded paper and old card board for ours. We made a couple of shelves out of cardboard inside our box and filled it with different recycled materials. We use plastic bugs from Kmart to fill ours up and read about what different bugs do and how they help the forest floor using a bug book.

You can find more details on my Instagram page @mothersgrouponline.

Shopping List Items:

- Plastic bugs (Kmart)
- Book about bugs (Kmart, Target or Big W)
- Cardboard Box and recycled materials

MAKE A SMOOTHIE

Like the pizzas, this is another good one to incorporate a grocery shop with. Have the kids pick out some frozen berry mixes, granola, bananas and yogurt to make your own smoothies.

Shopping List Items:

- Frozen Berries and Bananas
 - Granola
 - Yogurt
-



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NATURE JOURNAL

If you have a plan to go for a walk in nature, then this is a way to entertain the kids while walking. Have them spot different things while on a walk. Have the kids write down what they see, do, smell, what colours they saw, what animals they saw etc. Such a great open ended activity.

PEARL PAINT WATER PLAY ACTIVITY

This is such a fun activity. You mix the pearl paint into a bowl of water and it looks like a galaxy! We use our messy play table, a few bowls, some cut up lemons and make it a sensory play.

Shopping List Items:

- Pearl paint - Kmart (12 different colour set)
- Lemons

ROCK BUGS PAINTING

Collect some rocks from outside, wash them and paint them! I bought some googly eyes to glue on as well. Then we put them in the garden!

Shopping List Items:

- Googly eyes and paint

PASTA NECKLACES

Grab some paint or food dye and a little vinegar and colour your pasta! Let it dry out and once dry you can make some necklaces. Perhaps even punch a couple of holes in toilet rolls and thread them on too and you can make binoculars.

THE FLOOR IS LAVA

This is an activity for all ages. You can play it a few ways, you can use a balloon and have the kids hit it into the air and you have to keep it up off the ground for as long as possible. There is also another variation where the kids have to use objects around the house to move around without touching the ground. It gets messy, but it keeps them occupied.

FIZZ PLAY

One of our favourites is fizz play. If you don't have some, you can make some! You just need Baking Soda and vinegar. We usually colour the vinegar so that you make all different coloured fizz. Just place the baking soda in little bowls or your messy play table and the coloured vinegar in separate containers. You can use eye droppers or simply pour it onto the baking soda and watch it Fizz!

Shopping List Items:

- Baking soda
 - Vinegar
 - Food colouring
-



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Brisbane **ACTIVITIES**

QUEENSLAND MUSEUM

The Queensland Museum is free to attend and there are so many things to look at and check out that will interest kids of any age! I am sure that there would be a museum in each State to go and check out. You don't have to pay for all the exhibits, just go to the free ones. The Queensland Museum has so many things including dinosaurs, space, bugs and animals as well as sensory items.

For us, it does usually take a bit to get there, so this will definitely take up your morning, so plan on lunch somewhere in the city as well. In Brisbane, you are closest to Southbank Parklands where there are plenty of places to eat, but also plenty of places to just sit and have a snack that you brought yourself before loading everyone up to go home. Otherwise, google the nearest Botanic Gardens in your city!

It is up to you how you tackle the city days, because you do have to pay for parking each time you go. The Queensland museum parking or QPAC parking are your cheapest and most secure options and you can book in advance. If you want to make the most of your paid parking, then you should spend the afternoon around Southbank, catch the free Kitty Kat on the river and play at the playgrounds. All of this is free! If your kids get tired, you can always do another trip in for these things another day and break it up.

SOUTHBANK PARKLANDS & ART GALLERIES

There are numerous places to set up a picnic and just hang out around one of the play grounds and grassed areas. Plenty to eat, see and do. It can be a very chilled out place to hang around without overwhelming the kids. If you are brave enough you can tackle the Ferris Wheel. Have a hot chocolate at Max Brenner too!

There are also the Art Galleries which are both interesting to see and will kill some time walking around.

WELLINGTON POINT

Walk out to King Island at Wellington Point and collect shells. Bring a picnic lunch or grab some fish and chips and enjoy the playground. Such a great spot for all ages. Plenty of crabs to hunt along your walk and race back in before the tide comes in.

UNDERWOOD PARK, PRIESTDALE

This park has something for everyone. Picnic tables, playgrounds, BBQ facilities, toilets, basketball courts, obstacle courses, labyrinth, feeding the ducks, nature walks and plenty of parking.

BETH BOYD PARK, THORNESIDE

Another great park with facilities for all ages. Playground, wide open walking and bike track, local coffee shop on the corner, fields for ball games, BBQs, toilets and small beach.



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Weekly PLANNER

WEEK OF _____

<p style="text-align: center;">M o n d a y</p> <p>MORNING Make Pancake Breakfast with the kids Sink or Float outdoor activity</p> <p>AFTERNOON While the kids watch a movie you can set up the Scavenger hunt for their afternoon activity.</p>	<p style="text-align: center;">T u e s d a y</p> <p>MORNING Morning tea picnic with the toys and ball games</p> <p>AFTERNOON It's time for pizza and movie night!</p>
<p style="text-align: center;">W e d n e s d a y</p> <p>MORNING Local city Museum time. Pack snacks and check out all the exhibits the museum has to offer.</p> <p>AFTERNOON Stroll around the Southbank Parklands, have snacks and play on the playground</p>	<p style="text-align: center;">T h u r s d a y</p> <p>MORNING Treat Hunt</p> <p>AFTERNOON Build a fort time!</p>
<p style="text-align: center;">F r i d a y</p> <p>MORNING Morning bike or scooter ride</p> <p>AFTERNOON Bake a packet mix (muffins, cake, cupcakes, cookies) and decorate them</p>	<p style="text-align: center;">S a t u r d a y</p> <p>MORNING Time for mud pies</p> <p>AFTERNOON Craft time - make some Christmas or Birthday wrapping paper or cards</p>
<p style="text-align: center;">S u n d a y</p> <p>MORNING Make your own Smoothies Chore time</p> <p>AFTERNOON Movie and popcorn night, perhaps your fort is even still up and you can watch in there!</p>	<p style="text-align: center;">TOP PRIORITIES</p>



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WEEK OF _____

<p style="text-align: center;">M o n d a y</p> <p>MORNING Chalk activities outside Morning tea picnic</p> <p>AFTERNOON Make paper airplanes and use your chalk to make landing circles and aim your planes!</p>	<p style="text-align: center;">T u e s d a y</p> <p>MORNING Obstacle course Run through the bubble machine outside</p> <p>AFTERNOON Dance party with freeze dance!</p>
<p style="text-align: center;">W e d n e s d a y</p> <p>MORNING Visit to the local park for some playground time</p> <p>AFTERNOON Painting rock bugs</p>	<p style="text-align: center;">T h u r s d a y</p> <p>MORNING Nature walk and nature journal activity</p> <p>AFTERNOON Time for playdoh play - perhaps use some nature items you collect on your nature walk</p>
<p style="text-align: center;">F r i d a y</p> <p>MORNING Pearl paint water play activity</p> <p>AFTERNOON Thread pasta through string and make some necklaces</p>	<p style="text-align: center;">S a t u r d a y</p> <p>MORNING The Floor is Lava activity</p> <p>AFTERNOON Fizz play activity</p>
<p style="text-align: center;">S u n d a y</p> <p>Grocery shopping for the week and preparing for returning to school!</p>	<p style="text-align: center;">TOP PRIORITIES</p>



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WEEK OF _____

M o n d a y	T u e s d a y
W e d n e s d a y	T h u r s d a y
F r i d a y	S a t u r d a y
S u n d a y	TOP PRIORITIES



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WEEK OF _____

M o n d a y	T u e s d a y
W e d n e s d a y	T h u r s d a y
F r i d a y	S a t u r d a y
S u n d a y	TOP PRIORITIES



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Shopping LIST

