









Morning Program
Week 3, Term 3
 31ST July to 4th August 2017

The Nature of Mindfulness

		Monday	Tuesday	Wednesday	Thursday	Friday
		Cereals: Cornflakes, Rice Bubbles, Weetbix, Muesli Raisin / Wholemeal Toast with Spreads: Cream Cheese, Vegemite, Honey, Jam, Margarine <i>Gluten Free bread and cereal available on request</i>				
Morning Experiences	Breakfast 7:15am – 8:30am					
	Creative Activities 7:15am – 8:30am	The Giving Tree 		Grass Heads 	 <i>Yoga with Miss Lauren</i>  <i>Mindfulness Journal</i>	Winter Tree Art 
	Construction and Games 7:15am – 8:30am	<u>Floor</u> Dolls Play sets, Uno, iPads	<u>Floor</u> Book Clubs @ Senior Room, 4 in a Roll, iPad	<u>Floor</u> Dolls Play sets, Uno, iPads	<u>Floor</u> Book Clubs @ Senior Room, Master Chief Role-play, Loom Bands, iPad	<u>Floor</u> X Box & Electronics, Chess
	Outdoor Play 8:15am – 9:00am	Hockey Game	Obstacle Course	Dodgeball	Smash Hockey	Equipment Play