



Active Kids

Boredom Buster Checklist



CARD
TOWER



TIME
CAPSULE



FAMILY
PICNIC



GAME
TIME



WALK
BINGO



COOKING
TIME



GAME
TIME



SNAIL
MAIL



NATURE
ART



GAME
TIME



GET
MOVING



FAMILY
DICTIONARY



GAME
TIME



WALK'N
TALK



TREASURE
TIME



PUT ON A
SHOW



LA TROBE
UNIVERSITY
SPORT



Instructions

CARD TOWER

This activity is all about building! Practice patience and control as you build a classic house of cards. Try it as a solo activity or host a card-building competition to see who can build the fastest.

Don't forget the best part knocking it down, of course!

TIME CAPSULE

A time capsule is a container that holds things important to you! photo's, toys or letters to yourself. Place a few things that you think will be exciting to open up in 5 or even 10 years in a box! You can give it to mum and dad to hide - the rules are up to you!

FAMILY PICNIC

Our mums and dads work really hard to put food on the table every day! Why not return the favour by setting up a home picnic!

Make sure you ask your mum and dad for ideas of what you can make on your own, as there can be some dangerous things in the kitchen.

SNAIL MAIL

When was the last time you properly told someone they are awesome! Sometimes our "thank you" to others is said so quickly, that it gets missed! This activity will give you a chance to express your gratitude!

Write a letter or draw a picture and post it in the mail!

WALK'N TALK

This is an easy but important activity!

No matter what it is, we just want you to get out there and tick off a walk, run, scoot, bike or blade together as a family.

WALK BINGO

We have attached a walk bingo game card on the following page that you can print or copy out!

Take it on a walk with your family and see how many items you can find! Maybe you can even make your own!





Active Kids

Walk Bingo

FIND
SOMETHING
GREEN THAT
ISN'T A
PLANT

CAN YOU
FIND A RED
CAR?

LOOK OUT
FOR A
SWING SET!

CAN YOU
FIND A
SKATEBOARD?

LOOK FOR A
NUMBER
PLATE WITH A
3 IN IT!

CAN YOU
FIND A
MOTORBIKE?

LOOK OUT
FOR A PRAM

CAN YOU
FIND A CAT?

FIND A BUS

CAN YOU
SPOT A BALL?

LOOK OUT
FOR A DOG!

CAN YOU FIND
A FIRE
HYDRANT?

FIND A
PURPLE OR
BLUE FLOWER

CAN YOU
FIND A TREE
STUMP?

LOOK OUT
FOR A
BASKETBALL
HOOP

CAN YOU
SPOT A BLUE
CAR?





Instructions

TREASURE TIME

Scavenger hunts are fun! Rumour has it you have buried some of your own treasure. This activity is to draw your very own treasure map (just in case you forget where you put it). Remember X marks the spot!

PUT ON A SHOW

It's Show-Time! Get together your best stories, toys and treat your family to its own live action movie.

Get creative!

NATURE ART

There are a lot of cool things you can find out in nature, why not use them to make some artwork? On a walk with the family, pick up different leaves and sticks and make a picture by doing a paper rubbing.

GET MOVING

Yoga's fun! It is a good way to bend, stretch and feel our bodies; they let us do so much! Yoga helps with coordination, so we can balance like a tightrope walker.

Follow along with one of our trainers for a fun energy burner!

FAMILY DICTIONARY

Words are great, but you know what is even better? Made up words! Get creative and make up some words that mean something to you. The funnier the better! They can be a secret language for just your family to use to describe things you see or do or eat! Can you come up with 10 of your own?

COOKING TIME

There is no yummier way to keep busy than some cooking! Try our healthy banana pancakes with your family on the weekend. Share your creation with our Team La Trobe Family!

Check out the recipe on the next page.





Healthy Pancakes

By La Trobe Sport

INGREDIENTS

- 2 x Ripe Bananas
- 2 x Eggs
- 1 Teaspoon Vanilla Extract
- ½ Cup Oats
- 1 Teaspoon Cinnamon

RECIPE

- 1. Mash the bananas in a large bowl until they are nice and smooth. Mix in the eggs and vanilla extract until they are well combined and then mix in the oats and cinnamon.
- 2. Prepare a pan on the stove at a low to medium heat and add in a scoop of the pancake batter. Smooth out the batter and cook for about 2 minutes until you start to see bubbles on the top of your pancake. Flip your pancake (extra points if you can flip it in the pan) and cook until both sides are golden brown.
- 3. Your choice of toppings! We recommend banana slices, strawberries, blueberries, chopped nuts and even some cheeky maple syrup!
- 4. Enjoy.

