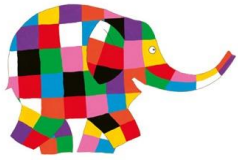




# Kidscape & ELMER FAMILY FUN PLAN

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am - 9am <b>Move</b>	Wake up shake up.  Time for some gentle exercise and breakfast.  Put on your favourite song and have a dance.	Wake up shake up.  Time for some gentle exercise and breakfast.  Challenge your grown-ups to see who can do the most press ups in a minute.	Wake up shake up.  Time for some gentle exercise and breakfast.  How about 10 jumping jacks?	Wake up shake up.  Time for some gentle exercise and breakfast.  See if you can touch your toes, reach up to the stars, then touch your toes. Ten times.	Wake up shake up.  Time for some gentle exercise and breakfast.  Come up with your own exercise routine!	Wake up shake up.  Time for the family workout.  Ask your grown up to find a workout on the internet that you can do together. OR design your own work out using tins as weights.	Wake up shake up.  The Sunday morning dance and sing. It's time to rejoice! Put on your best feel good tunes, sing and dance.
9am - 10am <b>Meditation and storytelling.</b>	Relax into the day.  Try a 5-minute meditation.  Story time. How about... <i>Elmer</i>	Relax into the day.  Try a 5-minute meditation.  Story time. How about... <i>Elmer and the Rainbow</i>	Relax into the day.  Try a 5-minute meditation.  Story time. How about... <i>Elmer and the Lost Teddy</i>	Relax into the day.  Try a 5-minute meditation.  Story time. How about... <i>Elmer and the Hippos.</i>	Relax into the day.  Try a 5-minute meditation.  Story time. How about... <i>Elmer and Butterfly</i>	Relax into the day.  Try a 5-minute meditation.  Story time.  You choose!	Relax into the day.  Try a 5-minute meditation.  Story time.  You choose!
10am - 11am <b>Move.</b>	Time to move  <i>Follow an online dance or exercise video - or put on your favourite music and dance.</i>	Time to move  <i>Follow an online dance or exercise video - or put on your favourite music and dance.</i>	Time to move  <i>Follow an online dance or exercise video - or put on your favourite music and dance.</i>	Time to move  <i>Follow an online dance or exercise video - or put on your favourite music and dance.</i>	Time to move  <i>Follow an online dance or exercise video - or put on your favourite music and dance.</i>	Time to move  <i>Follow an online dance or exercise video - or put on your favourite music and dance.</i>	Time to move  <i>Follow an online dance or exercise video - or put on your favourite music and dance.</i>
11am - 12pm <b>Love learning.</b>	Do what you love - reading, drawing, writing. Time to fill a blank notebook.	Do what you love - reading, drawing, writing. Time to fill a blank notebook.	Do what you love - reading, drawing, writing. Time to fill a blank notebook.	Do what you love - reading, drawing, writing. Time to fill a blank notebook.	Do what you love - reading, drawing, writing. Time to fill a blank notebook.	Do what you love - reading, drawing, writing. Time to fill a blank notebook.	Do what you love - reading, drawing, writing. Time to fill a blank notebook.



# Kidscape & ELMER FAMILY FUN PLAN

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1200 - 1pm <b>Time to cook.</b>	Lunch time. What can you cook together?	Lunch time. What can you cook together?	Lunch time. What can you cook together?	Lunch time. What can you cook together?	Lunch time. What can you cook together?	Lunch time. What can you cook together?	Lunch time. What can you cook together?
1pm - 2pm <b>Play.</b>	Play time! Give the grown-ups some time to get jobs done.	Play time! Give the grown-ups some time to get jobs done	Play time! Give the grown-ups some time to get jobs done	Play time! Give the grown-ups some time to get jobs done	Play time! Give the grown-ups some time to get jobs done	Play time! Give the grown-ups some time to get jobs done	Play time! Give the grown-ups some time to get jobs done
2pm - 3pm <b>Crafts.</b>	Time to get crafty! Enjoy doing some arts and crafts together (ideas coming soon!)	Time to get crafty! Enjoy doing some arts and crafts together (ideas coming soon!)	Time to get crafty! Enjoy doing some arts and crafts together (ideas coming soon!)	Time to get crafty! Enjoy doing some arts and crafts together (ideas coming soon!)	Time to get crafty! Enjoy doing some arts and crafts together (ideas coming soon!)	Time to get crafty! Enjoy doing some arts and crafts together (ideas coming soon!)	Family film time
3pm - 4pm <b>Play</b>	It's your time! You choose how you spend the next hour. Play, dance, play hide and seek!	It's your time! You choose how you spend the next hour. Play, dance, play hide and seek!	It's your time! You choose how you spend the next hour. Play, dance, play hide and seek!	It's your time! You choose how you spend the next hour. Play, dance, play hide and seek!	It's your time! You choose how you spend the next hour. Play, dance, play hide and seek!	It's your time! You choose how you spend the next hour. Play, dance, play hide and seek!	Family film time
4pm - 5pm <b>Pre-dinner challenge.</b>	The pre-dinner challenge... Build a den for you and all your teddies to hide in.	The pre-dinner challenge.... Dress up in bright colours like Elmer and put on a fashion show.	The pre-dinner challenge.... Make a collage of a brightly coloured flower with lots of bits of old paper. Stick it on the fridge.	The pre-dinner challenge... Make a card for one of your neighbours to bring them a smile.	The pre-dinner challenge.... Practice singing a song for a grown-up who needs cheering up. You can share it over Facetime or down the phone!	The pre-dinner challenge.... See who can make the best car out of cushions.	The pre-dinner challenge... Write or think up some funny jokes to make the grown-ups giggle.



# Kidscape & ELMER FAMILY FUN PLAN

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5pm - 6pm <b>Time to cook.</b>	Dinner time! What can you help the grown-ups with?	Dinner time! What can you help the grown-ups with?	Dinner time! What can you help the grown-ups with?	Dinner time! What can you help the grown-ups with?	Dinner time! What can you help the grown-ups with?	Dinner time! What can you help the grown-ups with?	Dinner time! Can you make a bit extra for any neighbours who might appreciate a home cooked meal?
6pm - 7pm <b>Wind-down.</b>	The big wind down. Read an Elmer story or a favourite book. Share three things you are grateful for.	The big wind down. Read an Elmer story or a favourite book. Share three things you are grateful for.	The big wind down. Read an Elmer story or a favourite book. Share three things you are grateful for.	The big wind down. Read an Elmer story or a favourite book. Share three things you are grateful for.	The big wind down. Read an Elmer story or a favourite book. Share three things you are grateful for.	The big wind down. Read an Elmer story or a favourite book. Share three things you are grateful for.	The big wind down. Read an Elmer story or a favourite book. Share three things you are grateful for and three ideas for the week ahead.
7pm - 8pm <b>Bath time.</b>	Time for a wash or a bath and some sleep.	Time for a wash or a bath and some sleep.	Time for a wash or a bath and some sleep.	Time for a wash or a bath and some sleep.	Time for a wash or a bath and some sleep.	Time for a wash or a bath and some sleep.	Time for a wash or a bath and some sleep.
8pm - late <b>Help for parents and carers.</b>	Grown-ups time - time to relax and do what makes you feel happy. You are a loving, kind, wonderful person who is doing the best job you can.	Grown-ups - time to relax and do what makes you feel happy. You are a loving, kind, wonderful person who is doing the best job you can.	Grown-ups time - time to relax and do what makes you feel happy. You are a loving, kind, wonderful person who is doing the best job you can.	Grown-ups time - time to relax and do what makes you feel happy. You are a loving, kind, wonderful person who is doing the best job you can.	Grown-ups time - time to relax and do what makes you feel happy. You are a loving, kind, wonderful person who is doing the best job you can.	Grown-ups time - time to relax and do what makes you feel happy. You are a loving, kind, wonderful person who is doing the best job you can.	Grown-ups time - time to relax and do what makes you feel happy. You are a loving, kind, wonderful person who is doing the best job you can.