

I CAN

BE HAPPY

ACTIVE AND HEALTHY HOLIDAY PROGRAM

@HOME



cityofgoldcoast.com.au/activehealthy

CITY OF
GOLDCOAST.

I CAN BE ACTIVE @ HOME

WE ARE STILL RUNNING – SO TAKE ADVANTAGE OF IT!

We encourage all kids to get outdoors and PLAY these holidays with great activities on offer from your own home:

OUTDOOR OBSTACLE CHALLENGES

EASTER INSPIRATION

FAMILY WORKOUTS

NATURE DISCOVERY AND WALKS

CRAFT IDEAS

YOGA AND RELAXATION

RIDE A BIKE

AND SO MUCH MORE

Stay active – stay well

Nothing strikes fear into the heart of brave parents than the words ‘I’m bored.’

Even at home, we need to find ways to get the kids active and off the screens over the holidays for their physical and mental wellbeing.

By getting into a positive daily routine we can try to keep kids active, well and positive.

The City’s Active & Healthy Team is committed to providing you with a fun online program to follow.

Every day you CAN access activities that will get you and your kids to:

- move
- laugh
- connect
- relax
- eat well.

We are all in this together and we CAN get through this unsettling time. It’s an opportunity to try new things, start a hobby, learn how to cook different meals, discover a new family tradition and just take the time while you have it.

On the Gold Coast there are many local businesses running programs online so it’s a great time to support our local services and help one another as well.

I CAN BE ACTIVE @ HOME

Active & Healthy holiday program @ Home includes tips to stay connected and active these holidays.

There’s also a key to find fun activities for the whole family.

	FITNESS		NATURE
	NUTRITION		CREATIVE
	YOGA AND RELAXATION		EASTER



STAYING ACTIVE @ HOME

Check out all the great activities you can do now as a family for free using items in your house.

I CAN

BE ACTIVE @ HOME

WALK, RUN, SCOOT, SKATE, POGO AROUND THE BLOCK

Get out in the fresh air and soak up the vitamin D. It's very important that you keep your body moving.

OBSTACLE COURSE

Get the kids to use their imagination and create an obstacle course in the backyard. Use items you have at home and get jumping, hopping, crawling and laughing together. You could even go a step further and time each person through the course to see who is the fastest.

PICNICS IN THE BACKYARD

Packing the picnic basket is part of the fun, so get the kids involved. If you are in the backyard do some visualisations with the kids, let your imaginations go wild.

PLAY BOARD GAMES

Get out your old board games and have a family game night. Try Twister, Monopoly, Pictionary or anything else you've got in the cupboard.

KIDS COOK IN THE KITCHEN

This will depend on the age of your children of course but they'll love knowing they're contributing to dinner. If they're old enough to chop, let them chop up ingredients, or if you've got teens on hand, let them make the whole dinner.

FOLLOW THE LEADER

Each person takes a turn to be the leader. The leader is at the front of the line and doing all types of activities. This could include star jumps, squats, step left, shake your hips and skipping. The list is endless. Make sure you have the music pumping and each person is the leader for a full song.

DO A MAGIC SHOW

Put on a show for little kids or teach an older child some tricks they can perform in front of the whole family.

LEGO CHALLENGE

Get the Lego out and as a family build something every day. Google '30 day Lego challenge' – there are heaps of ideas available. Examples include you are hired by an amusement park to create a new and exciting roller coaster, NASA needs you to build a new rocket or you've won the lottery so design your dream home.

BUILD A CUBBY HOUSE

Children love getting creative and building a cubby house. So get out the sheets, blankets, pegs, fairy lights, chairs and get building.

ORGANISE A BUG HUNT IN THE BACKYARD

There's no better way for kids to learn about the world around them than by getting out into it. Bug hunting encourages children to explore their own backyard in an open-ended way that will lead to adventures and imaginative play.

LET THE KIDS LOOSE IN YOUR WARDROBE TO PUT ON A FASHION PARADE

Obviously this idea will strike fear in your heart if you're a designer clothing queen. If you're not, why not give the kids carte blanche to organise a parade wearing your clothes.

DIY SCIENCE EXPERIMENTS

Science experiments are fun learning games that will delight any child. Watching how the world works is much more fun when it's something you've created yourself.

HAVE A "COLOUR RUN" OR "COLOUR WAR" IN YOUR OWN BACKYARD

Spotted "colour runs" popping up in your Facebook feed? Why not hold one in your own backyard and post it to Facebook or Instagram? As the weather is still warm, why not fill water pistols with coloured water and fire them at each other.

DIY A SLIP 'N' SLIDE

There's no need to shell out for an expensive slip 'n' slide, make your own with a roll of thick plastic. Lay it across the grass, hose it down, pour on some baby oil or dishwashing liquid to make it more slippery, then let the kids go crazy.

CONNECT WITH NATURE

The Nature Play QLD mission is to increase the time Queensland children spend in unstructured play outdoors and in nature. The website has great ways that you and your family can use nature and play to improve your wellbeing and have fun, whether its your backyard or even balcony.

They also have educational pieces if you are looking at doing some learning at home. Visit natureplayqld.org.au

EASTER FUN @ HOME

Easter egg hunts are a lot of fun but here are a list of even more creative family Easter game ideas.

**I CAN
HAVE FUN!**

TOSS THE EGG

The aim is to have items that you can throw into a target eg bucket, hula hoop or even chalk on the ground. Set up 5 targets and assign a point value to each, 10 points to the closest target and 50 to the furthest away target. Each player has 5 egg tosses. The egg can be socks, rolled up paper ball or anything else that can land in the target.

BUNNY HOP SACK RACE

Grab a pillow case and turn into a sack. Set up each player with a sack and have them race to the finish line. Everyone will be hopping like a bunny. You could even explore setting up an obstacle course for the family to jump around.

PIN THE TAIL ON THE BUNNY

Get the children to create the bunny for the wall and the tail to pin. The bunny can be made from paper, recycled boxes or other items around the house, be creative. Grab dad's tie or a tea towel to cover the eyes and blue tack/glue to attach the tail to the target. Each person will have a turn of turning around twice in front of the bunny with the tail in their hands and eye covered so they cannot see the bunny. The person with the tail closest to the target wins.

EASTER TAG

This game is similar to regular tag, except to avoid being tagged, players can yell out an Easter-related word to keep whoever's "it" at bay. To make the game more challenging, choose a theme.

EASTER EGG SCAVENGER HUNT

Instead of a hunt in the yard for eggs, set up clues that encourage kids to find the next clue in a specific order. Each time a clue is uncovered, a message inside will lead to the next one, and so on until there's only one left. Make the final clue location have some eggs or a surprise.

GOLDEN EGG

The egg can be anything you have around the house, even a teddy bear. Whoever starts passing gets to choose a short song to sing while the egg continues getting passed around. Once the song is over the person holding the golden egg has to do a silly dance or star jumps. That way no one is out and everyone gets to laugh and play the entire game.

DISCO BUNNY

Have the children move around the room bouncing like bunnies while the music is playing. Children are free to bounce or dance around until the music stops. Once the music stops children are to freeze where they are and not move. The child who moves first is out of the game. If all of the children are doing an excellent job of remaining still restart the music. Eventually children will flinch and you will get a winner.

BUNNY BOWLING

Make your own pins out of recycled items eg milk bottles, cans, boxes. You can be creative and make a bunny out of the pins. Line up the pins and roll a tennis ball to see who can knock down the most. Depending on the size of the pins you might need a bigger or smaller ball.

Tips to stay connected and active these holidays

Develop a routine that suits you. As a family discuss what your days are going to look like. Think about when to exercise, eat, and have fun, sleep, and ways to stay connected. You CAN create your new routine.

Make physical activity part of your daily routine. From household chores to an after dinner walk, keep your family active every day.

Connect with your friends and family via phone, Facetime, Skype or use other social media video/instant messaging platforms to stay in touch

Stay informed with factual information from credible sources but also switch off and watch your favourite TV and films or read books.

Set goals that are achievable as an individual and family. Write your goals down and make everyone accountable. Be kind to yourself as everyone will have bad days - that's what makes us human.

Remember the key to success is progress not perfection. Reward yourself along the journey as you deserve it.

Allow enough time to play freely. Kids can burn more energy and have more fun when they use their imagination and creativity to come up with their own games or activities.

Play tag, jump on the trampoline and swim in the pool – it's all fun and healthy.

Be active together. It'll get you moving and kids love to play with their parents.

Limit time spent in sedentary activities such as watching TV, using electronic devices, being online and playing video games.

Setting a good example for your children by managing your stress through healthy lifestyle choices.



ACTIVE & HEALTHY @HOME FOR EVERYONE

To ensure that you can still CAN be active and healthy, our accredited exercise professionals have put together a range of workouts that you can do in the safety of your own home.

There are sessions for all ages, abilities and fitness levels:

- Active Kids
- Tia Chi
- Strength training
- Yoga
- Meditation
- Group Fitness
- Active parents
- Active families
- Aqua classes
- Active Ageing
- Active outdoors
- Active wellbeing



Scan the QR
Code to access
all the sessions.

I CAN
BE ACTIVE & HEALTHY @ HOME

ACTIVE & HEALTHY @ HOME



Family workouts with Sam Wood

Families can join Sam Wood every morning for a free LIVE workout from home. They run Monday to Friday from 9am.

Sam Wood

W [facebook.com/samwood28](https://www.facebook.com/samwood28)



Fitness Blender kids workout

Play fun games throughout this 25-minute workout. Go at your own pace, take breaks when you need and have fun.

W [youtube.com/watch?v=McD6_oOWs-M](https://www.youtube.com/watch?v=McD6_oOWs-M)



Get Raw Bootcamps from home

If you are after inspiration, fun and motivation then you need to check this link out, especially if you are a young

lady or woman. Sessions will be posted most days.

Get Raw Bootcamps

W [facebook.com/getrawbootcamps](https://www.facebook.com/getrawbootcamps)



Get out in nature

The Nature Play QLD mission is to increase the time children spend in unstructured play outdoors and in nature. The website has great ways you and your family can use nature and play to improve your wellbeing and have fun.

Nature Play QLD

W [natureplayqld.org.au](https://www.natureplayqld.org.au)

Salt Fitness daily workouts for sporty kids

Are your sporty kids driving you mad not being able to play their favourite sports? This is a great way for the kids to channel their energy by working on various elements of fitness specific to their favourite sports.

Salt Fitness and Consulting

W [Salt Fitness and Consulting youtube](https://www.youtube.com/watch?v=viv6Y1tq1sQ)



Hot air balloon ride

Try out this guided meditation for children's visualisation for sleep and dreaming.

Sleep Easy Relax

W [youtube.com/watch?v=viv6Y1tq1sQ](https://www.youtube.com/watch?v=viv6Y1tq1sQ)



Nature BBC Earth

As a family check out some of the most unforgettable moments of wildlife and nature.

BBC Earth

W [youtube.com/BBCEarth](https://www.youtube.com/BBCEarth)



Walk and run around the block family fun @ HOME

Get out in the fresh air and soak up the vitamin D. It's important to keep your body moving and to get out of the house.



Drawing online tutorial

Learn how to draw anything from a bike, pizza, flowers, Dr. Seuss and so much more.



Equipment required: paper, colour pencils

Art for Kids

W [youtube.com/user/ArtforKidsHub](https://www.youtube.com/user/ArtforKidsHub)

Adventure yoga

From Frozen to Betsy Banana, kids will enjoy these guided yoga sessions.



Cosmic Kids Yoga

W [youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)



Build a cubbyhouse

Children love getting creative and building a cubbyhouse. So get out the sheets, blankets, pegs, fairy lights, chairs and get building.



Obstacle course family fun @ HOME

Get the kids to use their imagination and create an obstacle course in the backyard. Full details of this activity can be found in the family fun @ HOME list.

Equipment required: balls, sh



Picnics outside family fun @ HOME

Packing the picnic basket is part of the fun, so get the kids involved. If you are in the backyard do some



visualisations with the kids and let your imaginations go wild.

Equipment required: picnic blanket, food, drinks, sunscreen.

Origami ideas

Cute and easy origami ideas anyone can make by Craft Box. You will make butterflies, hearts and so



much more.

Equipment required: paper, scissors, glue

Craft Box

W [youtube.com/watch?v=8HQ-f-4UfyQ](https://www.youtube.com/watch?v=8HQ-f-4UfyQ)

Look at the stars family fun @ HOME

Search for a star chart online and after dinner, head outside and watch the night sky change by the hour, day- to- day. Fresh air before bedtime can really help you sleep.



Go for a bike ride family fun @ HOME

Get on your bikes and explore the world as you ride along.



Equipment required: bike

Follow the leader family fun @ HOME

Copy and follow the leader complete a range of activities and movements while listening to music. Full details of this activity can be found in the family fun @ HOME list.



Do a magic show family fun @ HOME

Put on a show for little kids or teach an older child some tricks they can perform in front of the whole family. You could also Facetime grandparents as I'm sure they would love it.



Equipment required: play items for the show

Peace out guided relaxation

Kids five years and older will enjoy this series of guided relaxation sessions.



Cosmic Kids Yoga

W [youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)

Nature makes you happy

Being in nature is powerful and has a huge impact on our health, wellbeing and happiness. After watching this clip full of breathtaking nature images you'll be inspired to get outdoors amongst nature.



BBC Earth

W [youtube.com/watch?v=1wkPMUZ9vX4](https://www.youtube.com/watch?v=1wkPMUZ9vX4)

Look at the stars family fun @ HOME

Search for a star chart online and after dinner, head outside and watch the night sky change by the hour, day- to- day. Fresh air before bedtime can really help you sleep.



Smiling Mind

Relaxation and mindfulness session for children of all ages.



Smiling Mind

W [smilingmind.com.au/smiling-mind-app](https://www.smilingmind.com.au/smiling-mind-app)

Lego challenge family fun @HOME

Get the Lego out and as a family build something new every day. Google '30 day Lego challenge' as it has heaps of ideas. Full details of this activity can be found in the family fun @ HOME list.



Equipment required: Lego

Online sessions

When using the online sessions, you agree that you are in good health with no underlying medical issues. Thus, if you do not agree please stop now, and do not use our website, blog, e-mails, programs, services, or products.

Voluntary assumption of risk

You undertake an activity at your sole risk and acknowledge and voluntarily accept the level of risk consequent with the activity.

Warning

If you have any concerns regarding your fitness level, ability or skill to undertake an activity, it is recommended you seek the appropriate independent advice (including medical).

NOTE: City of Gold Coast staff are not authorized to give any advice in this regard.

Disclaimer

The activities are provided by third parties, not by the City of Gold Coast. In respect of each activity, your legal relationship is with that third-party provider. City of Gold Coast takes no responsibilities or liability for any damage, loss, costs, expense, liability, claims, demands, actions, proceedings, injury (including death) or dispute due to or arising out of, directly or indirectly, the actions or omissions (whether willful, negligent or otherwise) of City of Gold Coast (including any officer or employee) or any participant (including yourself) or any third-party provider.

Remember to check with your doctor before starting any exercise program if you have a history of high blood pressure, heart trouble, diabetes or any other medical issues.