

# WHAT'S THE gOSHC?

Wind Down Week!

Week 7, Term 1

## Mindful Movement!



After a relaxing long weekend, we kept the calm going with a day of yoga! Following some YouTube videos, we stretched, balanced and focused on our breathing until everyone was feeling wonderfully Zen.



MTOP Outcomes: 3.2, 3.3, 1.2



## Drawing Day!

Wednesday was all about drawing! Art is always a favourite at OSHC, and so many of our OSHCies are incredibly talented. To continue our week of calm activities, we dedicated the day to creativity. We brought out all the pencils, markers, oil pastels and paper in every colour and size and let our imaginations run wild!

MTOP Outcomes: 1.1, 4.1, 5.3



**GAME  
OVER**

## Games Day!

Thursday was game day! We're lucky to have so many fantastic games at OSHC. From building blocks and brain-teasing puzzles to timed challenges and active games like Twister, there was something for every mood!



MTOP Outcomes: 1.4, 2.1, 4.2

