

20 APRIL - 26 APRIL Colour in the stars as you complete the tasks

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This weeks reward

Healtheries® Pick a yummy Healtheries snack that can be bought in the groceries

Suggested activities

- Walking water science experiment
- Bake our Healtheries Fun Puffs Crackles
- Be active for 20 minutes

Suggested chores

- Feed the family pet
- Set the table for dinner
- Help fold the laundry

27 APRIL - 1 MAY

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This weeks reward

Suggested activities

- Read a new book for 20 minutes
- Watch a video on Nat Geo Kids YouTube
- Draw a picture of someone in your family

Suggested snacks

- Hummus with Healtheries Twirls
- Apple slices with honey or nut butter
- Fruit kebabs

4 MAY - 8 MAY

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This weeks reward

Suggested activities

- Build a robot out of cardboard
- Bake our Healtheries Fun Puffs Cocoa Cookies
- Draw your own comic strip

Suggested active play

- Ride your bike around the backyard
- Take a YouTube kids dance tutorial
- Skipping rope and star jump challenge

11 MAY - 15 MAY

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This weeks reward

Suggested activities

- Make glitter slime
- Colour breakdown experiment
- Turn old egg cartons into a dragon

Suggested snacks

- Healtheries lunchbox Slice with Apricots
- Homemade hummus with Twirls & veggies
- Mini banana muffins