



# KIWI CAN WEEKLY FUN SHEET

## Kiwi Can Theme Term 2

### Resilience

Resilience means being able to cope with challenges (difficulties) and bounce back. We are continuing on with our topic which is **goal setting**. Goal setting means thinking about what you want to achieve and making a plan to achieve it.

Did you think of anything you would really like to achieve either while in lock down or for the future? Have you managed to break it down into smaller steps to help you achieve your goals? Do you need anyone to help you to achieve these goals? Sometimes it is easier if there is someone to help you.

**Remember TEAM – Together everyone achieves more!**

### Catchphrase

**Kiwi Can says.....**

**“Make your dreams come true - stick with courage and pursue.”**

*See if you can find the sign language actions for this new catchphrase or make up some actions yourself and send us a video which we can put up on our face book page.*

### Manager Profile

Kia ora Whanau!!

My name is Tracy and I am the Regional Manager for The Whangaroa Kiwi Can Charitable Trust (Graeme Dingle Foundation Whangaroa). I have been in this role for 8 years now and I love working with my Kiwi Can Team and all of the schools we deliver in.

I thought that it would be great to be able to get in alongside my leaders and create an activity sheet for all you guys at home. I hope you enjoy it.

GKQ

1. How many sides does a square have?
2. What is the capital of New Zealand?
3. Name 3 native birds of New Zealand.
4. What is the name of the native bird on the back of the NZ \$5 note
5. Who is the famous NZer on the front of the NZ \$5 note
6. What is he famous for?
7. Name 3 towns in Northland that start with K.

Card Game  
Clock

This is an easy card game you can play on your own.

**Players:** Requires only one player

**Deck:** Standard 52-card deck

**Goal:** Complete all other four-of-a-kind sets before the fourth king is revealed.

**Setup**

Shuffle the deck and deal the cards, face down, into 13 piles of four cards each.

The piles should be arranged as if they are the numbers on a clock with the extra pile in the middle of the circle. The "numbers" of each of the piles (1 through 12 on the clock and the middle pile as the No. 13) are important.

**Gameplay**

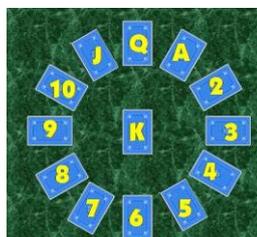
Turn the top card on the 13th pile face up (that's the pile in the middle of the circle). Place the card, still face up, under the pile of that card's number. For example, a 4 would go under the 4 pile. An ace would go under the one pile. Face cards are placed as follows: jack under 11, queen under 12, king under 13.

Then, turn the top card on that pile face up and place it, still face up, under the appropriate pile. Continue in this manner until the game ends.

If the final face-down card in a pile belongs to that same pile, continue the game by turning the next (moving clockwise) face-down card face up.

**How to Win**

You win if all 13 piles become face-up piles of four-of-a-kind. However, you lose if the fourth king is turned face up before all the other sets are completed. Clock Solitaire is only won about 1% of the time because it is entirely based on chance.



## Indoor Play

### Salt Ceramic Dough

This playdough can be moulded into shapes, made into beads and used for making hanging decorations. Make any holes that may be required in the finished product before the playdough is left to harden. It can also be painted after it has hardened.

1 ½ cups salt  
¾ cup cornflour  
1 cup water

Mix the ingredients together in a pot, then cook over a low heat, stirring frequently until the mixture becomes solid. Turn out and knead immediately.

Makes enough for 3 or 4 children.

Leave for 36 – 48 hours to harden.

## Recipe of the Week

### Rice Bubble Log

125gm butter  
2 tablespoons honey  
125gm brown sugar (or 125gm white sugar and 1 tsp vanilla essence)  
4 cups rice bubbles  
½ cup coconut

Place butter, sugar and honey in a large saucepan and boil 3 minutes.  
Stir in vanilla (optional), coconut and rice bubbles, mix, press into a tin, cut while warm and leave to set.



Outdoor play

# SPELL YOUR NAME

— AND GET MOVING! —

**A: 10 BURPEES**

**B: 20 PUSH UPS**

**C: 35 JUMPING JACKS**

**D: 1 MINUTE PLANK**

**E: 20 SQUATS**

**F: 1 MINUTE WALL SIT**

**G: 20 BURPEES**

**H: 30 PUSH UPS**

**I: 20 ARM CIRCLES**

**J: 30 CRUNCHES**

**K: 25 SQUATS**

**L: 30 ARM CIRCLES**

**M: 45 SECOND PLANK**

**N: 15 PUSH UPS**

**O: 2 MINUTE WALL SIT**

**P: 25 JUMPING JACKS**

**Q: 15 BURPEES**

**R: 20 SQUATS**

**S: 30 CRUNCHES**

**T: 20 ARM CIRCLES**

**U: 1 MINUTE PLANK**

**V: 25 SQUATS**

**W: 20 PUSH UPS**

**X: 45 SECOND PLANK**

**Y: 30 JUMPING JACKS**

**Z: 20 ARM CIRCLES**

**Set yourself a goal i.e. your whole name - first, middle and last.**

If that is too hard to start with, then break it down into smaller pieces to make it more achievable. You could start off with your first name, and then when that becomes easier, add your middle name, then your surname.

Something Extra

Make a Bird feeder from a cardboard roll

1. Put a layer of **bird** seed onto a plate.
2. Spread peanut butter on the outside of a **toilet paper roll** using a knife or spoon.
3. **Roll** the **toilet paper roll** in the **bird** seed. ...
4. Loop the string through the **toilet paper roll** and hang it on a tree or slip the **toilet paper roll** directly onto a tree branch.



GKQ - General Knowledge Answers

1. 4
2. Wellington
3. Tui, kiwi, kereru (wood pigeon), pukeko, weka, kea, Morepork, takahe, yellow eyed penguin.
4. Yellow eyed penguin
5. Sir Edmund Hillary
6. Mountain climbing, most especially being the first person (along with Tenzing Norgay) to reach the summit of Mt Everest.
7. Kaeo, Kaikohe, Kaitaia, Kaiwaka, Kawakawa.



It would be awesome if you can take photos or videos of you and your children completing any of these activities and email me on [tracy.walker@dinglefoundation.org.nz](mailto:tracy.walker@dinglefoundation.org.nz) or alternatively, private message to our face book page so that we can share onto our face book page.

Here is the link to our page: <https://www.facebook.com/KiwiCanFarNorth/>