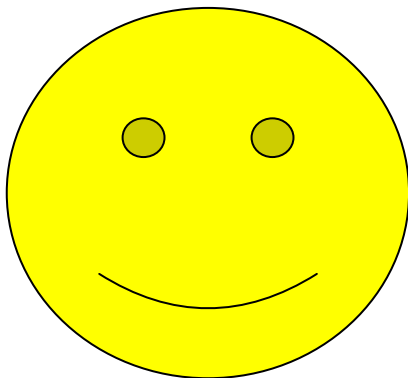


Self

Expression



Theme Self Expression

This program will cover a four week time frame

- Week 1 Clay
- Week 2 Plaster of Paris
- Week 3 Paint
- Week 4 Body Art



Everything you need to know will be in this book so hopefully it will make programming easier for you.

You Will need

• Week 1 Clay

Clay or Play Dough

Tools for modelling clay/play dough (recipe at back of book).

Stocking with tennis ball inside.

Music

CD player

• Week 2 Plaster of Paris

Paster of Paris,

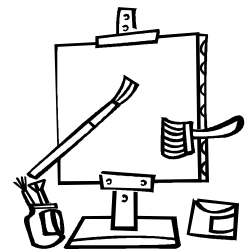
Play dough (from last week if you used it)

Ice-cream containers or Chinese containers

Cardboard job sheet

Blue Tack

Human figures of fathers, mothers, brothers and sisters.



• Week 3 Paint

Paints

Paint Brush's

Pallets

Water containers

Water

Newspaper (drop sheets)

Plaster of Paris shapes from last week

Chalk

Paper

Copies of WORMS song.



• Week 4 Body Art

Face paint (see homemade recipe in back of book)

PVC glue

Beads

Buttons etc.

Smooth Plastic Surface

Music

CD Player



Theme **Self Expression**



Week 1 **Clay**

Time	Item	Description	Leader
00	Opening Parade	Promise/Law/Prayer	All
05	Game	Introduction Game	
Note	This game of introduction is to help everyone become familiar with each other and to learn everyone's names.		
Instructions	To play you ask the Joeys to dance around. When the music stops you ask a Joey to say their name and something about themselves		
Need	Music and CD player		
15	Activity	Clay or Play Dough	
Note	This activity is to encourage Joeys to express themselves by shaping the clay/play dough		
Instructions	Ask the Joeys to create something from the clay/play dough that is something they like		
Need	Clay or Play Dough, Tools to shape		
30	Game	Swingers	
Note	This game is for eye to feet coordination – you may have to take it slow the first couple of times until they become confident		
Instructions	Slowly swing stocking with ball inside around in a circle and ask the Joeys to jump over the stocking. As Joeys jump over they say their name		
Needs	Stocking with tennis ball at the bottom		
40	Activity	Yes and No relationships	
Note	This is designed to help Joeys understand relationship in their families		
Instructions	Ask Joeys questions listed below		
Need	Questions		
Questions	<p>Do you think your Mother's mum is your grandmother? Yes.</p> <p>Do you think your Father's sister is your Auntie? Yes.</p> <p>Do you think your Mother's brother is your brother? No.</p> <p>Do you think your Father's mother is your Grandmother? Yes.</p> <p>Do you think your mother's brother is your uncle? Yes.</p> <p>Do you think your father's mum is your grandfather? No.</p> <p>Do you think your father's dad is your grandfather? Yes.</p> <p>Do you think your mother's sister is your grandmother? No.</p> <p>Do you think your father's brother is your uncle? Yes.</p> <p>Do you think your mother's dad is your grandfather? Yes.</p> <p>Do you think your father's dad is your uncle? No.</p> <p>Do you think your mother's sister is your auntie? Yes.</p>		
50	Game	Mimic	
Note	This game helps joeys to concentrate		
Instructions	Pick a Joey to be 'it' and every other Joey is asked to copy what 'it' is doing		
55	Closing	Promise/Law/Prayer	All


Theme **Self Expression**


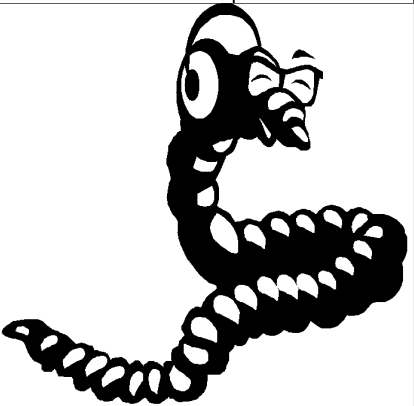


Week 2 **Plaster of Paris**

<i>Time</i>	<i>Item</i>	<i>Description</i>	<i>Leader</i>
00	Opening Parade	Promise/Law/Prayer	All
05	Game	SAD SAD HAPPY (Duck Duck Goose)	
Note	Encourage Joeys to pick someone they don't know really well		
Instructions	This is played by the Joeys sitting in a circle – choose a Joey to be 'it'. The 'it' Joey walks around the circle touching the other Joeys on the head saying 'SAD SAD SAD' until they come to the Joey they want to pick. Then they tap them on the head and say 'HAPPY'. The 'it' Joey has to run around the circle and get back to the tagged Joeys spot before getting caught. If the Joey gets caught they have to go again.		
15	Activity	Plaster of Paris	
Note	This will be a memento for the Joeys of themselves to give to parents etc . If someone is missing make some spares as you will need them for Next Week.		
Instruction	First get Joeys to make a cast of their hands in Play Dough. Remember to put a name on them somewhere. Mix the Plaster and pour into the moulds. Wait till it dries and then remove. If you can, leave it till the following week as you will need them for another activity.		
Need	Plaster of Paris, Play Dough, Containers.		
30	Game	Who's Job is that?	
Note	This game helps Joeys recognise what family members do around the home		
Instructions	Copy pictures from back of book onto cardboard and contact cover. Have Joeys place figures on who does what Job in their home		
Need	Cardboard Job Sheet, Figure (see back of book), Blue Tack		
40	Activity -Story	Bindi's Family Reunion	
<p>It was getting close to Bindi's birthday and his mum was organising a family reunion. It was to be a surprise for Bindi, as he had never met all of his relations. Acceptances were coming in very fast. Everyone wanted to make Bindi's birthday special. Bindi's big day came and no one seemed to remember his birthday; even mum and dad seemed too busy remember, so he went for a walk and sulked. Bindi's mum got busy while he was away and set up the tables for the reunion. His mum spread out all the food and there was a special cake for Bindi's birthday cake.</p> <p>Bindi was away for a long time so Bindi's dad went to look for him. In the mean time all the guests arrived and when Bindi got home everyone hid and when he came in the door everyone shouted out "surprise" and he was, because he thought everyone had forgotten him.</p> <p>Bindi thought to himself that there was a lot of people he had never seen before so he quietly asked mum who all the people were. She said they were all his aunts, uncles, sisters and brothers, grandparents and cousins. Mum took Bindi around and introduced him to all their relations. Bindi's mind got a bit confused when it came to the cousins because they are the children of aunts and uncles who are his mum and dad's brothers and sisters. 'Boy that's confusing' thought Bindi.</p> <p>Everyone had a great time and Bindi was the centre of attention.</p> <p>As Bindi drifted off to sleep later that night he thanked God for this wonderful family and his mum for making his birthday special.</p>			



50	Game	Dead Dog	
Note	To encourage Joeys to be still and slow down.		
Instructions	Tell Joeys they are now dieing and will become Dead Dogs in 10,9,8,7,6,5,4,3,2,1,0 Now you have all died – the first Joey to move mustn't be dead and only pretending and will be asked to get up and watch for other Dogs faking the dead.		
55	Closing	Promise/Law/Prayer	All
<div>Theme <u>Self Expression</u></div> <div>Week 3 Painting</div> <div></div>			
Time	Item	Description	Leader
00	Opening Parade	Promise/Law/Prayer	All
05	Game	Chain Tag	
Instructions	One child is chosen to be 'it'. Joeys run around and 'it' tries to tag them. When a Joey is tagged they hold hands with 'it' and the games continues. Every time a new Joey is tagged they join the 'it team'. Only the players on each end can tag another Joey		
Need	Space to run safely		
15	Activity	Painting	
Note	Encourage Joeys to create something special and unique.		
Instructions	Using the casts from last week ask the Joeys to paint their hands or Feet.		
Need	Paint, Paint Brush's, Water, Water Containers, Newspaper (drop sheets), Castings from last week.		
30	Game	Human Hangman	
Instructions	First chose a word relating to the human body i.e. arms, legs etc. Mark down dashes on a black board/whiteboard equivalent to the number of letters in the word you have chosen. Ask the Joeys to guess a letter. If it is right, place the letter above the correct dash. If it is wrong, place a part on the hangman (see directions below). Keep going until the word is solved or they are hanged.		
Need	Chalk or Whiteboard markers		
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40	Activity	Painting	
Instruction	Give each Joey a sheet of paper and ask them to paint a picture of themselves.		
Need	Paint, Paint brushes, Paper, Water, Water Containers		
50	Song	Worms	

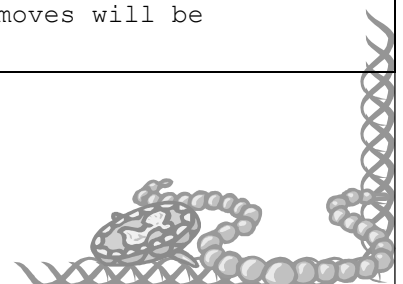
	<p>WORMS</p> <p>No body likes me Everybody hates me Think I go eat worms Fat ones, skinny ones, Long ones, short ones Ones that squiggle and squirm Bite their heads off, Suck their guts out, Throw their skins away. That's how I grow big and strong Eating worms three times a day</p> <p>Blowfly custard, Butterfly mustard, I like maggots too But what I like best Is to wake up , in the morning To freshly chucked up spew Ralph</p>	
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55	Closing	Promise/Law/Prayer	All
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Theme Self Expression

Week 4 Body Art

Time	Item	Description	Leader
00	Opening Parade	Promise/Law/Prayer	All
05	Game	Simon Says	
Instructions	To play Simon Says, ask Joeys to gather round and listen very carefully. Simon (Leader) is going to tell them to do things by saying 'Simon says jump up and down' they jump up and down. Now if Simon says ' walk in a circle' without 'Simon says' in front of 'walk around in a circle', they must not do it. Those that do are eliminated. Game continues until all but one Joey is eliminated		
15	Activity	Body Jewellery	
Note Instructions Need	<p>Check if any joeys are allergic to PVC glue</p> <p>On a plastic surface place some glue and spread it around evenly but make sure it is fairly thick. Ask Joeys to place beads etc in the glue to form a pattern. When the glue is dry remove from plastic surface carefully and place on Joeys body.</p> <p>PVC Glue, Beads, Glitter etc, Smooth Plastic Surface</p>		
30	Game	Statues	
Note Instructions	<p>Leader must be 'it' so that the game runs fair. Tell the Joey which part has been moved.</p> <p>Tell Joeys we are going to play a games of Statues. When the music stops you must stand very still. Anyone who moves will be eliminated.</p>		

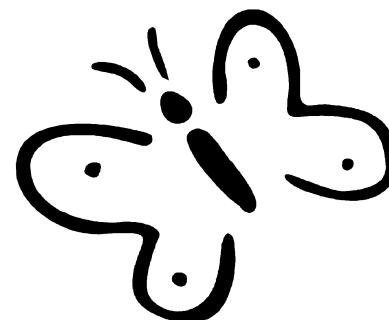
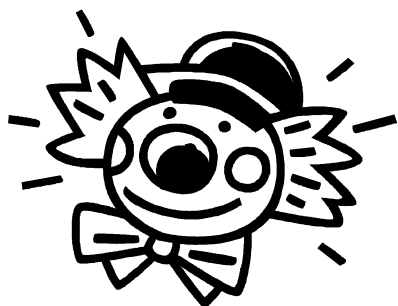


Theme Self Expression



Week 4 Body Art (continued)

<i>Time</i>	<i>Item</i>	<i>Description</i>	<i>Leader</i>
40	Activity	Face Painting	
Note	Check if any Joey has allergies if using commercial produce face paint		
Instructions	Paint face of Joeys		
Need	Face paint (see recipe at back of book), Paint brush, Water		
55	Closing	Law/Promise/Prayer	All



NOTES

Any mistakes or suggestions please forward to Lower Hunter Joey District Leader NSW

Additional Information

Game Dress Up Relay

Need Adult clothing for two teams
1 parent per team

Instructions Joeys are broken into even teams with 1 parent per team. Cloths are place in a cloths basket at the end of the hall. Joeys have to race down and collect a piece of clothing and then return to the start. They then have to place the piece of clothing on the parent on their team. Parents are not to help the Joeys. Keep going till all cloth's have been placed on parent

Activity Who's Job it That?



- Copy these to another piece of paper
- Cut and paste onto some cardboard
- Cover with contact
- Copy job sheet and enlarge
- Cover with contact.

Note: You may need several of each of the figures above – possibly 4 of each

Recipes

Easy Face Paint

This is the easiest to make (and easiest to clean) recipe for face paint. Separate colours with a muffin tin or an egg carton.

You'll Need

Place a spoonful of cold cream into each cup.

Add 1 or 2 drops of different colours of food colouring to the cold cream, and stir.

Apply the face paint using a clean paintbrush or cotton swabs.

Face Paint

You'll Need:

1 tsp. cornstarch

1/2 tsp. water

1/2 tsp. cold cream

Food colouring (paste colouring will give deeper colours)

Mix cornstarch and cold cream together until smooth. Mix in water and food colouring. Store in an airtight container. This washes off with soap and water. Repeat this for each colour.

Play Dough

You'll Need

2 cups flour

4 table spoons cream or tartar

2 table spoons cooking oil

1 cup salt

2 cups water

food colour

Mix the above ingredients in a large saucepan, and stir well over medium heat for 3-5 min, until the mixture congeals. Let cool a little, kneed well and mix in food colour.

Play Dough (stove)

You'll need

1½ cups of Flour

1 cup of Salt

1 tablespoon powdered alum(found in the spice isle)

1 tablespoon of oil

1 cup of boiling water

Mix dry ingredients and oil and boiling water. Stir the mixture until cool, then need in food colouring. Keep in an air tight container when not it use. Can last for months if stored correctly.

Play Dough (stove)

You'll Need

3 cups of flour

1½ cups of salt

3 cups of water

2 tablespoons of cooking oil

1 tablespoon of cream of Tatar

Few drops of food colouring

In a saucepan, mix all ingredients. Cook mixture slowly on low heat until dough comes away from side of pan and you can no longer move the pan.

Need mixture when cool for 3 to 4 minutes. Keep in air tight Container.

Play Clay

You'll Need

2 cups of Baking Soda

1 cup of Cornstarch

1¼ cup of Water

Mix cornstarch and baking soda, add water, bring to the boil. Stirring constantly until thickens to a consistency of mashed potatoes.

Play Clay

You'll Need

1 cup of Flour

1 cup of Water

½ cup of salt

1 tsp of Vegetable Oil

½ tsp of Cream of Tatar

Food Colouring

1. Mix all ingredients in a saucepan and cook over medium heat until the mixture holds together, stirring continuously.
2. When cool enough to touch, you can kneed it.
3. Drying time 3 to 5 days

Questions for : Who's Job is That?

- Who in your house does the washing up/loads and unloads the dishwasher?
- Who in your house mows the lawn?
- Who in your house does the cooking?
- Who in your house makes the bed/s?
- Who in your house does the ironing?
- Who in your house takes out the garbage?
- Who in your house does the shopping?
- Who in you house picks up the toys?
- Who in your house fixes/washes the car?

**More pictures to
photo-enlarge for
Family Jobs**

