



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

OF Premier
Education

Alien Lunch: One child or more. 20-30 mins playtime.

Equipment:

- Paper
- Felt tips
- Scissors
- Large bowl and wooden
- Spoon(optional)

What to do:

Your child takes on the role of an alien chef!

They are to create an alien restaurant

Using paper and pens, draw, colour and cut out the different parts of the alien meal.

Decide what's in the meal and create a name for it.

Make sure to create a menu so all the customers know what's available.

Once the food is created, add it to the alien cooking pot (bowl) and mix it up.

Once the food is prepared serve up the meal on plates for each member of the family.

Encourage your child to get as creative as they can with the naming and foods - think what an alien might want.