

Theme Days – A Guide for Parents and Carers

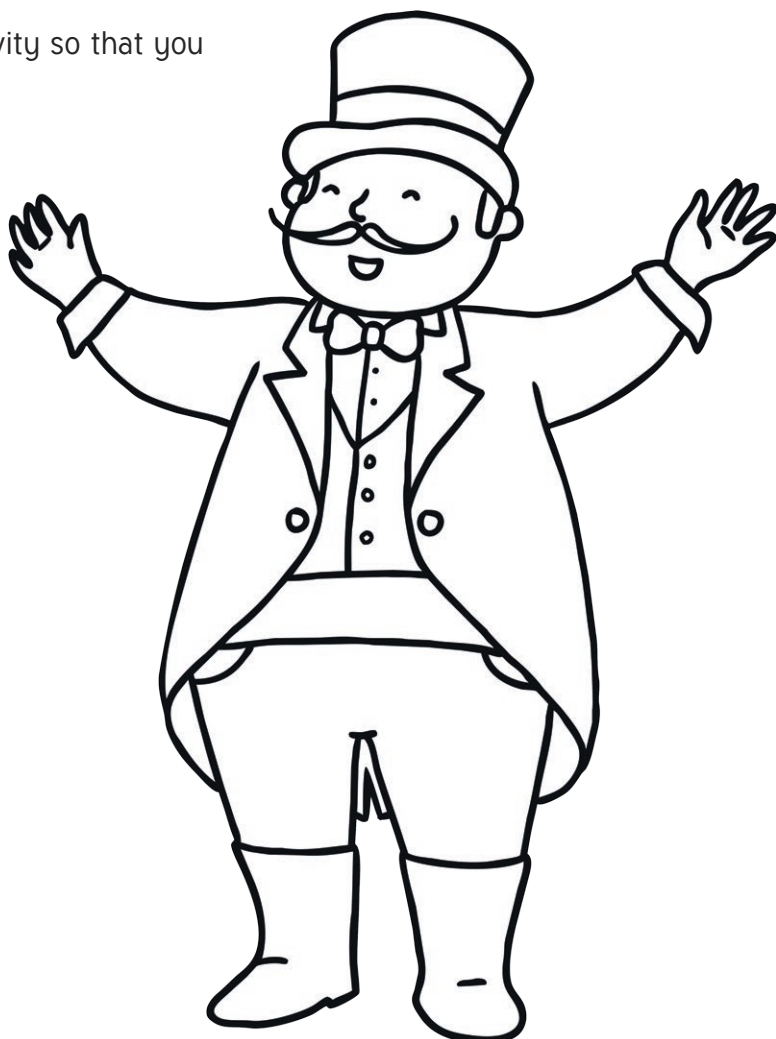
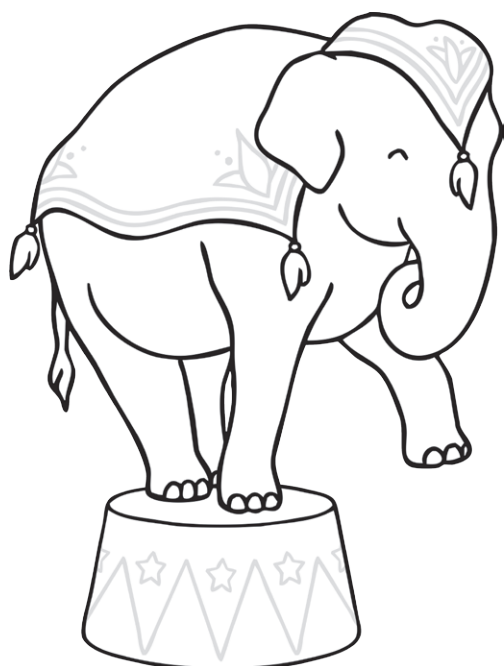
Theme days are a great way of passing the time when you know you're going to be staying at home for the day. You can base most of your activities for the day around the theme and there's a great mix of ideas. Some of these ideas will need adult input and some can be completed independently.

Many of the activities can be done with no prior preparation but if you're planning ahead some of these ideas will help you to prepare:


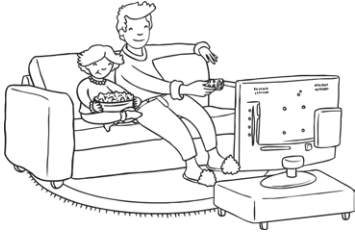
- Look at the contents of the [Circus Theme Day Activity Pack](#) to find plenty of resources to use.
- Visit the library and borrow the books and DVDs that you will need to complete your chosen activity.
- Look around the house for art and craft equipment (scraps of fabric and paper, buttons, tubs, tubes and boxes). If you need more, bags of mixed craft supplies are available cheaply from craft and discount stores.
- If you plan to fit your meals with the theme, make sure you have what you need in the fridge and cupboards.
- Invite one of your child's friends over for the day to join the fun.

During the day:

- Discuss what activities you want to do in advance.
- Involve everyone in tidying up after each activity so that you can move on to the next.
- Think about when you do activities, in order to suit your child's (and your) energy levels.
- Have fun!



Theme Days – A Guide for Parents and Carers

Do Some Musical Acrobatics	Have a Clown Costume Relay Race	Try Some Circus Food
<p>Find some recordings of circus-themed music, such as 'Be a Clown', 'Entry of the Gladiators', 'The Acrobat' or 'That's Entertainment'. Pretend you are circus clowns or acrobats and do some forward rolls, jumps, leaps and twirls. Make sure you have enough room first!</p> 	<p>If you have enough people and room, this is sure to raise a laugh. You'll need a collection of hats, gloves, big shoes, ties, socks, oversized trousers, shirts and any other garments you can find that a clown might wear. Each team needs a box with the same number of items in each. Teams race against each other to put all the garments on, run to a specified point, run back, take them all off again and tag the next team member. The winner is the first team to have put on and taken off all the clothes first.</p>	<p>Popcorn, hot dogs, ice cream and candy floss are all classic circus snacks. You could even try making your own popcorn or candy floss. Make some paper cones from semicircles of craft paper to serve your snacks in.</p> <p>Or, try making an ice cream clown. Put a scoop of ice cream into a colourful paper cake case and place an ice cream cone upside down on top for the clown's hat. Make a face and other decorations with coloured sweets and writing icing.</p>
<p>Watch a Movie</p> <p>The third film in the 'Madagascar' series is all about a circus. Another classic is Disney's 'Dumbo'. Either of these could spark a discussion about why we don't have animals in circuses in this country anymore.</p> 	<h2>Planning a Super Circus Day</h2>	
<p>Circus Skills</p>		
<p>Try juggling with beanbags or balls of screwed up paper. Start with two and move on to three. Or, place a long strip of duct tape or masking tape on the floor and practise 'walking the tightrope'. If you enjoy these skills, look out for circus skills workshops that are often run during the school holidays at local places of interest.</p> 