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| **SEASON** | **5** | **EPISODE** | **5** |
| **TITLE** | **Possum skips breakfast** | | |
| **EPISODE THEMES** | - Health: benefits of eating well - energy, focus  - Measurement: cup/spoon | | |
| **EPISODE BLURB** | Rush, rush, rush. Possum is in such a hurry today, he doesn’t even stop for breakfast. He may run out of energy. What can Skip do to help? | | |
| **STORY SUMMARY** | Possum is having a very active morning in the garden and is too busy to stop for breakfast. Skip arrives to return Sally’s eggbeater but he is unable to get Possum’s attention. Skip is amused by Possum’s energy as he goes up and down his tree repeatedly. Finally, Skip gains Possum’s attention and they head inside to see Sally. Possum is exhausted and has no energy left. Possum tells Sally and Skip that he had been so busy that he had not had breakfast. Sally explains that breakfast is important in providing you energy for the day and that because Possum skipped breakfast he is now tired because he has already used all of his energy supply. While Sally and Possum watch some children picking fresh food from the garden and preparing a healthy sandwich, Skip goes to collect some ingredients to do some cooking. He returns with the ingredients and recipe for Possum, Sally and he to make energy balls together. | | |
| **ACTIVITY** | * Making healthy Energy balls | | |
| **VIGNETTES** | Children collect food from the garden and make healthy sandwiches to eat. | | |
| **FINGERSPELLING** | T-I-R-E-D, E-N-E-R-G-Y | | |
| **SALLY'S DRAWER** | ‘Energy ball’ recipe | | |
| **CURRICULUM GUIDE\*** | **EARLY YEARS LEARNING FRAMEWORK** | | |
| **Children have a strong sense of wellbeing**   * Children take increasing responsibility for their own health and physical wellbeing   **Children have a strong sense of identity**   * Children feel safe, secure, and supported | | |
| **QUEENSLAND KINDERGARTEN LEARNING GUIDELINE** | | |
| **Wellbeing**   * Exploring ways to be healthy and safe   **Identity**   * Building a sense of security and trust | | |
| **AUSTRALIAN CURRICULUM** | | |
| **Health and Physical Education - Personal, Social and Community Health**   * Being healthy, safe and active | | |