



STORM'S

# KIDS HUB

A cartoon lightning bolt character with a smiling face, arms, and legs, standing next to the 'KIDS HUB' text.

Thanks to **springfree**  
TRAMPOLINE

• STORM'S KIDS HUE  
• THANKS TO SP



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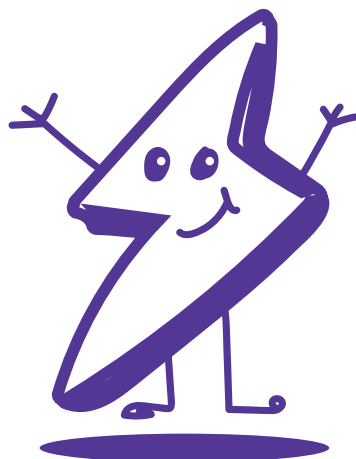
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# HI!!



Welcome to issue 2 of Storm's Kids Hub, thanks to Springfree Trampoline - We hope you enjoyed issue 1!

We are back with more fun activities for you and interesting reads for Mum and Dad, so get ready for some fun!



*Bolty S.*  
Bolty S.



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# MORE ABOUT ME & MY FAMILY!

I LIVE WITH:.....

MY FAMILY ORIGINALLY COMES FROM: .....  
.....

AT HOME WE SPEAK: .....

IN THE COMMUNITY I SPEAK.....

WITH FRIENDS I SPEAK.....

DRAW YOUR FAMILY



DID YOU KNOW TUI  
COMES FROM  
TAVEUNI, FIJI



# COLOURING PAGES!



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# AS YOU ARE COLOURING IN, CAN YOU ANSWER THESE QUESTIONS?

1) WHEN DID PAPS MAKE HIS MELBOURNE STORM DEBUT?

-----

2) WHAT ARE JAHROME'S TWO PASSIONS OUTSIDE OF RUGBY LEAGUE?

-----

3) WHO JOINED THE MELBOURNE STORM FAMILY FIRST? MUNSTER OR FELISE?

-----

SHOW US YOUR COLOURING IN SKILLS!

EMAIL YOUR PHOTO TO  
[INFO@MELBOURNESTORM.COM.AU](mailto:INFO@MELBOURNESTORM.COM.AU)





RYAN PAPENHUYZEN

NAME: \_\_\_\_\_

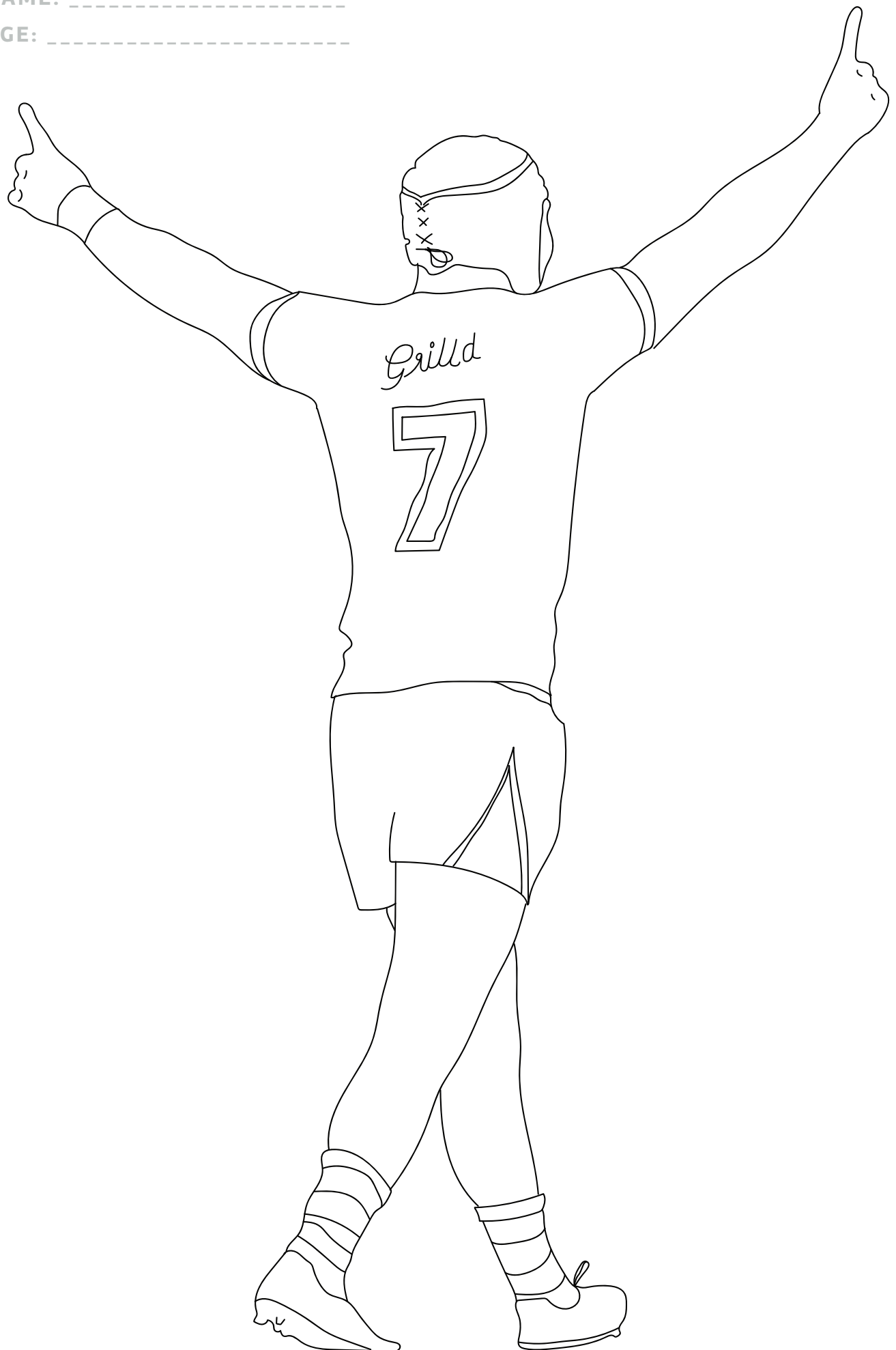
AGE: \_\_\_\_\_



NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

JAHROME HUGHES





# MUNSTER & FELISE



NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

# NRL FAMILY

Three light blue wavy lines are positioned below the text 'NRL FAMILY', spanning across the width of the text.

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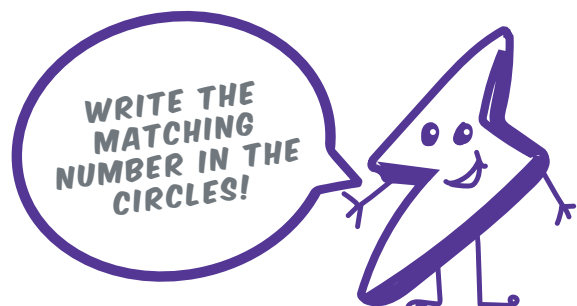


# CAN YOU FIND WHERE THESE NRL STADIUMS ARE IN AUSTRALIA & NEW ZEALAND?



1. NORTH QUEENSLAND STADIUM
2. AAMI PARK
3. LOTTOLAND
4. SCG
5. CBUS SUPER STADIUM

6. SUNCORP STADIUM
7. MT SMART STADIUM
8. MCDONALD JONES STADIUM
9. GIO STADIUM
10. HBF PARK

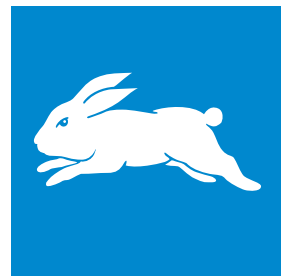
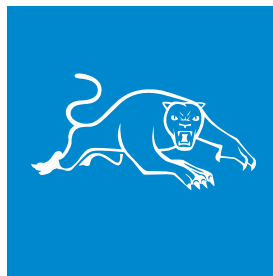


# CAN YOU NAME ALL THE NRL CLUBS?



.....

.....



.....

.....



.....

.....

**MELBOURNE  
STORM**



.....

.....





# PARENTS ZONE

Springfree Trampoline's blog 'Beyond The Bounce' offers ways to keep your kids active and entertained this winter at home.

Plus offers tips and advice on building mental resilience in kids.

For more, head to their website:

**[www.springfreetrampoline.com.au/beyond-the-bounce](http://www.springfreetrampoline.com.au/beyond-the-bounce)**



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# 10 TIPS FOR BUILDING MENTAL RESILIENCE IN CHILDREN\*

**Our children are experiencing a time in history that none of us can say we have ever been through, so they could potentially be exposed to stressful and highly emotional situations. Building resilience within your children will help them cope with stress, set them up for greater success and lower risk of mental illness.**

**Here are some simple steps to help nurture and develop resilience in your children.**



## 1. ENCOURAGE HEALTHY RISK-TAKING

It is natural for parents to want to keep their kids safe. With so many advances children's toys and play areas that a lot of risk is eliminated. It has become more important to find ways for children to take healthy risks and push beyond their comfort zone. Examples include trying a new sport, participating in the school play, or starting a conversation with a new friend. When you teach your children that the courage they show in doing something brave and difficult is more important than the outcome, they learn to cope when things don't turn out perfectly or as expected.

## 2. BOUNCE QUESTIONS BACK + HELP PROBLEM SOLVE

We've all been there. Your child comes to you with a problem or a question and your natural response to fix the problem or answer the question. However, before you do that, think about questions you can ask to help them contemplate the issue and come up with their own solutions. They'll experience a feeling of satisfaction and strength realising that they can work these 'hard' things out. This sense of 'mastery' will mean they will be less likely to be reactive to future stress and more likely to handle future challenges. Of course, sometimes providing the answers and giving them a

“... Embracing mistakes helps promote a growth mindset and gives kids the message that mistakes help them learn...”

sense of stability is exactly what they need to find the strength to move forward. The important thing is not to do it every time.

### 3. MISTAKES HAPPEN – EMBRACE THEM

Avoiding failure often leads to highly anxious kids who lack resilience. When focusing on the end results, kids can get caught up in the cycle that tells them they either succeed or they don't, leading them to avoid risk. Embracing mistakes helps promote a growth mindset and gives kids the message that mistakes help them learn. To help encourage this thinking, talk about a mistake you made and how you recovered from it. Then talk through their mistakes when they happen and ask them to identify the lessons they can learn from it. The ability to reframe mistakes in ways that feel less threatening is linked to resilience. Research has found that children who have a growth mindset are more likely to show resilience when things get tough.

### 4. TEACH DELAYED GRATIFICATION

We live in a world where businesses have been established due to our need for instant gratification – think Spotify, Netflix, Uber Eats. However, resilience means understanding you can't always have what you want as soon as you want it. Psychology teaches us that people who can accept delayed gratification lead happier, healthier lives. Without this ability to defer pleasure and reward, our kids are losing an important skill for their wellbeing.

One of the best ways to teach it? Playing board games. These require impulse control, turn-taking, and mental flexibility. They exercise the rational part of the brain involved in decision-making, emotional regulation and resilience. Board games are also a good way for you to model resilience by being a good loser. But there are no shortage of other ways to encourage delayed gratification: learning a musical instrument; listening to whole albums instead of skipping from track to track online;

mastering a new sport; even watching a TV series together week by week, instead of bingeing in a couple of sittings or plant a garden from seedlings.

### 5. MODEL RESILIENCY

We know that children learn through modelling, so it should be no surprise that one of the best ways to teach resiliency is to model it. We all encounter stressful situations so as you do, use your coping and calming strategies – deep breathing can be an effective way to work through stress. Always label your emotions and talk through your problem-solving process. When experiences are normalised, there will be a safety and security that will open the way for them to explore what those experiences mean for them, and experiment with ways to respond.

**\*FOR MORE TIPS HEAD TO:  
WWW.SPRINGFREETRAMPOLINE.COM.AU/  
BEYOND-THE-BOUNCE**





# 8 IDEAS FOR BACKYARD PLAY ON WINTER DAYS\*

While restrictions are lifting and heading out to do certain activities is allowed, we're still a wee while away from being able to enjoy a lot of what we do during the winter months. Whether it's traveling to Bali to escape the heat or heading to the snowy slopes of Queenstown or even just keeping the kids active in their regular sports activities – these are now a 'next winter' thing.

So what's the backup plan? Taking children outdoors daily, even in winter, can be a healthy part of their schedule and is safe when clothing is appropriate so get the kids rugged up in their favourite coats, hats & gloves and get those little bodies moving!

Here are a few of our favourite backyard play ideas for winter.

## 1. KEEP ACTIVE ON A TRAMPOLINE

Using your trampoline is an obvious first tip! Not only is there a number of ways you can use your trampoline, the jumping and laughter will keep you warm on those crisp winter days. Decorate it with some lights so you can still get ample jumping time despite the sun going down a little earlier.

## 2. CREATE A WINTER RETREAT

Have you got a tree house or cubby house? Deck it out with all the comforts of home and set up a little winter getaway for the kids. Get plenty of blankets, pillows, even throw in a couple of hot water bottles, get the beanies and the ugg on, make some milo (not too hot), and perhaps grab some fun board games, colouring or reading books to entertain the kids. It'll feel like a real winter retreat for them (just make sure it's waterproof before you send them out in rainy weather). If you don't have a tree house or cubby house – why not build one? The weather is no longer crazy hot so it's the perfect time to get stuck into building the perfect little hideout for the kids.

## 3. SLIP N SLIDE THE WINTER WAY

Normally reserved for those hot summer days that have you wishing for cooler weather, the slip n slide can be just as much fun in winter. If the weather isn't too cold but it is raining, then this makes for the perfect





slip n slide day. Deck the kids out in their wet weather gear put the tarp down, let the rain do its thing, add some mud, grass and dishwashing detergent to really make for a bit of winter fun!

#### 4. MUD PIT EXPLORATIONS

Create a mud-pit without sacrificing your lawn by using a wheelbarrow to create a mobile mud patch for mud play in your backyard play space! It's like a portable mud kitchen, and it will provide your kids with hours of good, old-fashioned muddy play! It's a wonderful way to provide a temporary mud patch or mud kitchen in your backyard at home having to dig up a patch of your lawn. Get the toy trucks and trailers, sand toys as well as pots, pans, plates and utensils that you no longer need. The kids will undoubtedly take it upon themselves to create the ultimate in mud feasts, driving tracks, earth-moving and whatever amazing little ideas their imaginations conjure up.

Simply grab a wheel barrow, push it into the perfect place in your yard, and mix up some mud with a mixture of 2/3 potting soil, 1/3 sandbox sand, and a generous splash of water. Place a short plank across one end of the wheel-barrow to serve as a work bench.

#### 5. CHANNEL YOUR INNER MUD-IST

Let the Picasso's out with mud art. Painting with mud is a fun art activity that usually goes over well and really doesn't require many supplies. Give the kids brushes, sponges or even let them use their fingers to 'paint' on the driveway, fences, or old board. But make sure you take photos as one downpour (or splash with the hose) and the art will disappear (while you quietly say thank you!).

**\*FOR MORE TIPS HEAD TO:  
WWW.SPRINGFREETRAMPOLINE.COM.AU/  
BEYOND-THE-BOUNCE**



# HERE FOR YOU NOW, HERE FOR YOU ALWAYS

KEEPING YOUR FAMILY SAFE,  
ACTIVE AND ENTERTAINED.



**springfree**  
TRAMPOLINE  
Engineered For Safety. Built To Last.

# PLAYER DNA



springfree<sup>®</sup>  
TRAMPOLINE



# WHAT MAKES A 'FIVE-EIGHTH'?

AGILE  
MOVEMENTS

A HARD, STRONG  
PASS TO GET  
ACROSS FIELD

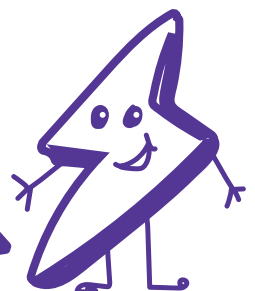
ATTACKING  
FLAIR TO  
BREAK THROUGH  
THE LINE

PLAYER DNA



QUICK FEET TO  
SIDE STEP THE  
DEFENCE

MUNSTER DOES A  
GREAT GOOSEY!  
SEND US A VIDEO  
OF YOU TRYING IT  
AT HOME! INFO@  
MELBOURNESTORM.  
COM.AU





# WHAT MAKES A 'HALFBACK'?

EAGLE-EYED  
VISION

DECISION  
MAKER - HE  
DECIDES WHERE  
THE PLAY IS GOING

SAFE HANDS

PLAYER DNA



**PUZZLE  
TIME!**



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# WHO AM I?

PUZZLE



**I am from Auckland New Zealand and debuted for the Melbourne Storm in March 2010. My debut was against the Cronulla Sharks in round 1 and I have played for Storm ever since.**

**I weigh 114kg and I'm 194cm tall and I have played as a prop for most of my career.**

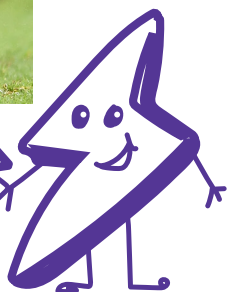
**Who am I?**



# SPOT THE DIFFERENCES & CIRCLE THEM IN THE BELOW PICTURE



THERE ARE 5  
DIFFERENCES -  
CAN YOU FIND  
THEM ALL?



# FIND ALL THE WORDS!

H K L F S M R E F E R E E H T  
T R A M P O L I N E B R P T R  
T A P G I B Z T G O O S E Y A  
E D S G N M A R C U S B A I I  
S A S O F A S O L O M O N A N  
G V G V U L I N E B R E A K I  
E Z H A L F B A C K Y D X R N  
A Z R D J B Q J F A S N W A G  
W X J E S S E B R O M W I C H  
J I N P O G L Q T B U N K E R  
O S N S P R I N G F R E E V L  
U R G G D N D Z O K C G U J O  
I N Z D E O L S O V M F L G C  
C O F W P R O P B O L T Y X K  
N G V H I G H B A L L U R T U

BUNKER

ASOFA-SOLOMONA

LOCK

WINGER

BOLTY

MARCUS BAI

JESSE BROMWICH

GOOSEY

LINEBREAK

HIGHBALL

SPRINGFREE

TRAMPOLINE

REFEREE

TRAINING

PROP

HALFBACK



# DREAM TEAM



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# DREAM TEAM

1: .....  
2: .....  
3: .....  
4: .....  
5: .....  
6: .....  
7: .....

**8:** .....  
**9:** .....  
**10:** .....  
**11:** .....  
**12:** .....  
**13:** .....  
**COACH:** .....

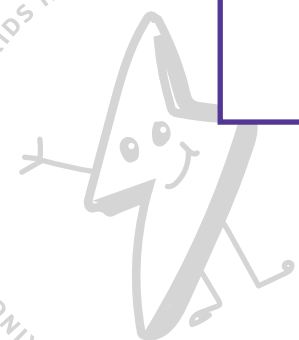
**SING THIS ONE  
LOUD & PROUD!**



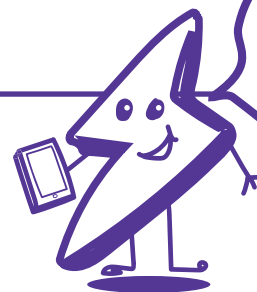
# DRAW YOUR TEAM'S MASCOT

DREAM TEAM

KIDS HUB • THANK



• STORM'S KIDS HUB



TAKE A PHOTO  
& EMAIL IT TO  
US AT [INFO@  
MELBOURNESTORM.  
COM.AU](mailto:INFO@MELBOURNESTORM.COM.AU)

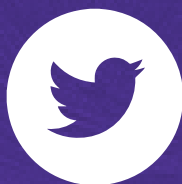


## Want to keep up to date with the latest Storm news?

Make sure you are following our social channels to keep up to date with what is happening



@MelbStormRLC



@storm



@storm



Melbourne  
Storm



# 10 YEARS OF AAMI PARK!

**10 years ago a sea of purple flooded the concrete stands at AAMI Park for the first time, at the start of a new era for the Melbourne Storm.**

**We had outgrown our beloved Graveyard but we carried with us our passion and an unwavering belief in our team.**

**In the decade since, we have all shared unforgettable moments here and together we have built a rugby league fortress in AFL heartland.**

**As AAMI Park celebrates 10 years, we celebrate a decade of record crowds, Friday night lights, thrilling finals, milestone matches and the**

**comfort of familiar sights and sounds at the venue we are proud to call our home.**

**Every corner of AAMI Park offers a spectacular view of the field, but it's the incredible atmosphere at a Storm home game that makes the stadium so special.**

**The likes of Smith, Slater, Inglis, Cronk, Munster and Finucane have graced the field in the last 10 years and the venue has become an integral part of our club's rich history.**

**We can't wait for a home game at AAMI Park to bring us together again soon.**



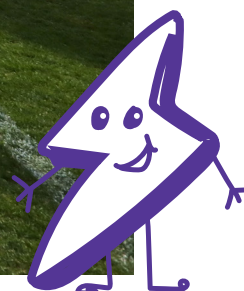
“

**It's hard to choose my favourite moments at AAMI Park – the standouts are Cam Smith's milestones, Billy's farewell and our ANZAC Day games. AAMI Park is an intimate setting to experience the incredible pre-game ceremony. The blackout, the haka and the reverence shown by both teams and the crowd is so moving.**

**Bernie – Storm Member**

”

**SHARE YOUR FAVOURITE AAMI PARK MOMENTS ON SOCIAL MEDIA TO BE IN WITH THE CHANCE OF WINNING BIG! #AAMIPARK10**





# ANSWERS

## COLOURING IN:

- 1) Round 4 2019
- 2) Golf and collecting NBA cards
- 3) Munster

## NRL STADIUMS:



## NRL TEAMS:

Brisbane Broncos  
 Canterbury Bulldogs  
 North Queensland Cowboys  
 Illawarra Dragons  
 Parramatta Eels  
 Newcastle Knights  
 Penrith Panthers  
 South Sydney Rabbitohs  
 Canberra Raiders  
 Manly Sea Eagles  
 Cronulla Sharks  
 Melbourne Storm  
 Sydney Roosters  
 Gold Coast Titans  
 New Zealand Warriors  
 West Tigers

## WHO AM I?

Jesse Bromwich

## SPOT THE DIFFERENCE:

- 1) Tigerair logo on Kenny's top
- 2) Tui's sock
- 3) Yellow sign
- 4) Yellow lightning bolt on Tui's top
- 5) Josh's shoe colour

## CROSSWORD:

H	K	L	F	S	M	R	E	F	E	R	E	E	H	T
T	R	A	M	P	O	L	I	N	E	B	R	P	T	R
T	A	P	G	I	B	Z	T	G	O	O	S	E	Y	A
E	D	S	G	N	M	A	R	C	U	S	B	A	I	I
S	A	S	O	F	A	S	O	L	O	M	O	N	A	N
G	V	G	V	U	L	I	N	E	B	R	E	A	K	I
E	Z	H	A	L	F	B	A	C	K	Y	D	X	R	N
A	Z	R	D	J	B	Q	J	F	A	S	N	W	A	G
W	X	J	E	S	S	E	B	R	O	M	W	I	C	H
J	I	N	P	O	G	L	O	T	B	U	N	K	E	R
O	S	N	S	P	R	I	N	G	F	R	E	E	V	L
U	R	G	G	D	N	D	Z	O	K	C	G	U	J	O
I	N	Z	D	E	O	L	S	O	V	M	F	L	G	C
C	O	F	W	P	R	O	P	B	O	L	T	Y	X	K
N	G	V	H	I	G	H	B	A	L	L	U	R	T	U



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