



STORM'S

KIDS HUB



Thanks to **springfree**
TRAMPOLINE

• STORM'S KIDS HUB •
THANKS TO SPRING



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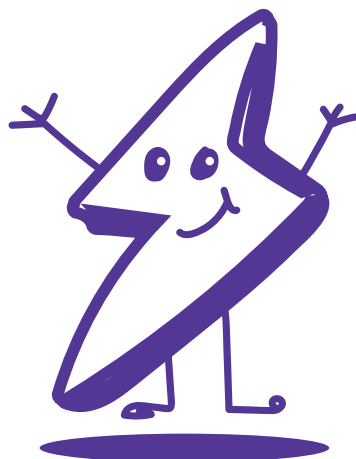
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HI!!



I'm Bolty. Thanks to Springfree Trampoline and Melbourne Storm I'm here to bring you a fun collection of activities to keep you entertained while you're staying safe at home.

Inside you'll find colouring pages, puzzles and word finds as well as something for mum or dad to read.

Look out for me across these pages for helpful tips and some fun facts! Let's have some fun!

Bolty G.
Bolty S.



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ABOUT ME!

NAME:

BIRTHDAY: / /

SCHOOL:

YEAR LEVEL:

I LIVE IN:

THERE ARE MEMBERS IN MY FAMILY.

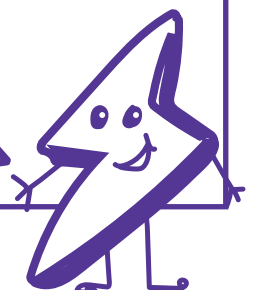
MY FAVOURITE SPORT IS:

MY FAVOURITE TEAM IS:

MY FAVOURITE PLAYER IS:



DRAW A
PORTRAIT
OF YOURSELF



COLOURING PAGES!



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

1) WHAT IS BRANDON SMITH'S NICKNAME?

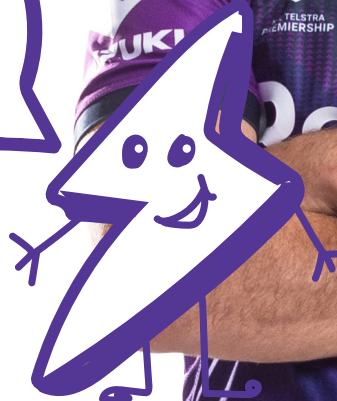
CIRCLE THE CORRECT ANSWER

- A) THE WOMBAT
- B) THE CHEESE
- C) THE WRECKING BALL

2) WHERE IS DALE FINUCANE'S HOME TOWN?

3) WHAT YEAR DID CAMERON MUNSTER MAKE HIS STORM DEBUT?

SHOW US YOUR
COLOURING IN SKILLS!
UPLOAD A PHOTO &
TAG US #YOURSTORM TO
GET THE CHANCE TO WIN
COOL MELBOURNE STORM
PRIZES!



BRANDON SMITH



NAME: _____

AGE: _____

DALE FINUCANE



NAME: _____

AGE: _____

CAMERON MUNSTER

NAME: _____

AGE: _____



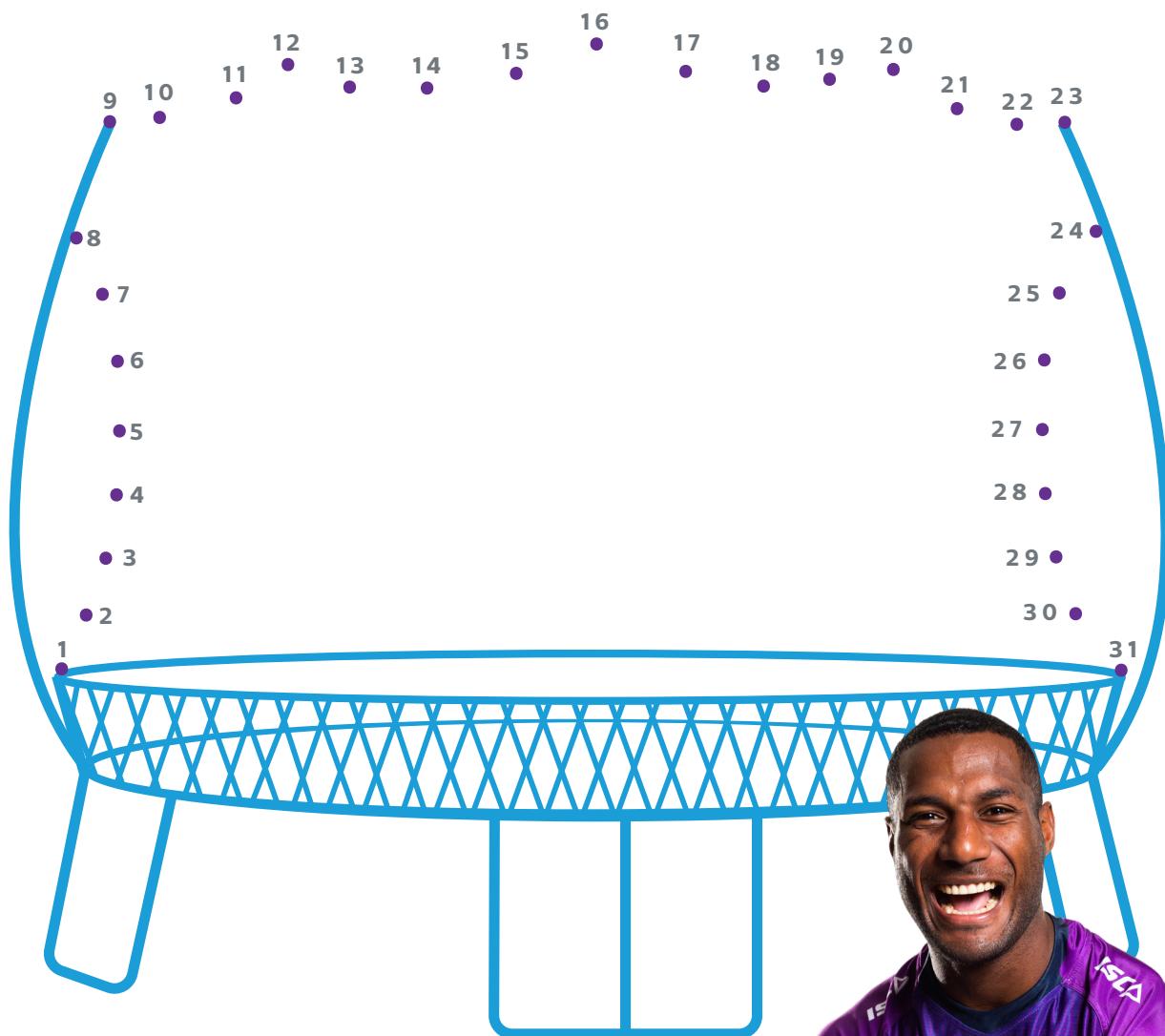
**PUZZLE
TIME!**



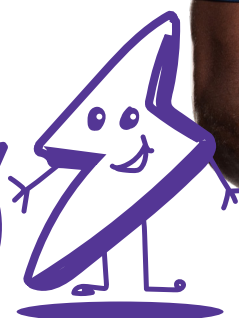
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CONNECT THE DOTS TO COMPLETE THE SPRINGFREE NET!

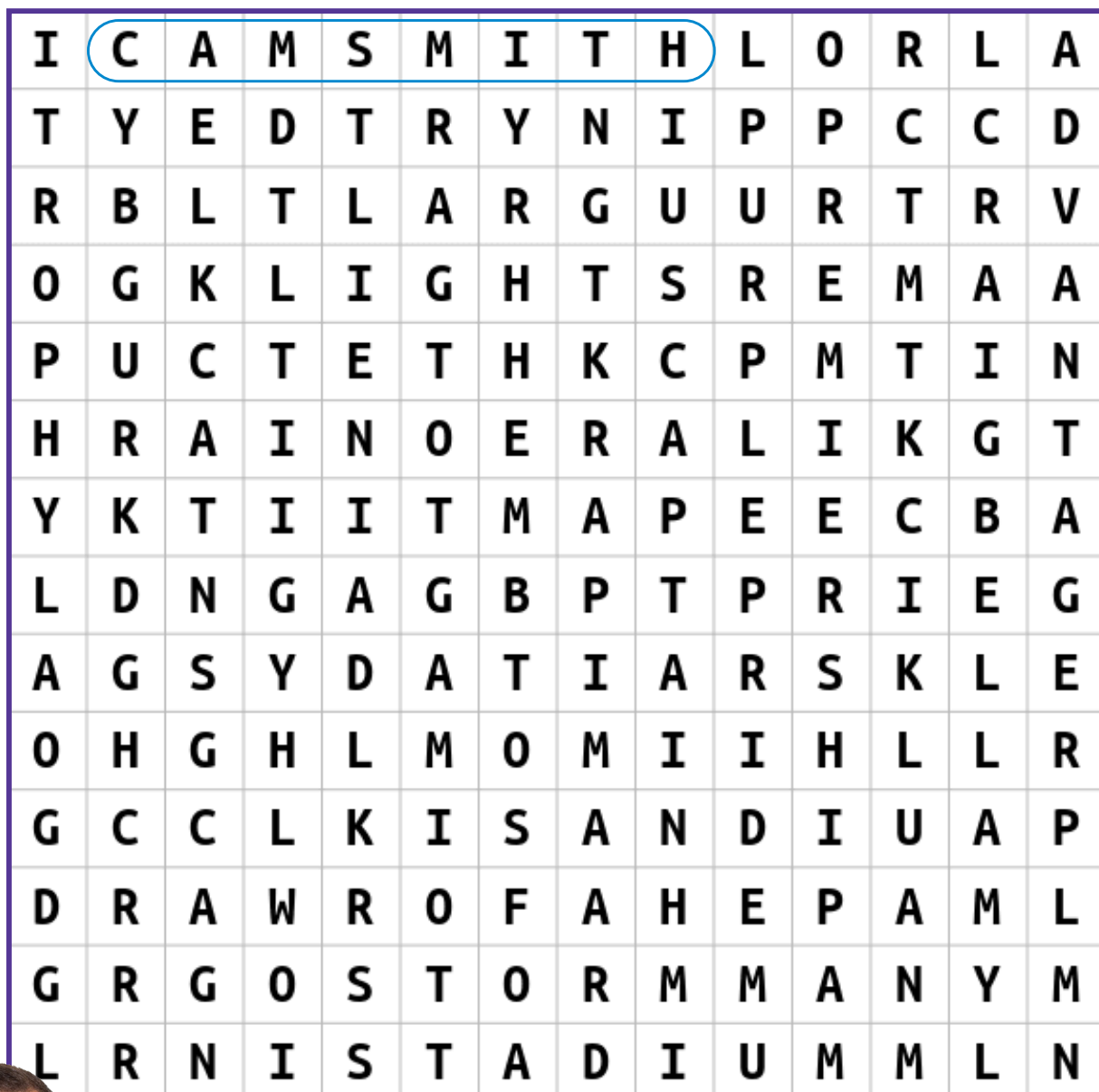
CAN YOU DRAW YOURSELF JUMPING HIGH LIKE SULI?



DID YOU KNOW
SULI CAN JUMP
NEARLY 2M OFF
THE GROUND!



FIND ALL THE WORDS!



CROSSWORD



PURPLE PRIDE
BALL
TROPHY
STORM MAN
CRAIG BELLAMY

ADVANTAGE
FORWARD
KICK
AAMI PARK
LIGHTNING
STADIUM
CAPTAIN

RUGBY
CAM SMITH
TACKLE
LIGHTS
GOAL
TRY
PREMIERSHIP
NRL

I'LL HELP
YOU OUT...
HERE IS WHERE
MY NAME IS.

SPOT THE DIFFERENCES & CIRCLE THEM IN THE BELOW PICTURE

ORIGINAL



THERE ARE 5
DIFFERENCES -
CAN YOU FIND
THEM ALL?

SPOT THE DIFFERENCES

KIDS HUB • THANK

TO SPRING

STORM'S KIDS HUB

SPRINGFREE'S PARENTS ZONE

Springfree's blog 'Beyond The Bounce' offers advice to improve your working from home arrangement, fun fitness challenges and tips on how to set up and get the best out of your Springfree Trampoline.

For more, head to their website:

www.springfreetrampoline.com.au/beyond-the-bounce



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WEARY PARENTS!

COMBAT PARENTAL BURNOUT

WITH THESE 8 TIPS*

What a world we are living in right now. Parenting is challenging at the best of times and amid the worldwide COVID-19 pandemic we have all had to take it to another level. Quick kudos to all those original homeschooling / WFH parents - we have a new understanding and appreciation.

So how exactly do we navigate our way through these testing times and not completely burn out in the process?



Here are a few tips to (hopefully) help get you through.

1. BE A "GOOD ENOUGH" PARENT

This is a frequent reminder we need to give ourselves in a 'normal' situation, but as we face this global crisis, it is even more important. The struggles you have to deal with are so different to what they were before COVID-19 and yet oddly the same. One thing to remember is you don't have to be a flawless Super Parent that has a day full of activities at the ready from 7am, perfect meals planned out and able to do all your WFH duties to top it off. Because let's be honest - that's exhausting and a really difficult standard to maintain. You might have to let your kids have more screen time during this period but balance it out with continuing to encourage them to get out in the backyard and stay active. If you don't have a backyard, find some online kids workouts for them to do in the lounge. The novelty of no school and being indoors will rub off quickly, so be patient with your kids and do your best to manage a routine and understand their needs. But the key words in that sentence is, just do your best, that is all anyone can ask for during this time.

2. LOWER YOUR EXPECTATIONS

This falls a little into the above but don't set the bar too high for keeping your children engaged. This generation has had easy access to immediate stimulation so has a low tolerance for boredom, but boredom actually breeds creativity. So if you find that the kids are bored, simply tell them to find something to do and let their creativity flourish. You might be pleasantly surprised with what they are capable of.

3. CONDUCT FAMILY MEETINGS

Use these as a time to check in with the family and manage expectations of how family members will help out, work as a team, work with the new semi-permanent environment (eg when you only have one iPad/laptop/TV – how do you manage this). As things are changing at a rapid rate around us, it is important to keep the family in check as to what expectations are and ensure everyone is on the same page. This level of communication will not only go some way to eliminating misunderstandings and certain quibbles but it will also make everyone feel involved and part of the team.

4. ACCEPT THIS IS NOT BUSINESS AS USUAL

This is the time you may need to have an honest conversation with your boss and simply advise that you may not be as productive as normal, or you may need to work slightly different hours to accommodate having your kids at home. Set the expectations with yourself and your boss to ensure you are aligned with the new arrangement.

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

**...JUST DO *YOUR* BEST,
THAT IS ALL ANYONE
CAN ASK FOR DURING
THIS TIME.**



BEST APPS FOR SELF CARE

Hands up if you have spent the last week or so dedicated to trying to keep the kids as entertained as possible while being confined to home activities only? Keep your hands up if you just need some time out. There is no denying that being homebound has its challenges. All of a sudden working in the office is looking pretty sweet. But without knowing when we're going to return to 'normal life' we need to ensure that we don't burn out while making sure that the rest of the family is ok because that will just land us where we don't want to be... unable to make sure the rest of the family is ok!

All it might take is a 5-minute break while the kids are having lunch or they're happily playing on their Springfree trampoline, or they're immersed in their online school learning. The dishes, emails, washing, toys on the floor can all wait 5 minutes as you indulge in a little self-care.

Download one or all of these apps to help provide you with some downtime.

1. HEADSPACE guides meditation beginners through mindfulness techniques to help you achieve balance in this very unbalanced world. And the best thing is you don't need to block out a lot of time - two- to three-minute meditations exist for when you need to pause and centre yourself in the middle of a stressful day.

2. SHINE allows you to prioritize mental health by helping set personal growth goals, sending daily motivational texts, and providing "Shine talks" on everything from stress and anxiety to self-love to burnout

3. GOODREADS connects millions of readers for free. And if there's anything we are seriously lacking right now it's connection.

4. COLORFY, your digital colouring book. You may recall sometime ago, the trend of colouring in to help relax and meditate. Well this is essentially taking that trend and turning it digital.

5. THE FIVE MINUTE JOURNAL

app is what it sounds like. Start taking five minutes out of our day to reflect and focus on the positive.



PLAYER DNA



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WHAT MAKES A 'WINGER'?

PLAYER DNA

SWIFT LIKE
AN EAGLE

STRONG GRIP
TO HOLD THE
FOOTY TIGHT

QUICK FEET

LIGHTNING
SPEED

SPRINGS IN
FEET TO
JUMP HIGH!

WHAT MAKES A 'LOCK'?

FEARLESS
RUNNING AT THE
DEFENSIVE LINE

HIGH
TACKLE
RATE

STRENGTH OF
STEEL

ENDURANCE TO
GET BACK UP AFTER
HARD TACKLES



PLAYER DNA

DREAM TEAM



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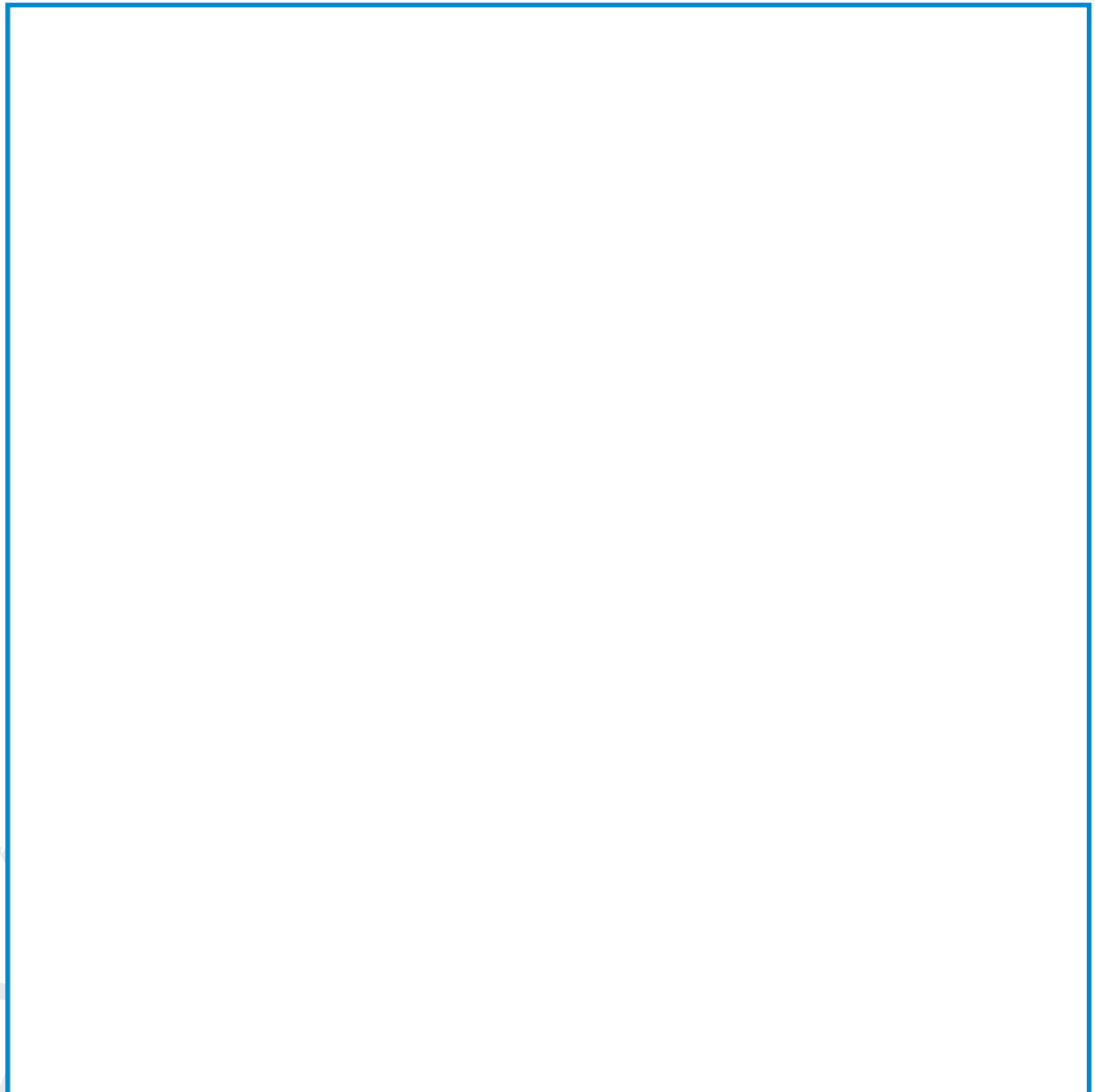
DESIGN YOUR RUGBY LEAGUE DREAM TEAM!

WHAT IS YOUR TEAM NAME?

WHAT ARE YOUR TEAM COLOURS?

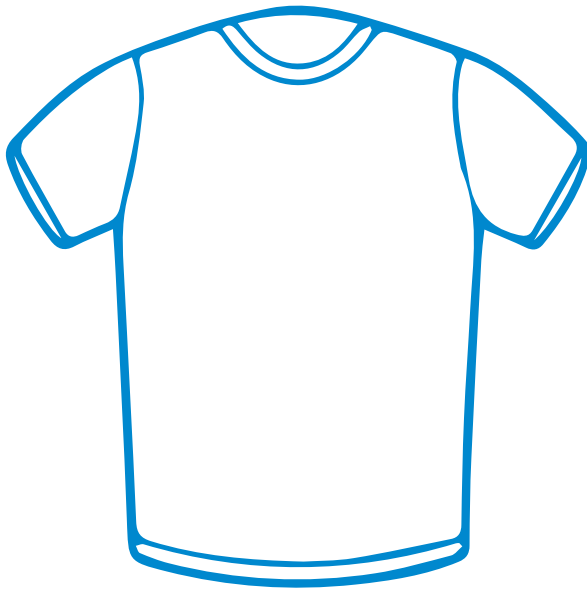
WHERE IS YOUR HOME GROUND?

DESIGN YOUR TEAM LOGO:

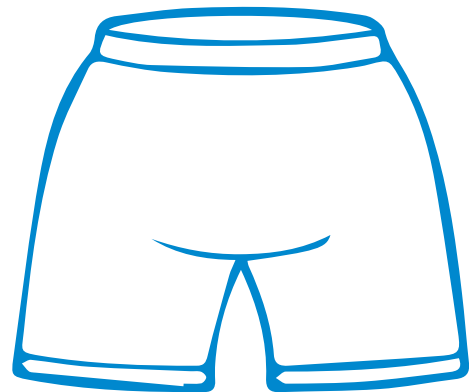
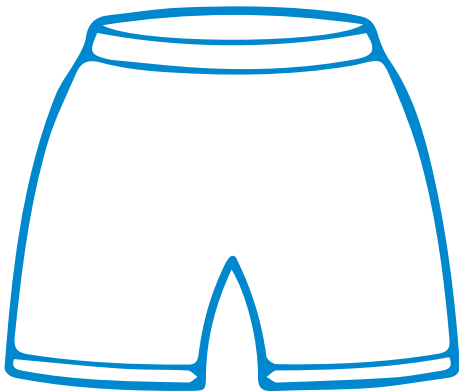
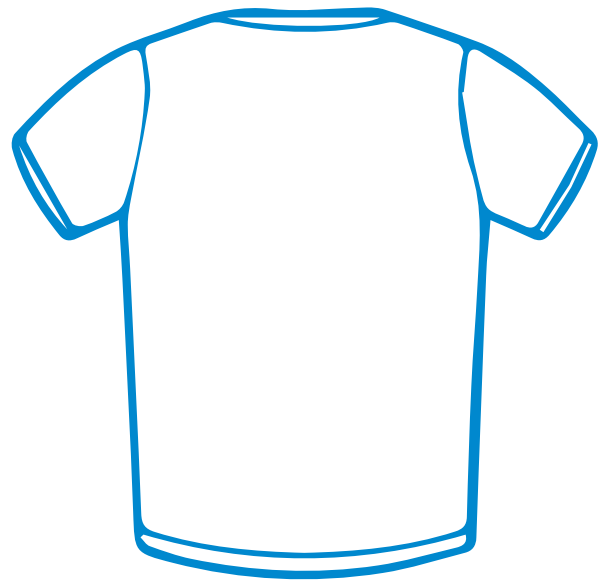


DESIGN YOUR TEAM JERSEY

FRONT



BACK



DREAM TEAM



TAKE A PHOTO
& TAG US
#YOURSTORM

MELBOURNE

STORM



(Back Row) Paul Momirovski, Jahrome Hughes, Tom Eisenhuth, Max King, Isaac Lumelume,

Brandon Smith, Justin Olam, Ryan Papenhuyzen

(Middle Row) Ryley Jacks, Albert Vete, Cooper Johns, Suli Vunivalu, Tui Kamikamica, Tino Fa'asuamaleaui, Nelson Asofa-Solomona,

Aaron Pene, Brenko Lee, Darryn Schonig, Nicho Hynes, Marion Seve

(Front Row) Cameron Munster, Felise Kaufusi, Dale Finucane (Co-vicecap), Jesse Bromwich (Co-vicecap), Craig Bellamy (Coach),

Cameron Smith (Captain), Sandor Earl, Christian Welch, Josh Addo-Carr

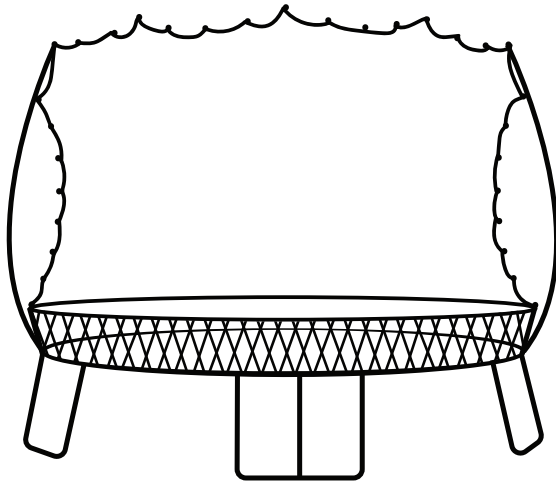
Absent - Kenneath Bromwich

ANSWERS

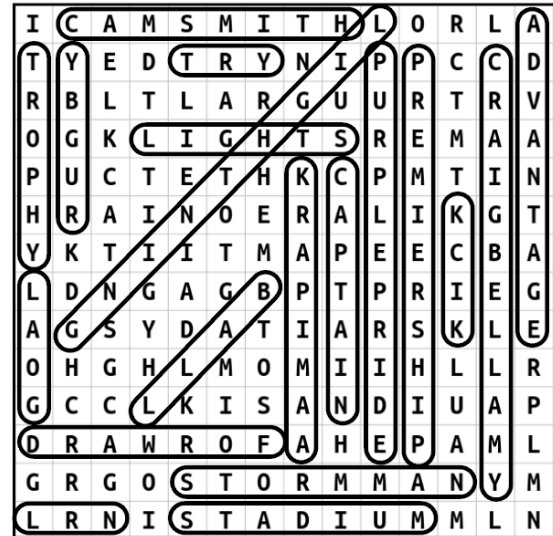
COLOURING IN:

- 1) b) The Cheese
- 2) Bega, NSW
- 3) 2014

CONNECT THE DOTS:



CROSSWORD:



SPOT THE DIFFERENCE:

- 1) Paps shoe stripes
- 2) Referees front of shirt 'YOU' insurance
- 3) Blue #1 on Paps jersey
- 4) Kenny is in the picture
- 5) Storm logo on Paps shorts





**Free hoop or free tgoma with
any Springfree purchase.**

Use these promo codes to unlock the special offers

YOURSTORMHOOP20

YOURSTORMTGOMA20

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Offer Date: 1 Mar – 31st Dec 2020 | **T&Cs apply