



2 - 3
years

PLAY & LEARN

ACTIVITIES AND LINKS TO KEEP YOUR LITTLE ONES HAVING FUN WHILE THEY ARE AT HOME.



Ensuring the health, safety and wellbeing of children and staff is our priority. Should your child not be able to attend Fit Kidz due to illness or infectious disease, these Play & Learn suggestions may come in handy. Thank you for your support and understanding during this evolving COVID-19 crisis. Please be assured that Fit Kidz is taking every possible measure to help slow the spread of this virus. We would like to wish all of our Fit Kidz families a very Happy Easter.
– Kind Regards, Fit Kidz Learning Centres

QUICK SET UP ACTIVITIES

TISSUE PAPER AND CONTACT COLLAGE

You will need: a piece of sticky contact; tissue paper or cellophane and masking tape. Peel off the backing paper to your piece of contact and tape to a door (with the sticky side facing you). Together cut or tear up pieces of tissue paper into small shapes and place in a bowl or tray. Encourage your child to press them onto the contact sheet. These look great when the sun comes shining through the colours!

EASTER BUNNY CARROT & OAT BLISS BALLS

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|-----------------------|---|
| 3 medium carrots | 1 TBSP coconut oil or other light flavoured oil |
| 1 Cup oats | 1 tsp cinnamon |
| 1 Cup sunflower seeds | 1/2 tsp ginger, dried (optional) |
| 1/2 Cup dates | Desiccated coconut for rolling |

Place carrots in a sturdy food processor and blitz until very finely chopped. Add remaining ingredients, excluding the desiccated coconut and blitz until the mixture comes together into a large ball. This may take some time, 5 or so minutes of blitzing but be patient it will get there. Using a teaspoon form balls, the mixture will be quite sticky (because of the water content of the fresh carrot) , but the texture improves once you roll in coconut and refrigerate. If you keep your hands damp it stops the mix sticking to your fingers, Get the kids involved they will love the mess! Roll the balls in desiccated coconut and refrigerate.



COLOURED SPONGE JENGA

Choose a few new sponges in different colours and cut into 2cm wide strips to make your Jenga blocks. This is such a fun activity as you take it in turns to build a tower.

RAINBOW SORTING

If you have any cardboard roll tubes and pom poms at home why not create this fun colour sorting activity which develops both thinking skills and fine motor skills. Find your pom poms and paint your tubes the same colours as the pom poms. Tape the rolls to a big container, provide tongs or tweezers and voila! You could also use Lego blocks if you don't have pom poms.



RELATIONSHIPS AUSTRALIA

At Relationships Australia NSW, they are committed to helping individuals, families and communities improve their relationships and overall wellbeing. If you'd like to talk to a counsellor and get support, please visit their Counselling page. You can get free counselling on the phone or online <https://www.relationshipsnsw.org.au/support-services/>

STORYTIME FROM SPACE

While in space, astronauts are videotaping themselves reading these books to the children of Earth. These videos are being edited and placed on this Story Time From Space website- look under the heading "Story Time Videos". <https://storytimefromspace.com/>

LEARNING POTENTIAL

The free Learning Potential app and website is a support tool for parents who want some ideas on the things they can do to support their child's learning at home. It provides general information for parents should you wish to use it. <https://www.learningpotential.gov.au/>

HEALTHY KIDS

Parents and carers have the most critical role of all in keeping children healthy. This section provides information for parents and carers about healthy lifestyles for children. <https://www.healthykids.nsw.gov.au/parents-carers.aspx>

Let's Explore

ACTIVITIES WITH MINIMAL RESOURCES



RAINBOW FOAM

This is one of those fun activities that's quick, easy, and soooo open ended. All you need is: 2 Tbsp of dishwashing liquid (or bubble bath if your child has sensitive skin); 1/4 cup water; a mix master and food colouring. In a bowl, add 2 Tbsp of dish soap and 1/4 cup of water. Add food colouring to the mix if desired. Mix on the highest possible setting for 1-2 minutes. Your foam should be able to form stiff peaks that hold their shape. Scoop it out into your container and repeat as necessary until you have the desired amount of foam!



RAINBOW FAMILY FOOTPRINTS

What you need: willing family participants!; acrylic paint in rainbow colours; paintbrushes; and a tub to clean your foot afterwards. Paint stripes of colour on each family members foot and print onto paper (you could frame it once it is dry) or a canvas. Hang for the whole family to admire. You could also do family handprints!!)



THEME BASKETS

You can build a story bag, basket or box around a new story or old favourite. You will want to include a copy of the book (of course!) and then a small collection of props that will help you to give the story life – to lift the words off the page and stimulate imaginations and interest while making sure the story is meaningful and fun!

Some common materials used in story bags and baskets that you could start with include: Soft toys; Farm/zoo animals; Little people/Lego figures; Small boxes; Sticks/grass/hay/wood cookies Finger and hand puppets; Visual aids, cards, calendar pictures, coasters; Textured material; Mats, cloths, placemats.

EASTER ACTIVITIES



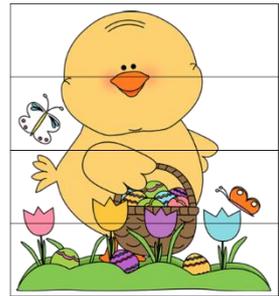
POP STICK EASTER BASKETS

What you need: a paper cup; pop sticks; pipe cleaner; acrylic paint; craft glue; paintbrushes. Make a hole on either side of the cup then encourage your child to poke the pipe cleaner end through each hole and knot or bend up. Using craft glue, attach the pop sticks around the outside of the cup. Ensure the glue is completely dry before painting. Great for holding some goodies this weekend!!



PRINTABLE EASTER PUZZLE

On the next few pages you will find some fun Easter activities that you can print off and cut out and add to your learning adventures this weekend. *Tip: They will last longer if you can laminate. You could do this as a stand alone puzzle or extend by providing another piece of paper and a glue stick for your child to glue the puzzle back together.*



SIZE SEQUENCING

In this handout you will find printable size sequencing cards. Print and cut out. Encourage your child to place these in order from smallest to biggest or biggest to smallest.

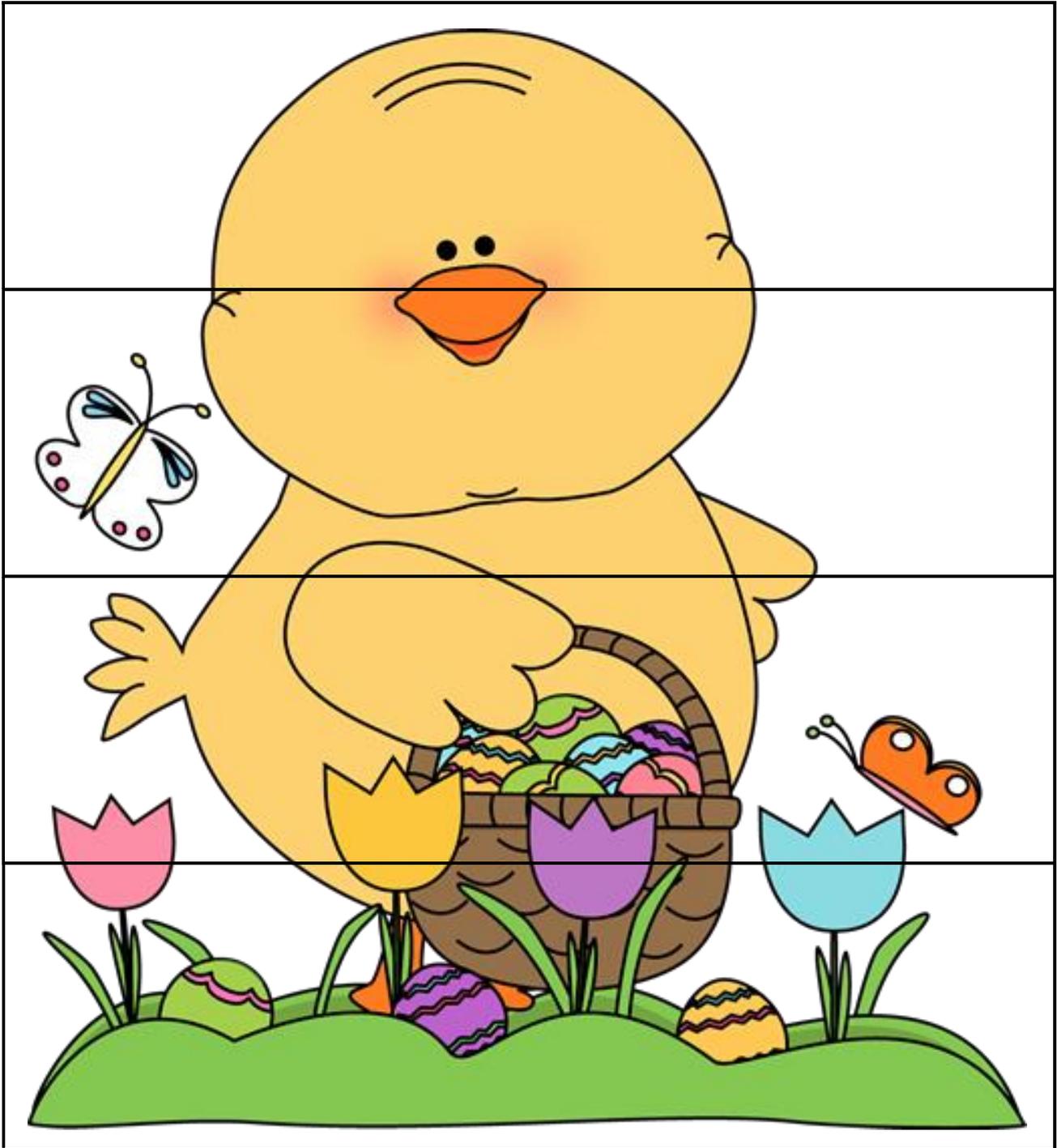


AFTER ILLNESS RETURN TO FIT KIDZ REQUIREMENTS

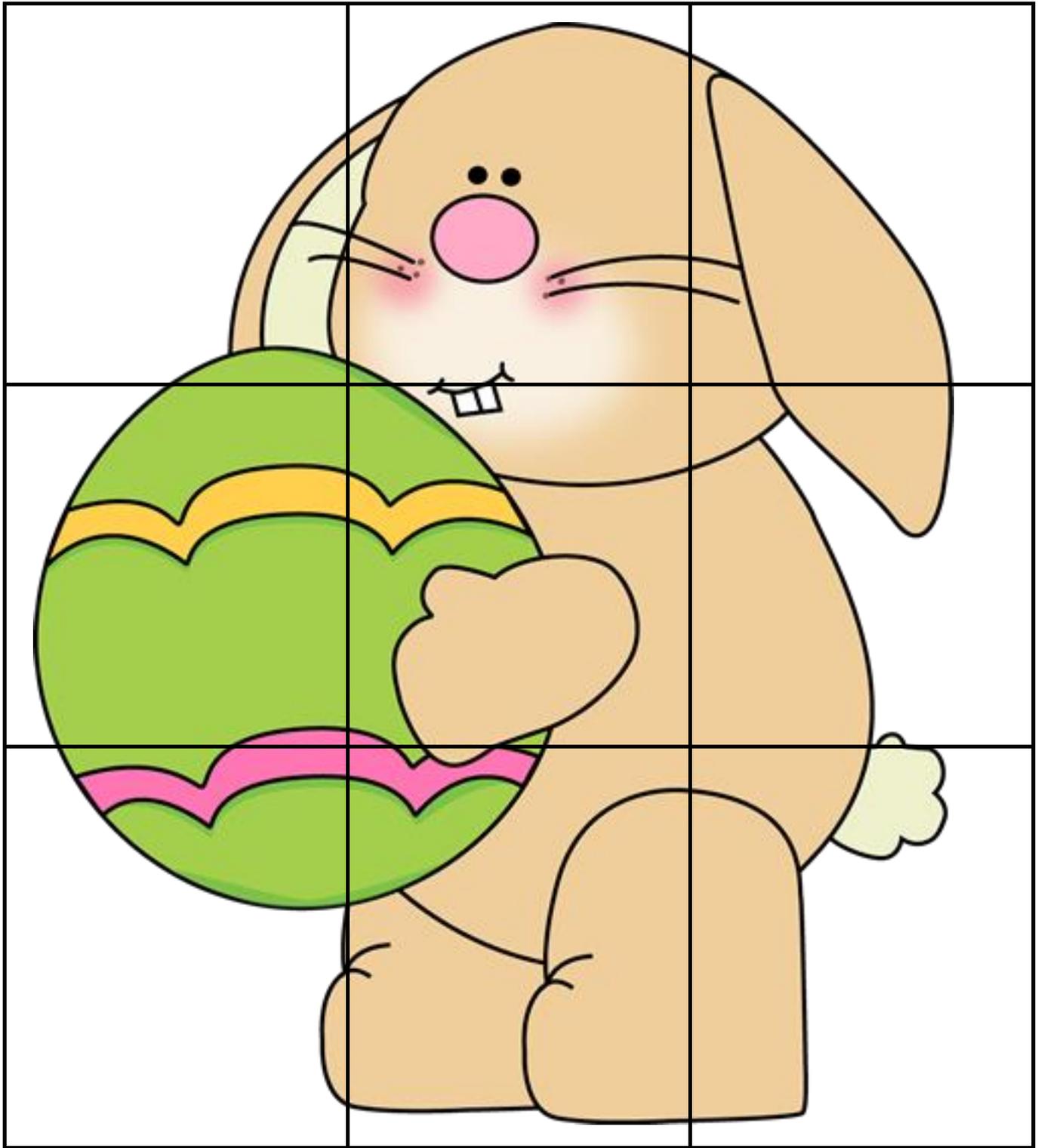
At Fit Kidz, we follow the recommended guidelines from *Staying Healthy in Childcare* and our own Centre Policies (Sick Children & Medication Policy; Infectious Diseases Policy ; Immunisation & Disease Prevention Policy) and depending on your child's illness, your Centre Director may require a Doctor's Certificate and/or a certain exclusion period to be observed.

Please call (02) 9627 0777 or email info@fitkidz.com.au if you have any questions

Easter Puzzles



Easter Puzzles



Size Sequencing

