



Big School
years

PLAY & LEARN

ACTIVITIES AND LINKS TO
KEEP YOUR CHILDREN
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

FAMILY TIME CAPSULE

A family time capsule is a box of memories to be opened some time in the future. Items to put in could include: photos; measure of children's heights and weights (you could use a piece of string for each child and attach a tag with their name and details); handprints or artwork; letters to your children from parents or grandparents; current newspaper or magazine; a letter to your future self or dear diary and describe how you felt during the Covid-19 isolation or favourite songs. If you decide to bury your time capsule in the backyard ensure you place it in a metal and moisture proof container so your memories can be preserved. As a family, also decide how long until you are going to open your time capsule and make sure you record it so you don't forget. Enjoy!

ORIGAMI

Origami – You can print some of our free printable origami paper or just cut squares from newspaper. Start with something simple like an origami bunny, then try some harder things like a gift box with a matching lid.

MAZES

Mazes – mazes are great for a quick activity to break a mood, or fill in a gap. Here are a range of easy to hard mazes to suit your child's experience and interests. <https://krazydad.com/mazes/>

MAKE A STRING BOWL

To make a string bowl you will need – String; Craft glue; Paint brush; Scissors; Cling wrap; Bowl to act as a mold; Begin by covering your existing bowl with 3 layers of cling wrap and painting lots of glue over the top layer. Cut half a metre of string and begin winding it around your fingers to make a flat disk (as shown above). Place it on top and using the end a new piece of string begin winding it around the disc.



FUNNY BUNNY FACES GAME

Each player takes turns rolling the dice. Start by rolling to decide which style of bunnies cheeks you will be drawing. Once everyone has drawn their cheeks, roll again to decide which face, then nose etc until you have a complete silly bunny face. Click on the link here to print out the bunny face chart. You will need some pencils or texas and paper as extra resources. <http://www.housingaforest.com/wp-content/uploads/2013/03/Funny-Bunny-Game-1.pdf>



BEYOND BLUE SUPPORT – RAISING RESILIENT CHILDREN
 From learning about emotions to helping your child manage anxious feelings - when it comes to primary school kids, they've got you covered. <https://healthyfamilies.beyondblue.org.au/age-6-12>

MAGGIE DENT PODCAST
 Join one of Australia's favourite parenting authors and educators Maggie Dent on Parental As Anything, to get tips and answers to your real-world parenting dilemmas. <https://www.abc.net.au/radio/programs/parental-as-anything-with-maggie-dent/>

ABC EDUCATION
 ABC Education brings you thousands of free, curriculum-linked resources for Primary and Secondary students and teachers. <https://education.abc.net.au/home#!/home>

TARONGA TV
 Over the coming weeks Taronga will be bringing its two beautiful zoos directly into your living room! Tune in daily to see your favourite animals, meet our friendly keepers and learn what goes on behind the scenes at Taronga while our zoos are temporarily closed. <https://taronga.org.au/taronga-tv>

Let's Explore

ACTIVITIES WITH MINIMAL RESOURCES



WHAT AM I EATING?

Tweens loves playing this game. They blindfold one person and raid the cupboards to find items for them to taste. Things like honey, soy sauce, mustard, frozen pea, marshmallow etc. all work well. The blindfolded person must try and guess what they have been given to taste..... and it is probably best to supervise the food choices!



BALLOON PING-PONG

All you need is some balloons and either table-tennis bats, or make your own bats using paper plates and sticks for handles. Set up an area outside and go!



GEOGRAPHY GAME

The first person starts with a geographic place name and the next person has to think of a place name that starts with the last letter of the previous place. No googling. This could be local places to visit or your could make it more difficult by naming cities or countries.



CHARADES

Classic indoor games for kids never get boring!

Charades can be played with any type of word or phrase, but with kids you may find that movie titles, television programmes and popular tween literature work best.

EASTER ACTIVITIES



EGG DECORATING

Painting Easter eggs is fun and easy to do, lots of people buy egg decorating kits, but what most people don't know is that you can make beautiful Easter eggs with supplies out of your own cupboard. <https://www.kidzworld.com/article/26746-how-to-paint-easter-eggs> In this link you will be able to learn how to dye your eggs first. Once dry take a fine brush and get decorating!



CHOCOLATE NESTS

Add 100g of butter, 1 tbsp cocoa powder, 50g milk chocolate buttons and 75g of golden syrup in a bowl. Microwave on high for 1.5mins and mix together. Crumble 4 Shredded Wheat over the bowl and mix with rest of ingredients. Place a generous spoonful in each of 12 bun case (the nests). Press the centre of each nest down slightly to form a dip and place 3 chocolate mini eggs in each dip. Chill for 30 minutes before serving.



MAKE EASTER CARDS

Some colouring pencils or crayons, paper and a scissors are just about all you need to make some cute Easter cards. Not only is this one of our favourite Easter activities for kids of all ages, it's a great keepsake to send to grandparents and loved ones.



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

