



PLAY & LEARN

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

2 - 3
years

Thank You

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. – Kind Regards, Fit Kidz Learning Centres

QUICK SET UP ACTIVITIES

TIGER TAILS

Show your child pictures of big cats such as tigers, lions, leopards, and cheetahs. Explain that the two of you will pretend to be tigers (or lions, leopards, etc.). Tuck one end of the fabric into the back of your child's pants and explain that this is his "tail". Say, "I'm going to get your tail!" and encourage your child to run away. Chase your child and snatch his tail. Change roles and tuck the fabric into your own pants, and then encourage your child to chase you. Make "big cat" noises as you play (tiger, lion, etc.) This activity develops Agility, Balance, Speed, and early running. Variation for older children: Create "safe" places where you are not permitted to grab tails. Then encourage your child to run from one "safe" place to another without having his tail snatched. You can "prowl" around at a distance and give him the opportunity to decide whether or not he is safe to run.

STONE MATCHING GAME

Head outside and collect various sized stones when out on a walk or even in your own backyard. Trace around each stone with a texta onto a piece of paper and then place stones you used in a bowl. Encourage your child to find the matching stone outlines. Why not try a matching game with other natural items. Unusual leaf shapes, twigs, flowers etc.

ANIMAL BALL TOSS

Throw and catch these animal positions:

- Bend your knees and get low like a duck
- Reach up high like a giraffe. Now throw!
- Stand with your feet wide like a bull
- Stand on one foot like a flamingo



BALLOON GAMES

Balloon movements are unpredictable. These silly balloon games develops balance, timing, and had-eye co-ordination.

- Balloon volleyball
- Balloon tennis with a paper plate
- Balloon bounce and catch
- Balloon bounce against a wall
- Catch a balloon in a bucket
- Balloon tetherball: attach a balloon from the clothesline. Tap it then catch it!

RECYCLED WATER PLAY

Using what we have to create this amazing invitation to play. Attach empty milk bottles with cut outs to a fence or board with a small tray of water at the bottom. Provide pouring items eg watering cans, measuring cups/jugs, funnels to increase their exploration.



FAMILY FUN CARDIO FITNESS

Clear a space in your lounge room and the whole family can join in this fun fitness experience!

<https://www.youtube.com/watch?v=5if4cjO5nxxo&fbclid=IwAR3o7Vt3lNUAuOygl53sTtl-lhy4mpV4-KmnR49dW60OVh19nltAXSxv9ug>

DRIVEWAY AND ROAD SAFETY FOR CHILDREN WITH ELMO

As part of the campaign, a number of educational resources have been developed for families including an iPad app, e-Book, storybook with associated learning experiences and a television and radio Community Service Announcement.

<https://kidsafe.com.au/elmo-stays-safe/>

PARENT WORKS PARENTING PROGRAM

ParentWorks is a free online program for Australian parents and caregivers of children 2 to 16. It provides evidence-based parenting strategies to improve parenting skills, confidence and child behaviour. <https://parentworks.org.au>

RANGER RICK

With schools, offices, and other public spaces closing across the country, they want to help you stay entertained and engaged in the natural world. So they are making their website free to all visitors through the end of June. They have also made the current digital editions of their magazines free to the public for the next few months. <https://rangerrick.org/stuck-indoors/>

Let's Explore

ACTIVITIES WITH MINIMAL RESOURCES



MUSICAL ART

Put on a variety of different music with different tempos. Provide children with lots of paper and art supplies so they can draw to the music. You will see how the music will influence the style of your child's drawing.



MAIL A HUG

A fun and easy way to send some love to a friend or family member during this time. Trace around your child's head and arms and encourage them to decorate by drawing, painting or collage. You could fold inside a card or add a special message to your paper person.



COTTON WOOL BALL RACE

Using straws and cotton wool balls, set up an area on a table or floor. Using a straw you need to blow the cotton wool ball all the way to the other side! Why not have a race between family members and see who's cotton wool reaches the other side first.



KITCHEN SCIENCE FUN

Using bicarb soda, vinegar, food colouring and eye droppers create a fun science experiment in your kitchen. Onto the bicarb soda and food colouring, drop vinegar and watch what happens! Tip: this will be a messy experiment so use small containers with a tray underneath to catch overflow 😊

MENTAL HEALTH & WELLBEING DURING COVID-19

#InThisTogether
Tips for your mental health and wellbeing during COVID-19

- Seek support: If you're not feeling OK.
- Follow the facts: Avoid the scrolling.
- Talk: Don't just type.
- Routine: Helps create new daily routines.
- Take a break: Take a break.
- Helpers: Need help too.
- Reach out: To those who may feel more connected.
- Stay connected: Get creative in the ways you connect.
- Get sweaty: Exercise is great for your mental health.
- Check-in & be kind: To yourself.
- Keep kids communicating: Let children know it is OK to be worried and talk it out.
- Financial stress is real: Talk about it.
- Play your part.

If you need to talk, these free support lines are here to listen 24/7:
Lifeline 13 11 14 | Beyond Blue 1300 22 4636 | Kids Helpline 1800 55 1800

National Coronavirus Helpline 1800 020 080 or headtohealth.gov.au

Australian Government
National Mental Health Commission

We are #InThisTogether. While we are keeping physical distance, staying socially and emotionally connected is more important than ever. Mental health organisations, experts and leaders have come together to develop practical tips to support our mental wellbeing during this time.

Here are some essential tips for looking after your mental health and wellbeing. From checking-in on those who need it, to staying active where you can - we all need a little extra support during this time. So let's be kind, stay connected and encourage people to seek support when they need it. <https://coronavirus.beyondblue.org.au/>

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