



3 - 5  
years

# PLAY & LEARN

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

## 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

### SHAPE BOWLING

Find different objects to use for bowling pins, like blocks or plastic cups. Set them up in different ways. Try forming shapes like circle, triangle and square formations. Roll the ball slowly then quickly. Try standing closer then further away.

### PLAY WITH LINES

Draw large lines on a piece of paper and let your child cover them with beads, pom poms, collage pieces or buttons.

### MYSTERY BAG GAME

Put common objects into a bag or a covered basket and with using your hands only, guess what they are.

### GET OUT INTO THE GARDEN

Why not set up your Autumn veggie or herb garden. You don't need a large space to even plant vegetables, all you need is a pot, some good quality potting mix and some vegetables (for eg. Lettuce, carrots, cherry tomatoes, radish, baby spinach, chives, parsley, thyme)

### SOUND GAMES

Match common objects to their sounds. Behind a pillow or a shield of some type, collect a few household objects that make sounds. One at a time make the sound with the object and encourage your child to identify what the object is.

### NUMBER GAMES

On a piece of card for each, write a number and encourage your child to place that amount of match sticks, twigs or any other item you could use for counting underneath the matching number.

## Fit activity for kids what's your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

### FITNESS FUN NAME ACTIVITY

Spell out your full name by completing the activity listed for each letter. For a greater challenge, include your middle name and even surname or a family member's name!



**SCHOLASTIC**

The Scholastic website contains enough games, stories, printables and videos to keep kids entertained, and learning something new, for ours. <http://www.scholastic.com/parents/play/>

**ABCYA**

ABCya provides over 400 fun and educational games for grades PreK through 6. Our activities are designed by parents and educators, who understand that children learn better if they are having fun. <https://www.abcya.com/grades/prek>

**NASA KIDS CLUB**

For all budding astronauts! <https://www.nasa.gov/kidsclub>

**DISNEY JUNIOR**

Get creative with Disney friends. <http://disneyjunior.disney.com.au/>

**THE WIGGLES**

Have fun with The Wiggles. Emma, Lachy Simon and Anthony and their Wiggly friends, Captain Feathersword, Dorothy the Dinosaur, Wags the Dog, Henry the Octopus and Shirley Shawn the Unicorn. Draw, colour, download and view photos and videos of your favourite Wiggle! <https://www.thewiggles.com.au>

Let's Explore

**ACTIVITIES WITH MINIMAL RESOURCES**



**SHADOW TUBES**

Such a fabulous idea for story telling and imagination. Empty cardboard paper towel rolls, plastic wrap, sticky tape, stickers or draw and cut out your own paper/card characters. Shine a torch through and inspire your little story tellers.



**DINOSAUR PHONICS NESTS**

With young children it is important to give them a chance to play and learn. Build a dinosaur small world or maybe some dinosaur nests like this family. Make some letter stones and a word list to practice reading and building words using the 'stone eggs'. For younger learners you could simply use them for the sounds or letter names of the alphabet or their own name instead of words.



**CARDBOARD ROLL HAIRCUTS**

To prepare this activity cut paper towel rolls in half to make double. Draw funny faces on the rolls and then cut slits all around the top. This activity is a fun way to encourage children to practise those scissor skills and strengthen fine motor skills. As an extension to this activity you could invite your child to first give the cardboard roll people crazy hair colours using markers, then a haircut.

**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: Reduce the scrolling
- Talk: Don't just type
- Routine: Helps create new daily routine
- Take a break: Help too
- Helpers: Reach out to those you care about
- 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 if you can
- 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](http://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](mailto:info@fitkidz.com.au) if you have any questions