



PLAY & LEARN

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

Big School years

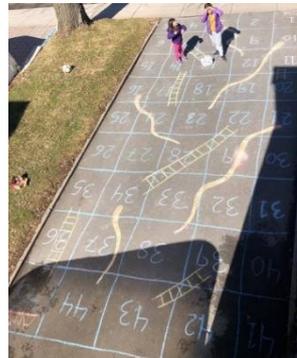
Thank You

Ensuring the health, safety and wellbeing of children and staff is our priority. Should your child not be able to attend big school 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

CHALK SNAKES AND LADDERS

Do you have a large concrete area in your backyard? Why not draw up your own giant size snakes and ladders board with chalk. Here's how to play: <https://www.wikihow.com/Play-Snakes-and-Ladders>



DRAWING SCATTEGORIES

Pick a subject, set a timer, and try to draw as many related things as possible before the timer goes off!



BALL COUNTDOWN CHALLENGE

- Toss a ball in the air. Catch it. 7 times.
- Bounce a ball. Catch it 6 times.
- Bounce a ball (high enough to go above your head) then catch it. 5 times.
- Throw a ball up. Let it bounce. Catch it. 4 times.
- Bounce a ball under your leg. 3 times.
- Bounce a ball. Spin. Catch it. 2 times.
- Throw a ball above your head, spin, let it bounce, then catch it. 1 time.

MUSICAL CHAIRS

Get your dancin' shoes on! This game is best with at least 4 or more playing and 1 additional person to stop the music (or someone could use a remote). Set up a few chairs or alternatively replace the chairs with cushions. When the music is on, dance your way around in a circle. When the music stops, be one of the first to sit on the chair or cushion. After each round, remove a chair or cushion to make it more difficult.

ANIMAL CHARADES

Before playing, first print off a page of animal pictures. Cut out each individual animal, fold each in half, and put them in a bucket. Begin the game by having the first child choose a piece of paper. The child then needs to act out the animal silently, while the other children try to guess what animal is being portrayed. Once the animal is guessed, choose another child who has not picked a piece of paper yet, and then they get to have their fun acting. Charades games are so versatile that they can be group games for 5 year olds, one on one games for 2 kids or even adult games with no kids at all.

RUBE GOLDBERG MACHINE

The objective of a Rube Goldberg machine is to complete a simple task using a complicated series of steps. (Yes, making it complicated is actually the fun part.) My kids have built these machines at home to compete at our local county fair. Your own Rube Goldberg machine doesn't need to be nearly so involved. Your goal is to link together simple devices to produce a domino effect, in which each device triggers the next. Completing a simple task is optional and can depend on how much the children want to be challenged. Check out these ideas here on how to make your own with objects at home: <https://www.youtube.com/watch?v=ICvSowYrW4w>



HEALTHY KIDS

The information on these pages caters specifically to primary school kids aged 5-12 years. Each topic is accompanied by basic information, facts, eye-catching graphics, activities and more. <https://healthy-kids.com.au/kids/primary-school/>

WONDEROPOLIS

Welcome to Wonderopolis®, a place where natural curiosity and imagination lead to exploration and discovery in learners of all ages. Each day, we pose an intriguing question—the Wonder of the Day®—and explore it in a variety of ways. Wonderopolis was created by the National Center for Families Learning (NCFL) in 2010, and it has become one of the most popular education sites today. <https://wonderopolis.org/wonders>

ABCYA FOR SCHOOL AGED CHILDREN

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/>

EARLY CHILDHOOD AUSTRALIA – FIRST YEAR AT SCHOOL
Starting school can be stressful for children. The buildings are bigger, there are more children and they are the youngest in the playground. There are fewer adults and more rules, which they don't know and for many the classroom will be more formal.

<http://www.earlychildhoodaustralia.org.au/parent-resources/first-year-school/>

Let's Explore

ACTIVITIES WITH MINIMAL RESOURCES



LIMBO

Two players hold a soft rope or broom stick. Players take turns leaning backward and shuffling under the rope. Lower the rope after each round. (Be sure to play Limbo music!)



TEDDY BEAR HUNT

(A version of 'Hot and Cold') Hide a small teddy bear in your house - or a section of your garden. (Make sure children know what they are looking for.) You can use any small toy if you don't have a bear. Have children come into the room and search for the teddy bear. As they get closer call out "Warmer, warmer" until you get to "Hot!" As they get further away call out "Cooler, cooler" until you get to "Cold". The first person to find the bear then gets to go and hide it for the next round.



MAKE A NATURE PICTURE

Go on a walk with an adult and along the way collect a variety of natural items you could use to create a picture. Bring them home and combine with your crafty items to make a unique picture from nature!



CLOUD GAZING

This is an all time childhood favourite. Find a quiet spot (let the kids choose – it's part of the fun) and get everybody to lie down on a rug or a towel. Gaze up at the sky and see what shapes the kids can see. Let their imaginations run riot as they spot animals, wizards and all kinds of other sky creatures.

MENTAL HEALTH & WELLBEING DURING COVID-19

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

- Seek support: If it's OK to not feel OK
- Follow the facts: Pause the scrolling
- Talk: Don't just type
- Routine: Helps create a new daily routine
- Take a break: Press pause
- Helpers: Help too
- Reach out: To those who may not have someone to turn to
- Stay connected: Let others know 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's 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

