

# 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. Wishing all mums, grandmas and special friends a very Happy Mother's Day on Sunday! – Kind Regards, Fit Kidz Learning Centres

## QUICK SET UP ACTIVITIES

### RIBBON PULL BOX

It is part of a child's natural response to pull at things and to see what happens. It also doesn't matter how many times they receive the same outcome, they continue to test theories and experiment. This homemade ribbon pull box is a great activity to develop your little one's fine motor skills, a great sensory play activity and also encourage them to experiment with cause and effect. To make your own: Punch holes in a cardboard box and thread different ribbons, cords, pipe cleaners, lace etc through each hole (with a knot then tied on either end so it doesn't pull all the way through). Seal box closed with tape. You may need to demonstrate what to do a couple of times with your bub, but then let them explore the different textures, sounds and dexterity required when pulling the cords.

### SNAPLOCK BAG PAINTING

A great activity for developing your older toddler's fine motor skills. Add some paint to a snap lock bag and ensure the bag is fully sealed (TIP: Add a strip of tape over the seal). Lay the bag flat so the paint spreads to all edges. Using a cotton bud, show your child how to create a picture in the paint by pressing the cotton bud onto the bag's surface.



### IDENTIFY NOISES

Have your child identify noises that he hears throughout the day (i.e. a bird singing, a car horn, running water or the dishwasher). He will begin to understand how sounds relate to objects in his everyday environment.



### ROW, ROW, ROW YOUR BOAT

If your baby has good neck control, place your bub on your lap or on a soft surface facing you, holding hands. Start singing and completing the actions rocking forward and backward like you both are rowing a boat.

### Lyrics

Row, row, row, your boat gentle down the stream,  
Merrily, merrily,, merrily, merrily,  
life is but a dream.  
Row, row, row, your boat gentle down the stream,  
if you see a crocodile don't forget to scream!  
Row, row, row, your boat gentle down the river,  
if you see a polar bear don't forget to shiver!  
Row, row, row, your boat gentle down the creek,  
if you see a little mouse don't forget to squeak!  
Row, row, row your boat gentle to the shore,  
if you see a lion don't forget to roar!  
Rock, rock, rock, your boat gentle to and fro,  
Merrily, merrily, merrily, merrily into the water  
you go!



