

# PLAY & LEARN

2 - 3  
years

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

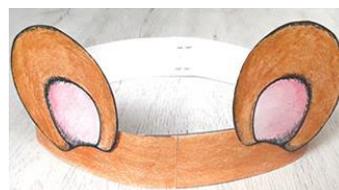
### TEDDY BEARS PICNIC

Invite your teddy bears and family members to a teddy bears picnic in your backyard! Create your own teddy bear ear headbands to wear, lay out a picnic blanket, fill a picnic basket and enjoy a picnic lunch or afternoon tea in the fresh air! You could also read books, have a pretend tea party (with water) or play hide and seek! Make sure you take a photo and share your picnic with us!

**TEDDY BEAR HEADBAND** You will need a strip of paper or cardboard and some ear shapes and crayons or pencils for decorating. Once decorated staple the ends together to create your headband to fit.

### TEDDY BEAR, TEDDY BEAR SONG

Teddy bear, teddy bear, Turn around! Teddy bear, teddy bear, Touch the ground! Teddy bear, teddy bear, Jump up high! Teddy bear, teddy bear, Touch the sky! Teddy bear, teddy bear, Bend down low! Teddy bear, teddy bear, Touch you toes! Teddy bear, teddy bear, Turn out the light! Teddy bear, teddy bear, Say good night!



### ANZAC BISCUITS

From the CWA Cookbook - 1914 version

Ingredients

2 cups rolled oats

125g butter

2 tbsp hot water in which you put 1 tsp bicarbonate of soda

3/4 cup sugar

1 tbsp golden syrup

1 cup plain flour

Method

Mix dry ingredients. Melt butter and syrup and add soda and water. Pour into dry ingredients. Roll into walnut sized balls. Cook in a slow oven, 150-160 C, for about 20 minutes.

### MUFFIN TRAY BALL SEQUENCING

This is a fun way to work on visual sequential memory skills. Sit opposite your child each with the same 5 coloured balls. Have a tea towel as a cover. Let your child see you place 4 of the balls in a pattern in the tray. Cover and encourage your child to remember and mirror your pattern.



## PBS Kids

PBS KIDS is committed to making a positive impact on the lives of children through curriculum-based entertainment. With a 360-degree approach towards learning and reaching children, PBS KIDS leverages the full spectrum of media and technology to build knowledge, critical thinking, imagination and curiosity.

For Children: <https://pbskids.org/> For Parents: <https://pbskids.org/grownups/>

## PARENT TOOL KIT

Parent Toolkit is a one-stop resource developed with parents in mind. It's produced by NBC News Learn and includes information about almost every aspect of your child's development. Healthy, successful children can excel in many areas – in the classroom, in sport, and in their relationships with peers and adults. <https://www.parenttoolkit.com/grade-levels/early-education/early-education>

## ESAFETY

eSafety provides a wide range of online safety programs and resources for parents including tips on how to stay safe online during the COVID-19 pandemic.

<https://www.esafety.gov.au/parents>

## AUSTRALIAN REPTILE PARK

To assist parents who are now home schooling their children, they're providing educational (and fun!) videos for children. 'Animal Tales with Tim Faulkner' is hosted by Park Director Tim Faulkner. We are also live-streaming zookeepers daily as they showcase their favourite animals and answer viewer questions. These videos are streamed LIVE on the Australian Reptile Park Facebook & Instagram at 2pm daily (AEST) so make sure you follow and tune in! <https://reptilepark.com.au/arptv/> <https://www.youtube.com/channel/UCXEA-bmkdoOnx->

Let's Explore

## ACTIVITIES WITH MINIMAL RESOURCES



### OUTDOOR READING STATION

Set up a reading station outside with a blanket, some comfy pillows and blankets and let the children read!



### CEREAL PUZZLES

A great way to recycle those cereal boxes! Cut the front picture off the cereal box and cut into the amount of pieces your child would be able to achieve and a couple that would be a challenge. (eg start with 4 and progress to 8 pieces)



### SMALL WORLD PLAY

Make a town inside a large cardboard box for a fantastic small world play time that uses the whole body! Such a great way for toddlers and pre-schoolers to play together indoors or outdoors. Add small blocks, cars, wooden people and draw roads etc in the box.



### GIANT ABACUS

String large coloured beads in a large cardboard box or attach to a fence. Kinaesthetic learning and fun, with some motor skills mixed into the play too.

## 9 Things You Should Say To Your Children Everyday



1. "I love you." Say it to them as often as you can
2. "I like it when you..." Talk about the positive aspects of their behaviour.
3. "You make me happy when..." This makes them feel valuable.
4. "I'm proud of you." They need to hear they're doing a good job, even when it's hard.
5. "You are special." Let them know their uniqueness is a strength.
6. "I trust you." Building a foundation of trust raises an honest person.
7. "I believe in you." Teach them how valuable they are.
8. "I know you can do this!" Encourage them to never give up.
9. "I am grateful for you." Be specific, this can really make their day!



## 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