



2 - 3  
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

THE THINGS YOU CAN DO WITH 6 LINES OF TAPE!

Use painter's tape and evenly space out on the floor. Then set your child challenges to progress from line to line:

1. Jump Forward
2. Jump Backwards
3. Hop on one foot
4. How far can you stretch? – one foot on the first line then try and stretch the other foot as far as it can go.
5. How far can you reach? – place one hand on the first line then try and reach for the furthest line you can.
6. How long are you? – Laying down, place toes at the bottom line and arms beside. Which line does your head reach?

### CREATE YOUR OWN FAIRY JAR NIGHT LIGHT

What you will need:

- Recycled Glass jars without labels
- Glow in the dark acrylic paint
- A paintbrush

With a paintbrush, paint small dots on the inner surface of the jar. Paint different sizes of dots and you can even choose different colours. You can also paint other patterns, like stars, or other shapes. Allow the paint to dry. Glue glitter on the lid of the jar if you wish. Place the jars in a spot with a lot of light, so that the paint can absorb the light. (Your child could go outside and pretend to find fairies in the garden. Turn off the lights, or go outside in a dark place and admire the jar that glows in the dark!



CHALK PAINT  
You will need:

- 2 tbsp cornflour
- 4 tbsp water
- Food colouring

Add the cornflour, water and food colouring to a small bowl or cupcake pan and mix well, and you are done! Try providing one or more of these materials to your child's next painting experience:

- Brushes
- Cotton buds
- A peg with string – hold the peg and dip the string into the paint, then pull across paper
- Cookie cutters
- Household sponge (cut into smaller pieces, fold in half then clip with a peg which becomes the handle)
- Fingers – for some finger - painting fun!
- Empty cotton thread spools
- Sponge roller
- Balloon (with a little water inside) then partially inflated
- Paper towel cardboard tube



STORYLINE ONLINE

Reading aloud to children has been shown to improve reading, writing and communication skills, logical thinking and concentration, and general academic aptitude, as well as inspire a lifelong love of reading. Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide. Each book includes supplemental curriculum developed by a credentialed elementary educator, aiming to strengthen comprehension and verbal and written skills for English-language learners.

<https://www.storylineonline.net/>

KNEE BOUNCERS

Featuring a collection of interactive online games designed especially for babies, toddlers, and preschool kids.

<https://kneebounce.com/>

LIL' FINGERS

Lil' Fingers is a computer storybook, game, activity and colouring site. <http://www.lil-fingers.com/games/index.html>

SESAME STREET

These are challenging times, and your friends at Sesame Street are here to help. Their new hub is filled with videos, playful learning activities, and ways to help families stay physically and mentally healthy. The Sesame Street Muppets are staying home, too, but still connecting with friends online—and each week they'll post new videos, like Singalong with Elmo or Snack Time with Cookie Monster. Hope to see you there!

<https://www.sesamestreet.org/>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



FRUIT AND VEGETABLE BUG SNACKS

Ingredients to try: celery, cucumber (sliced lengthways for body or into slices for wings and other embellishments), cream cheese or other spread, cherry or grape tomatoes (do not use whole, cut these in half when using to avoid choking), chives (for antennae), black olives (small pieces of olive for eyes), grapes (do not use whole, instead cut into small pieces to avoid choking), blueberries, strawberries, apple (thin slices). Create some of these bug friends with your child and enjoy a healthy snack!



SHAPE LACING CARDS

This activity will develop your child's hand - eye co-ordination and fine motor skills. You can create your own shape lacing cards at home by drawing or tracing around a large shape onto cardboard (you could use the cardboard from an empty cereal or tissue box) and cutting out. You could decorate these with textas or crayons, then you will need to use a hole punch to punch holes all the way around your shape. Thread a shoelace (or piece of string/wool with sticky tape wrapped around the end as this will make it easier to thread through the holes)



LET'S DRESS UP!

Pull out those old clothes you haven't worn in years (use adult clothes or older sibling clothes) and start a dress up box. Fill with things like shirts, belts, shoes, dress up jewellery, hats, gloves, shorts, ties etc. (You could even get crafty to build up your dress up supplies by making cardboard crowns and tiaras; threading pasta tubes or cut up straws onto wool to make bracelets/ necklaces)

COVIDSafe APP



The COVIDSafe app is part of our work to slow the spread of COVID-19. Having confidence we can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe.

The new COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus. this can really make their day! Click the link below for more information about the app or on the buttons to download.

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app#get-the-app>



Keep looking UP...  
THERE MAY BE A  
**RAINBOW**  
waiting FOR you.

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