

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

CARDBOARD TREE HOUSE

Try this recycled cardboard treehouse for small world play. It is great with all small world figures, Lego, or bears. It could even be painted. This treehouse has been made using sturdy cardboard from a box; cardboard paper towel rolls; string or jute and items from the garden eg twigs and glued together with pva glue.

GROUPING OBJECTS FROM MAGAZINES

Separating things in different groups enables children to develop their categorisation skills. Bring out some old magazines, safety scissors, glue and paper. Together, choose a category you will look for in the magazine eg. Fruit and vegetables or transport etc. Once you find a picture, cut around the shape and glue onto your paper.

BALANCING ACTIVITIES

While children are riding a three-wheeled bicycle, or walking along a line, or yoga, they will face some of the difficulties such as losing the balance of the three-wheeled bicycle or stepping off the line and they will learn to cope with these kinds of difficulties over a period of time. In this way, children's concentration and balance ability will develop.



FIVE LITTLE DUCKS

This is a fun finger play rhyme you can do with your fingers. Hold up five fingers to represent the little ducks and your other hand makes a duck beak to represent mother duck.

Lyrics:

Five little ducks went out one day, over the hill and far away
Mother duck said "Quack, quack, quack, quack." But only four little ducks came back. Repeat song 4, 3, 2, 1. No little ducks came back. Then, Old Mother duck went out one day over the hills and far away, Mother duck said ' Quack, quack, quack, quack and all of her five little ducks came back!

INDOOR BASKETBALL

Scrunch up sheets of old newspaper to make lots of balls. Clear a space and remove any breakable objects before starting play. Start off by having a competition to see who can throw the balls the furthest. Then place a wastepaper bin a metre or so away and see who can throw their ball into the bin. Besides keeping your child entertained for ages, this type of physical play will also help to improve your child's hand-eye coordination.



