



3 - 5  
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

### PATTERN MAKING WITH BEADS

Creating with beads develops fine motor skills, visual perceptual skills (including recognition and memory), hand-eye co-ordination, cognitive skills (including mathematical concepts). You can get creative even if you don't have beads...cut plastic straws into pieces, dye and thread pasta or draw your own patterned necklace! (See template attached)

### CREATE A LIST OF SKILLS

Create a list of skills for your child to accomplish in picture form (similar to a shopping list or a treasure hunt) eg. Check the mail box; set the table; Count the number of napkins, forks, plates; feed the pets; tidy up the toy box.

### RAINBOW PAPER WEAVING

You will need: coloured paper, white paper, scissors, glue stick or sticky tape. Fold your white piece of paper in half vertically and draw lines from the folded edge all the way along. Encourage your child to cut along the lines and stop before the end. Unfold your white paper (this is your threading mat). Cut long strips of coloured paper and encourage your child to weave under and over the white strips. It is a good idea to glue the end to the white paper to help with any frustrations.

### RAINBOW SCIENCE

When white light shines through water, the colours separate to make a rainbow! You will need: a flashlight (or a sunny day), glass of water; and white paper. Fill the glass almost to the top with water. If you are using sunlight, place the glass so that it is half on and half off the edge of a table, and so that the sun shines directly through the water, onto a sheet of white paper on the floor. Adjust the paper and the glass until a rainbow forms on the paper. If you are using a flashlight, place the glass of water on the white piece of paper, and move the flashlight around until you see a rainbow on the piece of paper.



### ANZAC DAY STORYTIME

You can listen to ANZAC day books. Storybox Australia is a great in-home alternative to visiting the library. It features 306 stories read by our favourite Australian storytellers and it's completely free if you belong to a local library. Storybox Australia has a collection including ANZAC Ted, Anzac biscuits and Alfred's war. To access this free storytime, you'll need to log in to Storybox Australia, select your library and enter your library card number.

<https://storyboxlibrary.com.au/>

### THE SOUND 'R' 'r'

Rainbow starts with the letter R and sounds like rrrrrrrrr! Go on a scavenger hunt in your house to find a;; the things that start with the 'r' sound like a rainbow.

### SACK RACES

Use old pillow cases and have a family sack race outside!



**LEGO**

Their mission is to inspire and develop the builders of tomorrow. Free play is how children develop their imagination – the foundation for creativity. Curiosity asks WHY and imagines possible explanations. Playfulness asks WHAT IF and imagines how the ordinary becomes extraordinary, fantasy or fiction. Dreaming it is a first step towards doing it. <https://www.lego.com/en-au/kids>

**BBC KIDS - CBEEBIES**

CBeebies Australia & New Zealand is a commercial free preschool channel aimed at children six years and younger. <https://au.cbeebies.com/games/>

**JUNIOR LANDCARE – JUST FOR KIDS**

The Just for Kids activities have been developed to help children at home and at school explore Junior Landcare and create their own ideas.

<https://juniorlandcare.org.au/just-for-kids/>

**FISHER-PRICE ONLINE FOR PRESCHOOLERS**

Looking for a special way to spend time with your child? You'll find lots of interesting play and learn ideas. Most "play and learn" activities suggested use materials you probably already have at home. With step-by-step instructions, your child will be developing many skills while having fun with you!

[https://play.fisher-price.com/en\\_gb/gamesandactivities/onlinegames/index.html#Age=preschool](https://play.fisher-price.com/en_gb/gamesandactivities/onlinegames/index.html#Age=preschool)

Let's Explore

**ACTIVITIES WITH MINIMAL RESOURCES**



**WATER TARGETS**

Water pistols, golf tees, ping pong balls, and scrap wood (or a cardboard box) make an awesome target practice for the backyard! You could also try water spray bottles on a hard jet spray setting.



**MAGIC PAINTING**

All you need is a candle, a paintbrush and water colour paint (water and food dye). Draw your picture on plain white paper with the candle then paint over the top with your water colours. The result is magic! You could also use wax crayons which will provide the same effect but you will be able to see the image before you paint.



**I SPY BOTTLES**

Make some amazing DIY I-Spy Bottles for early learning games on the go with kids! Brilliant for toddlers to school age and easy to adapt to different themes or to match learning objectives. You need: Empty, clean and dry plastic bottles. Your choice of filler material. There are various different fillers used in this post/ video. Dyed dry rice in various colours, lentils and mini alphabet beads.



**SCISSOR SKILLS TRAY**

An activity with endless opportunities to practice cutting and tearing a range of materials in a fun, sensory rich way! Perfect for strengthening hand muscles essential for developing later writing skills and open-ended enough for it to be exciting 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



# PATTERN THREADING

*Draw the next beads in the pattern.*

