

3 - 5
years

PLAY & LEARN

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

HELP THE BEARS CROSS THE RIVER

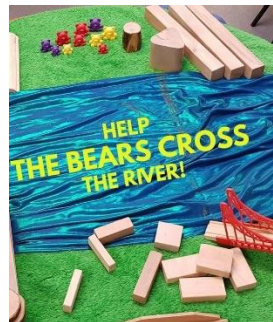
This activity will STRETCHHHHH children's thinking and problem-solving skills and is also a fun small world play activity as well. Bring out some wooden blocks, small bears (or any other character figurines you may have), some 'water' which could be blue fabric scraps or a scarf or even blue paper! Pose the question to your child "How can we help the bears (or other character) cross the river?" and watch their creativity grow. You could also try the same scenario using LEGO bricks. We would LOVE to see photos of your building creations, so feel free to email them through to your Centre Director or send a message to our Facebook pages.

MAKE YOUR OWN SHOPPING LIST

Children love to get involved in the grocery shopping! Help keep your child busy while doing the weekly shop by creating a child friendly shopping list the day before you go. You could cut out pictures from a supermarket catalogue and glue them onto a piece of paper or print out your list using clip art pictures and type (to develop pre-reading skills be sure to add the name of the item next to the picture).

JUMP IN THE PUDDLES

With the rainy weather here this week, why not grab your raincoats, gum boots and umbrellas and head outdoors for some puddle fun!



PAINTERS TAPE OR WASHI TAPE WATERCOLOUR RESIST PAINTING

Using washi tape (or painter's tape) attach to paper in random patterns. Now it's time to paint with your watercolour paints (you can make your own using water and food colouring). Once your painting is dry you can then carefully remove your washi tape to reveal your original artwork!

CARROT DIP WITH DINO DIPPERS

| | |
|--------------------------|------------------------------|
| 500g carrots | 1/2 Teaspoon ground cumin |
| 1 clove garlic, crushed | 1/8 teaspoon ground cinnamon |
| 8 slices wholemeal bread | 1/2 Tablespoon Olive oil |
| Olive oil cooking spray | 1/2 tablespoon lemon juice |

Preheat oven to 220C/200C fan-forced. Place carrot and garlic in a large saucepan. Cover with cold water. Bring to the boil over high heat. Boil for 20 minutes or until carrot is tender. Drain. Cool for 5 mins. Meanwhile, using dinosaur cutters, cut shapes from bread. Place on a baking tray. Spray with oil. Bake for 7 minutes until crisp. Mash carrot and garlic until almost smooth. Add cumin, cinnamon, oil and lemon juice. Stir until just combined. Serve dip with dippers.



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/>

PEEP AND THE BIG WIDE WORLD

Peep and the big wide world is a fun and interactive educational site for three- to five-year-olds. The site has plenty to do for the little ones and gives parents plenty of educational resources. There are colouring pages along with games, and the site offers activities for parents and kids to do offline. <http://www.peepandthebiawideworld.com/en/>

HIGHLIGHT KIDS

We help children become their best selves by publishing content and creating experiences that engage, delight, and foster joyful learning. <https://www.highlightkids.com/>

FUN BRAIN

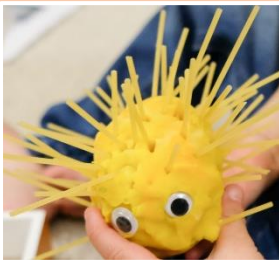
Funbrain offers hundreds of games, books, comics, and videos that develop skills in math, reading, problem-solving and literacy. <https://www.funbrain.com/pre-k-and-k-playground>

FUNOLOGY

Funology is the ultimate parenting toolbox! We offer ideas you can use to inspire and entertain your kids offline. <https://www.funology.com/>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



PLAY DOUGH WITH DRY SPAGHETTI

Make a batch of no cook playdough with your child (2 cups flour, ½ cup salt, 1 Tablespoon oil, water to consistency and food colouring. Mix colouring and water together, then all other ingredients together. Add more coloured water if needed to bring dough together or if too wet, add more flour) Provide your child with lengths of dried spaghetti which they can snap into smaller pieces and use in making their creations.



DOCTOR DOCTOR

Why not set up your own Doctor area at home where children can help make their dolls or stuffed animals feel better. Young children learn by imagining and doing. Through pretend play children are actively experimenting with the social and emotional roles of life (including developing empathy for others). You could provide scraps of fabric to use as bandages and slings, print outs of x-rays, notepaper and pencils, make a cardboard headband with a medical cross, or even make your own stethoscope from a headband and some ribbon!



PRACTICE CUTTING

Draw straight lines on a piece of horizontal paper. Encourage your child to hold their scissors with their thumb in the top loop and next two fingers in the lower loop and follow the lines. If they are struggling with this encourage snipping around the edges of the paper or cutting coloured paper to then use in a collage.

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 if you have any questions or concerns.

