

PLAY & LEARN

ACTIVITIES AND LINKS TO KEEP YOUR LITTLE ONES HAVING FUN WHILE THEY ARE AT HOME.

3 - 5 years

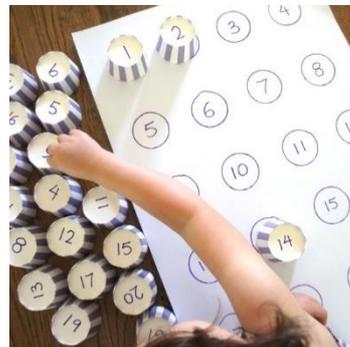


Ensuring the health, safety and wellbeing of children and staff is our priority. Should your child not be able to attend Fit Kidz due to illness or infectious disease, these Play & Learn suggestions may come in handy. Thank you for your support and understanding during this evolving COVID-19 crisis. Please be assured that Fit Kidz is taking every possible measure to help slow the spread of this virus. Wishing all mums, grandmas and special friends a very Happy Mother's Day on Sunday!
 – Kind Regards, Fit Kidz Learning Centres

QUICK SET UP ACTIVITIES

NUMBER MATCHING

A fun and super easy number game to make with your child. You could use patty pans or cup cake cups. Just trace a circle shape and place numbers 1 – 20 in each. Repeat numbering the bottom of your patty pan or cups. Encourage your child to match the same numbers together. You could extend this activity, by drawing the matching number of dots on the inside of the cup to encourage an even greater understanding of number.



NERF PHONICS GAME

Does your child prefer physical activity to typical learning style activities? Why not try to blend both and we are sure you and your child will have quite a few laughs along the way! A fun activity to encourage children to develop an understanding of phonics (the sound each letter makes when you say it) or sound blends/ sight words (when at big school). Place the alphabet on post it notes or on cards in random places on the wall (inside or outside). Call out a sound (eg. 'b') and encourage your child to find and NERF it!



MAKE YOUR OWN PUFFY PAINT

To make your own puffy paint you only need 3 ingredients! Shaving Cream; White School Glue and Food Colouring. Mix equal amounts of shaving cream and white glue until you have the texture you want. You will need to add a generous amount of puffy paint to your picture and then allow to air dry.

LEAF PRINTING

Head outside into your backyard or go on a walk in your neighbourhood with an adult and collect various shaped leaves that are on the ground. Bring them home and place them underneath a piece of paper and rub over the top with a crayon, or paint the leaf and press onto the paper to create a print.



BEST & LESS VIRTUAL BIRTHDAY

Best&Less understand that many kids have recently missed out on celebrating their birthday with friends and family. So they have decided to throw the Bestest Virtual Birthday Party and have children all over Australia, get together in a fun way to create one super special celebration. Let's sing hip, hip hooray and have a great day!

Date: Saturday, 16th May
 Time: 11.00am-11.30am AEST
 Venue: Online Virtual Party
 Don't miss out! Register by the 10th of May



<https://www.bestandless.com.au/virtual-birthday>

SESAME STREET FAMILY PLAY APP

Sesame street family play offers over 130+ real world games to play at home – from the kitchen to the backyard, and even over video chat! It's easy – choose from three categories: keep busy, move your body, and calm down, then tell the app where you are at home, how many kids are playing, and what's around you (socks? A banana?), and sesame street family play delivers the perfect game to play with your kids. Best of all, there's no screen time required. This app helps parents lead games, like cookie monster tag, for any number of kids in all kinds of settings. Designed for parents grappling to find things to do with their children at home, it is simple, educational, and entertaining for absolutely everyone. And thanks to the power of play, every game will help your kids build key developmental skills. Available on: iOS App Store, Google Play store, and Amazon.



ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore

RESTAURANT DRAMATIC PLAY



Why not create your own mini restaurant at home! Set up an area with a table and chairs, tablecloth, vase of flowers and table places. Create your own written menus or place cards and then head into the kitchen together to make some yummy snacks for the whole family. Using literacy in play (ie through menus, recipes, name cards will help develop your child's pre-reading skills)



'WHAT'S IN THE BAG?' GAME

It's as simple as placing some items in a bag and having your child try to guess what they are. You can play this game with or without a blindfold. Try common household objects such as: a banana, a clean sponge, a hairbrush, cotton wool ball, a piece of foil crinkled, a pencil etc. This is a great activity to build language and cognitive skills.



PLAYDOUGH ALPHABET

Practice the letters of your child's name or other letters in the alphabet. Using playdough, roll into a sausage shape and create each letter. You could try having a letter guide next to your child so they can freeform their letters (see Be School Ready Activity Kit wk 6 for the chart) or make your own alphabet mats with each letter on a page to place the playdough on. Great for developing letter recognition and fine motor skills.



PARENTING IN THE TIME OF COVID-19

1 COVID-19 PARENTING

One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (See next leaflet)

Ideas with your baby/toddler

- 1 Copy their facial expression and sounds
- 2 Sing songs, make music with pots and spoons
- 3 Stack cups or blocks
- 4 Tell a story, read a book, or share pictures

Switch off the TV and phone. This is virus-free time

Ideas with your teenager

- 1 Talk about something they like: sports, music, celebrities, friends
- 2 Cook a favorite meal together
- 3 Exercise together to their favorite music

Ideas with your young child

- 1 Read a book or look at pictures
- 2 Make drawings with crayons or pencils
- 3 Dance to music or sing songs
- 4 Do a chore together – make cleaning and cooking a game
- 5 Help with school work

Listen to them, look at them. Give them your full attention. Have fun!

For more information click below links:

Parenting tips from WHO

Parenting tips from UNICEF

In worldwide languages

EVIDENCE-BASE

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.