



Big School  
years

# PLAY & LEARN

ACTIVITIES AND LINKS TO  
KEEP YOUR CHILDREN  
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 big school 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

### BIRDS IN BACKYARDS

Set up a bird watching area in your backyard (somewhere quiet and shaded), grab a pair of binoculars, a pencil and paper and your birds in backyards poster to identify the birds that visit. To encourage more birds in your backyard, plant native plants, provide a small seed feeder and water dish.

[https://www.birdsinbackyards.net/sites/www.birdsinbackyards.net/files/page/attachments/BIB\\_NSWposter\\_FA%20WEB.pdf](https://www.birdsinbackyards.net/sites/www.birdsinbackyards.net/files/page/attachments/BIB_NSWposter_FA%20WEB.pdf)

### WHAT'S IN YOUR BACKYARD COMPETITION

Costa and Junior Landcare are asking ...'What'you're your backyard?' Costa is asking kids across Australia to grab a camera and snap photos of the flora and fauna in their backyard. Joining forces with Junior Landcare, the popular TV star and Landcare champion has launched the 'What's In Your Backyard?' campaign to encourage the next generation to get outside and document what's in their local environment. It is easy to get involved and you can submit as many photos as you like. Closing date is Friday 1 May 2020. Children of all ages can enter, they can be assisted by parents and carers, schools and educators, youth groups, landcare and other community groups. Junior Landcare is giving away ten cameras valued at \$250 for the winners. Commendable entries will receive a Junior Landcare cap.

<https://juniorlandcare.org.au/campaigns/whatsinyourbackyard>

### PAINTING STATION

Set up a painting station outside and let the children paint on canvas, paper or cardboard. Encourage children to paint what they see or what is in their imagination. You could provide various types of paint (acrylic/ watercolour) and brushes, sponges, foam brushes, rollers etc.



### OUTDOOR OBSTACLE COURSE OR NINJA COURSE

Set up an obstacle course in the backyard. Use pool noodles, boxes, cushions and anything else you can find for obstacles.

### CARTOON CREATIVE CLASSES

We understand your current situation with kids at home and constantly trying to keep them engaged. It's time to get creative and have fun. Toonworld brings you simple interactive workshops from the comfort of your living room. All you need is a pencil and paper. Classes are free with the Creative Kids Rebate. Be sure to ask an adult to help set your account up. <https://toonworld.com.au/virtualclass/>





**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/>

**PLACES OF PRIDE - VISIT AN ANZAC MEMORIAL (VIRTUALLY)**

Even though Dawn Services and marches have been cancelled, you can still pay your respects BY virtually visiting one of the many publicly accessible memorials in Australia. Places of Pride allows users to explore the memorial and commemorating those who have served our country. <https://placesofpride.awm.gov.au/>

**BEHIND THE NEWS (BTN) – THE ANIMALS OF WW1**

This statue you'll probably recognise. It shows John Simpson Kirkpatrick and his donkey, who together saved heaps of lives during the fighting at Gallipoli. But did you know that this donkey wasn't the only animal involved in World War One. <https://www.abc.net.au/btn/classroom/the-animals-of-wwi/10526682>

**BFIT@HOME**

Get moving with free live & on-demand workouts from Bfit@Home. This is a new fitness platform features free children's sport sessions in soccer, basketball, gymnastics and golf as well as a selection of Les Mills workouts for adults (including Pump, Grit & Barre). <https://bfitathome.com.au/top-10/>

Let's Explore

**ACTIVITIES WITH MINIMAL RESOURCES**



**FOOT GOLF COURSE**

Set up a foot golf course in the backyard. Use plastic or paper plates as 'holes' and then kick a ball (either soccer or tennis ball) to the different 'holes' around the backyard.



**WISH JAR**

Do your children keep asking to go to the park or for a visit to Nan's house? We got this idea from a friend and have started writing everything we want to do down and popping them in a jar for when it's safe to go on adventures again.



**ABC ME**

ABC ME is going to be showing educational programming from 10am - 3pm every weekday for Term 2. Mornings will start with primary school content, and move to secondary school in the afternoon. Show your teachers, parents or carers the ABC Education site below and you might get to play education games for school (they're mapped to the Australian curriculum!).



**FRIENDSHIP BRACELETS**

You will need: embroidery floss, scissors, and pins. Once you have this bracelet mastered, there are 15 styles to try. Don't worry if that first bracelet doesn't turn out perfect—they definitely get better with trial and error, and lots of practice! Click here for full instructions and a video on how to make.

<https://www.skiptomylou.org/friendship-bracelets-craft-camp/>

**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

