



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

EDIBLE CLAY – MAKE YOUR OWN CUPCAKE DECORATIONS

- 1/3 cup (80 g) light corn syrup (available from baking aisle in supermarket)
- 1/3 cup (80 g) soft margarine
- 600 g caster sugar/ icing sugar
- 1/2 teaspoon (3 g) Salt
- 1 teaspoon (5ml) Flavour (Vanilla extract, etc.)

Mix margarine, corn syrup, salt and your choice of flavor in a mixing bowl using hands.

Pour in caster sugar and knead the dough until smooth. Continue adding sugar if necessary to make this edible clay more pliable.

Top Tips: Separate clay into small portions and add in food coloring to your choice with spatula or knife.

Place the coloured clay on to baking/wax paper when working with it. Before placing your creations on a cake or cupcake, make a layer of butter cream frosting and frost your cake first.

Avoid making the clay on a very hot day because the butter will melt and your clay will be sticky.

CHATting WITH THE ALPHABET

This activity can be played with one, two, three or more players and allows your child's vocabulary to expand quickly because they get to learn new words and their meanings. Encourage your child to write a word at the top of a piece of paper. Either yourself, your child's older sibling or even themselves then needs to write another word which begins with the last letter of the previous one. This cycle continues for as long as it can go.



FIND THE LOCATION

Children will begin to remember locations easily and start making connections between names and their possible locations. Hang a large world map on the wall. Mention the names of countries, cities, mountains, or any other geographical entity. Encourage your child to locate it on the map. Your child could cut out small pictures from the computer of the Eiffel tower for eg and find Paris on the map.

CARDBOARD CREATIONS

Creativity can be expressed even in old waste items, and this activity encourages your child to think beyond typical play items. Put together an array of boxes, tape, glue, safety scissors, and other materials. Let your child make different items out of the boxes, right from ovens to televisions; things that they can sit in, or even a pet house.



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/>

MATHS BY YOU

Maths by you is a mathematics topic containing maths concepts explained in fun videos. <https://education.abc.net.au/home#!/topic/2141558/maths-by-you>

SMITHSONIAN LEARNING LAB FOR STUDENTS K- YR 12

The Smithsonian Learning Lab puts the treasures of the world's largest museum, education, and research complex within reach. The Lab is a free, interactive platform for discovering millions of authentic digital resources, creating content with online tools, and sharing in the Smithsonian's expansive community of knowledge and learning. <https://learninglab.si.edu/>

SCIENCEWORKS AT HOME

Today, Scienceworks is bursting with things to challenge curious minds of all ages. In just one visit, you can stroll among the gigantic machines that kept the city running, enjoy electrifying theatre in the Lightning Room, let your little ones roam safely in enclosed spaces, wander through our immersive exhibitions and drop into deep space in the Melbourne Planetarium. <https://museums victoria.com.au/scienceworks/at-home/>

Let's Explore

ACTIVITIES WITH MINIMAL RESOURCES



CHALK OBSTACLE COURSE

Why not create a chalk obstacle course for the children in your neighbourhood . Check out this AWESOME video on fun things to include. It would be a great workout!! <https://www.facebook.com/jennifer.hill.7161/videos/10219824364793436/>



ANIMAL OR PET PORTRAITS AND REFLECTION

Do animals have feelings? think about the bond that can develop between a human and an animal, especially between people and their pets. Draw a picture of your pet or a favourite animal. Write what you think about the reflection questions under your picture.



MAGAZINE ART

Give your child a theme around which they need to create something interesting. Let them peruse each magazine, cut out any parts they like, and create something wonderful.



CLEANING RACE

For each child, assign the same activity, and time them to see who finishes it up first. Keep all activities simple, such as making the bed, arranging the books or toys, and so on. It helps children understand the effort that goes into keeping the room clean and instils a sense of discipline.

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.