

Big School
years

PLAY & LEARN

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



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

MAKE GIANT BUBBLES AND YOUR OWN GIANT BUBBLE WAND

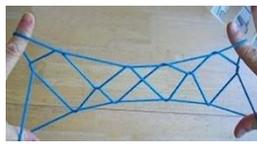
To make your own giant bubble wand, you will need:
2 Wooden Dowel Rods or two sticks/ chopsticks/ rulers etc

2 Small Eye Hooks screwed into the end of the dowel and string threaded through.

1 Large Metal Washer (thread through string and hang at the bottom point of the triangle, see pic below left)

Cotton String

You can make your own bubble solution with dishwashing soap and only a little water. (The more water the weaker the bubble will be and will pop faster)



STRING GAMES

Do you remember making these when you were a child? (see pic above right) You just need some string for this fun filled activity. Skill levels vary from super easy to very difficult, so there is something for everyone. It requires concentration, dexterity, and it fosters perseverance and patience. Children love to practice new figures over and over as they learn them. Here are some video tutorials to get started but there are also lots of other written instructions on the internet.

<https://www.youtube.com/playlist?list=PL83B04FE963627434>



FLOATING CHALK PAINTING

In a shallow tub with a couple of centimeters of water, use plastic knives to scrape the sides of the chalk and allow the dust to fall into the tub. (Chalk with a strong pigment work best). Use a

skewer or toothpick to mix chalk colours but be quick as you want the chalk dust to float on the top. If it sinks to the bottom you won't be able to lift a print. Carefully lay an A4 piece of paper onto the water surface and gently press onto the paper with your fingertips. Lift off to reveal your print! Lay flat to dry.



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



PAPER PLATE BALL DROP

This game is great for hand eye co-ordination. Start with a paper plate attached to a large pop stick or ruler (for a handle). Cut a hole in the paper plate a little bigger than the size of the plastic balls you have. Place a tub underneath with extra balls to increase difficulty later 😊. The object of the game is to only use a tilting motion to get the ball to drop through the hole.



SIMON SAYS

First, choose someone to be "Simon". Simon either begins a command with "Simon Says" or not. To stay in the game, children follow the commands that begin with "Simon Says". If you want to make the game difficult for older children, simply say commands faster and faster, and make the needed actions more and more difficult to complete.



TAG

This is an old standby among physical activity games. We've all played it. We all love it. Now get in the game with those kiddos! Variations – Laser Tag, Dart Tag, Nerf tag, Ball Tag or Hide and seek tag. When you get found by the person who is it, run! Or you'll be it!

LEGO CHALLENGE

A fun way to get the children to use their creative and problem solving skills at the same time! Try this fun 30 day LEGO Challenge with a new challenge each day. You can use this calendar as an idea or create your own together with your child. Could each challenge all connect to the same theme so that at the end of the 30 days your child has developed a mini world of LEGO? (This may require a fair bit of LEGO bricks though!!)



<https://littlebinsforlittlehands.com/lego-challenge-calendar-ideas-kids/>

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 you. 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

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



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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.