



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

HELP YOUR LOCAL COMMUNITY

Find ways to help your local community from home. Donate to a local food bank, sew masks, drop off food for elderly neighbours, make a card for your local hospital and healthcare workers.

MAKE YOUR OWN 'PE' OR EXERCISE VIDEO FOR FAMILY AND FRIENDS

Encourage your children to put together a little personal trainer video doing some form of exercise set. Encourage them to prepare a plan of what they will be doing; set up any equipment required and practice filming and editing the video. This is lots of fun and will keep them entertained for hours!

ODD WORD OUT

Write and read out a list of rhyming words that have the same sounds such as: 'rain', 'brain', and 'main', and then write another word that is different, such as 'the'. Ask your child which one is the odd one out.

SLIME

Kids love playing with slime. This ooey-goey concoction can easily be made at home, so your kids can play with slime anytime they want!

To make a basic slime recipe, you will need 4 ingredients:

bottle of glue

1/4 cup water

1/4 cup liquid starch

Liquid water colours in your favourite colour

Method: Start by mixing the water and glue in a small bowl

Add a few drops of your liquid water colours

Add the liquid starch and mix well



PAINT - A - WORD

Put a dollop of paint onto a piece of paper and help your child to blow tricky words or letter patterns that have to be learned, using a straw!

CHALK PHOTO SHOOT

Provide your child with some chalk and encourage them to use their imaginations to draw a picture they can interact with and ask you or an older sibling to photograph.

Encourage dress ups and places your child would love to visit or imagine they were part of. For example: the beach, pretending to be a butterfly or a superhero!



