

2 - 3  
years



ACTIVITIES AND LINKS TO KEEP YOUR LITTLE ONES 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.  
– Kind Regards, Fit Kidz Learning Centres

## QUICK SET UP ACTIVITIES

### BALLOON BLOW ACTIVITY

Set up an obstacle course and see if your child can blow a balloon all the way to the finish line. They'll have to do lots of army crawls working their upper body and core strength along the way.

### PAINT CHIP HUNT

Pick up some brightly coloured paint chips from your local hardware store and ask your children to find items that match each colour as closely as possible (again, keep a timer going so they quicken their pace). Don't have Paint Chips? Use coloured plain paper instead.

### SIZE AND MEASUREMENT

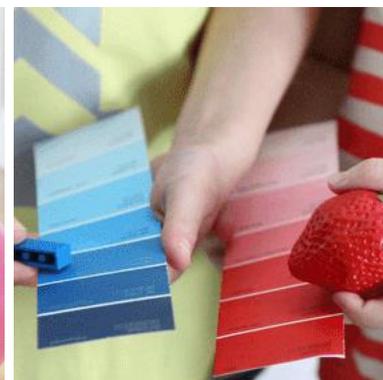
Understanding measurement and scale are crucial to your child's understanding of maths. Help your child to build a tower of blocks that is taller than a favourite toy. Ask your child to count the total blocks to measure the height of the tower. Talk about the size of the towers and which one is tallest/ smallest etc.

### FOLLOW THE LEADER

Lift your left leg and touch your nose! Encourage your child to mimic your body movements or follow your verbal instructions. Then swap. This activity will help to develop your child's receptive language skills and is a whole lot of fun that will have you all in giggles.

### BUSY BOX

Keep a 'busy box' with things like string, wrapping paper scraps, patty pans, paddle pop sticks, stickers and straws that your child can use to get creative with.



### BUILD A CUBBYHOUSE

Cubbyhouses are a fun way for children to engage in imaginative play and role play. For example, a simple cubbyhouse can turn into all sorts of spaces – a shop, hospital, school, castle, rocket. You can build a cubbyhouse using things around your home. Here are some ideas:

- Build a tent using chairs placed back to back, 1-2 metres apart, with a sheet or blanket hung over the top. You can use pillows to hold the edges to the floor so the cubbyhouse doesn't collapse.
- Hang a blanket over a table.
- Tie a rope between two very stable objects, with a sheet draped over the rope, to make a tent. You can set up this type of cubbyhouse between two trees or across the corner of a balcony that's safe for your child to play on.
- Use a big cardboard box with holes cut out for doors and windows. Your child can paint or decorate it.



**BEYOND BLUE**

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. Including information to help with anxiety, depression and post-natal depression and an article provided by Smiling Mind, where they look at how mindfulness can help during the coronavirus outbreak.  
[www.beyondblue.org.au](http://www.beyondblue.org.au)

**BLACK DOG INSTITUTE**

As the only medical research institute in Australia to investigate mental health across the lifespan, their aim is to create a mentally healthier world for everyone.  
[www.blackdoginstitute.org.au/](http://www.blackdoginstitute.org.au/)

**LIFELINE AUSTRALIA**

Lifeline is a non-profit organisation that provides free, 24-hour Telephone Crisis Support service in Australia. Volunteer Crisis Supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online. Call the Lifeline Crisis Hotline: 13 11 14 [www.lifeline.org.au/](http://www.lifeline.org.au/)

**PANDA**

PANDA's National Perinatal Anxiety & Depression Helpline is Australia's only free, national helpline service for women, men and their families affected by perinatal anxiety and depression. The Helpline provides a safe and confidential space for any new or expecting parent struggling with the challenges of becoming a new parent. [www.panda.org.au](http://www.panda.org.au)

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



**NUMBER POSTING ACTIVITY**  
 You can make this with items you have at home. Simply wrap some brightly coloured wrapping paper around a used container, cut a slot into a soft plastic lid and using some metal food lids cover them in paper and number them 1-5 or 1-10. You could extend this activity by drawing the matching number of dots on the reverse of the lid.



**STORYTELLING BOX**  
 Collect little farm animal, zoo animal, small dolls or dinosaur figurines; a tray, cardboard box, under bed storage tub or similar and a collection of natural things from outside.



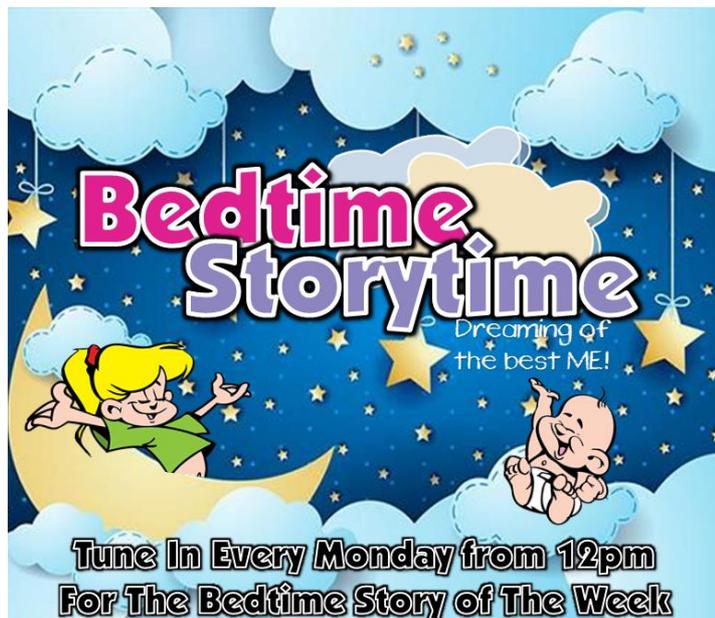
**NECKLACE THREADING**  
 Use small plastic lids, patty pan cases and other 'threadables' to make jewellery. Provide a length of string, wool or even curling ribbon to make the necklace from.



**ICECUBE TRANSFER**  
 This activity can be done indoors (as pictured above) or outside on a hot day. You can use one big tub to hold two smaller tubs just as an attempt to contain any spills, but laying out a towel would work, too. Fill one with ice cubes (and a little bit of water), and leave one empty.

INTRODUCING FIT KIDZ BEDTIME STORYTIME

As part of our Fit Kidz Be Me social skills program, we would like to proudly introduce **Bedtime Storytime** – dreaming of the best ME! Our *Bedtime Stories* will be uploaded to our *Fit Kidz Family Lounge* on YouTube every Monday by 12 noon so it is ready for you to share with your children each night at bedtime. It is a great idea to read the same story a few times with your children so they can gain an understanding of the special message from each story.



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; Covid-19 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