



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

CARDBOARD ROLL THREADING

Using paper towel tubes cut into thirds, make holes randomly over the tube using a hole punch. Provide your child with tubes and plastic straws or pipe cleaners for threading.

WATER PAINTING

Pull out your old paint rollers or house paint brushes and a tray of water! Children love to imitate adults and use adult sized objects. Painting with water is fun especially on a sunny day when the 'paint' disappears before your eyes!

PLAY MUSICAL BUMPS

Put on some tunes and play musical bumps. The aim of the game is to dance whilst the music is playing and then sit down as quickly as possible when the music stops.

PLAY HUNT THE TEDDY BEAR

Play hunt the teddy. Take it in turns to hide it in the house and go on a hunt to find the teddy.

WHAT NOISE IS THAT?

Hide toys that make a noise behind the lounge. See if your child can guess which one they're hearing. If your child is struggling to select which toy is making the noise, show them the range of toys and demonstrate the sounds each makes, then proceed to hide and make the sound.



MAKE YOUR OWN BOOK

Tape some scrap paper together to make a simple book. Let your child create the story and decorate the pages either by drawing the characters themselves or by cutting and pasting them out of old magazines.

CRAYON RUBBINGS

By using crayons on their side they can be used to make a rubbing transfer of various textures. For example: leaves, bark, coins work really well.



STARTING BLOCKS – CHILD DEVELOPMENT 2-3 YEARS

Having a stimulating environment, plus good nutrition and health, will help the brain develop and positively influence your child's physical, social, emotional, cognitive and language skills.

<https://www.startingblocks.gov.au/your-childs-development/2-to-3-years/>

LEARNING POTENTIAL

The free Learning Potential app and website is a support tool for parents who want some ideas on the things they can do to support their child's learning at home. It provides general information for parents should you wish to use it.

<https://www.learningpotential.gov.au/>

HEALTHY KIDS

Parents and carers have the most critical role of all in keeping children healthy. This section provides information for parents and carers about healthy lifestyles for children.

<https://www.healthykids.nsw.gov.au/parents-carers.aspx>

RANGER RICK

With schools, offices, and other public spaces closing across the country, they want to help you stay entertained and engaged in the natural world. So they are making their website free to all visitors through the end of June. They have also made the current digital editions of their magazines free to the public for the next few months.

<https://rangerrick.org/stuck-indoors/>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



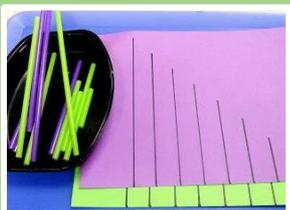
MUFFIN TIN COLOUR SORT

Place a circle of paper that matches each ball inside the holes of a muffin tin. Add the balls to a tub with a scoop (this adds a hand-eye coordination element to the activity) and encourage your child to match the ball to the colour circle.



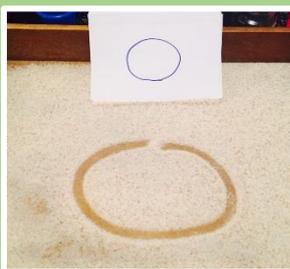
NEWSPAPER HAT

Fold newspaper into a pirate's or magician's hat. Let your child cut out and paste on coloured pictures cut from old magazines.



SORTING BY SIZE

Cut straws in a range of sizes and draw matching lines onto paper. The object of this activity is to match the straw to the line and sort from biggest to smallest or vice versa.



DRAW SHAPES IN A SENSORY BOX

You can fill a shallow tray with sand, rice, cornflour etc and draw some shapes on index cards. Show your child how to recreate the shape in the sand. You could draw a circle, triangle, square, a zigzag line, straight line and a dotted line.

5 key steps TO A POSITIVE BEDTIME ROUTINE

1. START WITH YOURSELF
Close your eyes and take a few deep, full breaths. Focus on: what am I aware of in my mind?; what am I currently feeling?; what am I sensing?

2. CREATE A SOOTHING ATMOSPHERE
Engage all of your child's five senses - e.g. dimmed lights, bedtime story; warm bath, snuggling; lotions, essential oils; soothing music, quiet voices; sip of cool water

3. CONNECT THROUGH RITUALS
Say 3 things you love about each other. Reflect on what went well today. Say goodnight to each other, the moon and stars, and those you both love.

4. FOCUS ON POSITIVES
Make a list of positive bedtime affirmations with your children e.g. 'My body knows just how to get comfortable and rest.'; 'I feel relaxed'; 'I sleep well and wake up feeling rested and ready for my day.'

5. LET THEM OWN THE ROUTINE
Create a checklist of things that help them sleep; Make simple choices; Give specifics eg the exact number of books, kisses they want; Turn on soothing music; Pick a dream to have tonight or discuss their favourite ways to feel calm.

You can find out more at www.biglifejournal.com/blogs/blog

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 if you have any questions