



3 - 5
years

PLAY & LEARN

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

SELF PORTRAITS

Provide your child with some paper, drawing materials (pencils, crayons, textas) paint and a mirror. This is a wonderful activity to explore creativity but also a great discussion point for discussing emotions.



PAPER LANTERNS

This activity is great for developing scissor cutting skills and hand strength. Fold a piece of plain or coloured paper in half on the long side by aligning the two shorter edges together. (Tip: It is easier to decorate (draw on) if desired prior to cutting) Using a ruler draw and cut along lines from the folded edge towards the top (stopping 4-5cm from the top edge) and spacing approximately 2-3cm apart. Once finished cutting, unfold your paper and join together on the short edges top and bottom to make the lantern. If you would like a handle for your lantern, cut a 3cm strip from another piece of paper and attach at the top on each side.



EGG CARTON ANIMAL FRIENDS

Just cut the egg carton and paint! Not only is this a fun creative activity, it also creates even more learning opportunities by building your child's language development, through songs, the animal names, the sounds they make, what colour they are, whether they are big or small, and even becomes a great open ended dramatic play invitation.



SHAPE SYMMETRY

You can make your own shape symmetry cards by cutting squares from a cereal or other cardboard box and attaching paper or felt shapes with glue. Cut the whole shape in half, mix up all the cards and encourage your child to match the same halves together. You could extend this activity by using pictures of animals or pictures of their favourite toy characters etc.



RAISING MULTI-LINGUAL CHILDREN

Many children speak more than one language at home. The 2016 census revealed that more than one-fifth (21%) of Australians speak a language other than English at home. *Starting Blocks* (ACECQA's dedicated parenting website) has wonderful tips on raising a bi-lingual or multi-lingual child. <https://www.startingblocks.gov.au/at-home/tips-to-raising-a-multilingual-child/>

SCHOOL READINESS

At Fit Kidz, we have a school readiness program called Be School Ready which incorporates our daily program of activities, our Smart Start workbook and monthly school discussion focus that help foster readiness in each child at their own pace. We also have a special Be School Ready Kit for families to help you prepare for this next important stage in your child's life. Please be sure to ask your Director for your copy. The Raising Children

website also has wonderful tips and how you can you're your child prepare for starting school at home. <https://raisingchildren.net.au/school-age/school-learning/school-choosing-starting-moving/starting-school>

LIFELINE AUSTRALIA

Domestic and family violence occurs when someone who has a close personal relationship with you makes you feel afraid, powerless or unsafe. It can be physical, but can also be emotional and psychological. Anyone can experience domestic and family violence. It happens across communities, ages, cultures and sexes. If you are experiencing abuse or violence it is not your fault. It is the abuser who is responsible. Domestic violence is a crime and the abuser is breaking the law. Lifeline offers support and tips to assist. Call the Lifeline Crisis Hotline: 13 11 14 <https://www.lifeline.org.au/get-help/topics/domestic-family-violence>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



ROCK PAINTING

Set up a fun Indigenous inspired outdoor painting activity using rocks, sticks and some acrylic or natural paints. You could print out a sheet of Aboriginal symbols or let your child create their own representing different elements in your garden or the world. Once the rocks are dry, this can then become a matching activity as children match the symbols back to your printed sheet.



MICHAEL ANGELO DRAWING

Attach large sheets of paper under a child sized table and provide children with assorted drawing materials. Encourage them to lie down and draw (just like Michael Angelo!) Develops different muscles, a different perspective and something different overall!



MAKE A XYLOPHONE

Have fun in the kitchen and make a water xylophone with glasses, water and food colouring. Fill the glasses in varying level, ask your child to help you pour from the jug (this is great to also teach self-help skills and hand – eye co-ordination). Channel your inner musician and using a chopstick or other implement tap out your favourite songs!

PARENTING DURING COVID-19

3 COVID-19 PARENTING Structure Up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

- Create a flexible but consistent daily routine**
 - 1. Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
 - 2. Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
 - 3. Include exercise in each day - this helps with stress and kids with lots of energy at home.
- Teach your child about keeping safe distances**
 - 1. If it is OK in your country, get children outside.
 - 2. You can also write letters and draw pictures to share with people. Put them up outside your home for others to see!
 - 3. You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.
- Make handwashing and hygiene fun**
 - 1. Make a 30-second song for your hands. Add actions that children perform and praise for regular handwashing.
 - 2. Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

You are a model for your child's behavior

- 1. If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did. Praise yourself for what you did well today. You are a star!

For more information click below links:

- Parenting tips from WHO
- Parenting tips from UNICEF
- In worldwide languages
- EVIDENCE-BASE

World Health Organization, unicef for every child, End Violence Against Children, INTERNET SAFETY, USAID, CDC

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