



3 - 5
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

PING PONG CATCH

Get out those plastic red Solo cups and a few ping pong balls (or any small object that will fit in the cup) and have your kids toss the ball to a partner and try and catch it in the cup. Start out close together and then keep taking a step backwards to increase the challenge. For a single-player, they can simply throw the ball in the air and try and catch it. Extend this activity by counting the number of times they catch the ball in the cup.



HUNGRY CROCODILES

Scatter some "islands" or "boats" across the floor (use pillows, stuffed animals, books, etc) and then encourage your child to jump from one to the next without falling into the "water" and risk being chased by a hungry crocodile. Bonus points if you play said hungry crocodile and chomps after them when they stumble!

PATTERNS

Use coloured pegs, blocks, beads or cutlery to begin a pattern for your child to continue. Once confident, ask them to create a pattern of their own.

FOAM MOSAICS

This activity develops fine motor skills and creativity. Using colourful craft foam, recycled cardboard, glue, paintbrushes, and scissors. Show your child how to cut the foam and stick them onto a piece of cardboard.

BOOK CHAT

Discussing the story and meaning of books is an important part of reading. Chat about the book before, during and after you read together. Encourage your child to share their ideas and to ask questions about the book. Here are some questions you can ask before, during and after reading the book:

- Explore the picture on the front cover. What do you think this book might be about?
- How would you describe the character at the beginning of the story?
- What is happening in the pictures?
- What do you think is going to happen next?
- Why might a character have done this? What would you do if that happened to you?
- Who was your favourite character in the story? Why did you like that character?
- What was your favourite part of the book? Can you draw a picture of your favourite part?
- Can you tell me what happened in the story?



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

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/

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

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

Let's Explore

ACTIVITIES WITH MINIMAL RESOURCES



HOW LONG IS A PIECE OF STRING?

Cut a piece of string for your child – any length will do. Use the string to measure the objects in your house. Find out what is longer or shorter than your 'string measuring tape'. Ask your child to identify anything that is the same length.



CARDBOARD BOX KITCHEN

Get creative with boxes! Make a stove, kitchen cabinets or insert a plastic bowl to create a sink. You could expand the cardboard box 'whitegoods' with a washing machine or fridge!



SNOWBALLS AND MARBLES

A fun sorting activity that develops the sense of touch. Fill a tub or bowl with cotton balls and marbles. Encourage your child sort them into two separate containers only using his sense of touch. If your child is comfortable you could try a blindfold.

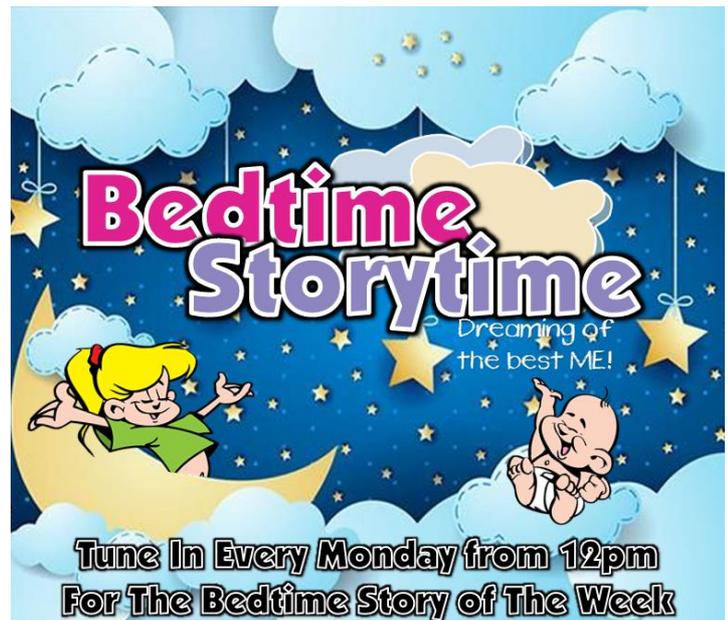


PET CARE

Get your child to help you feed it using the correct food, amount, etc. at the same time each day. Your child can also help in bathing your pet if your pet is the type to remain calm during a bath. Brushing down fur is another great activity your child can do. Caring for animals teaches children empathy, responsibility, concentration and develops a good memory.

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 if you have any questions

