



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

COTTON BUD PATTERN MATCHING

Colour the ends of your cotton buds with texas. Colour some with the same colour on each end and others with alternating colours. Draw a few pattern combinations on a sheet of paper and then encourage your child to copy the pattern.

SUPERSIZED NOUGHTS AND CROSSES

A fun spin on the traditional noughts and crosses game and you can make your own by painting rocks and drawing a game board in the dirt or on a large piece of cardboard. The aim of the game is to try and get three in a row!

MAGIC PAINTING

Do some magic painting! Draw a simple design on paper with a white candle or crayon. Make up water based paint (food colouring and water) in a few strong colours and encourage your child to paint the paper to reveal the lovely designs – they'll be amazed.



PAPER BAG PUPPETS

Set up a craft table with paper bags, glue, wool coloured paper, coloured cupcake cases and make your own puppets out of a paper bag. Place your hand in the bag opening to demonstrate how the bag can be used as a puppet. A fun way to open discussions about feelings with your child.



TRAVELLING WATER EXPERIMENT

This experiment requires only four supplies and is fun for all ages!

- Small plastic cups or glasses
- Paper towels
- Food colouring in primary colours
- Water

Fold a paper towel into thirds lengthways and fold over the edges of cups placing each end in a cup of coloured water. As the paper towel absorbs the colour from each cup and travels upwards, the colours will start to move and blend.



SCHOLASTIC APPS

Scholastic Apps are based on popular characters and series that children love. Your preschooler might especially like Go, Clifford, Go!

<http://www.scholastic.com/apps/index.html>

BUILD A WORD

“Build a Word” by WordWorld: Based on the PBS Kids television show, users can select letters to build words to identify images of ducks, sheep, pigs, and more. (iPad, iPod Touch, and iPhone).

STARTING BLOCKS – CHILD DEVELOPMENT 3-5 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/3-to-5-years/>

FUN BRAIN

Funbrain offers hundreds of games, books, comics, and videos that develop skills in math, reading, problem-solving and literacy.

<https://www.funbrain.com/pre-k-and-k-playground>

NATIONAL GEOGRAPHIC KIDS

This is where you can discover some of the coolest facts for kids from around our planet. From animals and geography to science, nature and history, there are so many amazing facts for kids just waiting to be discovered by young explorers like you!

<https://www.natgeokids.com/au/>

Let's Explore

ACTIVITIES WITH MINIMAL RESOURCES

CLAPPING GAMES



Bilateral coordination, memory and cognitive skills, and cooperative play are all packed into these fun songs and games – and they’ll also take you for a little stroll down memory lane!

<https://theinspiredtreehouse.com/wp-content/uploads/2013/09/activities-for-kids-classic-hand-clapping-games-final.pdf>

I SPY WITH A TWIST



I Spy will develop your child’s cognitive skills, social skills, and visual perceptual skills. Try these themes for your game of I spy!

1. Colours
2. Shapes
3. Actions (“I spy something you can throw”)
4. Textures (“I spy something rough”)
5. Alphabet (“I spy something that starts with the letter “A”)
6. Distance (“I spy something 10 feet way”)
7. Habitats (“I spy somewhere a bird would live”)
8. Memories (“I spy a place where we camped out one night”)
9. Senses (“I spy something that smells sweet”)
10. Numbers (“I spy 5 flowers”)



HAND TRACING



Trace hands with pencil, crayon or texta then colour or decorate each hand. This activity develops hand-eye coordination and encourages crossing of the mid-line which is vital to the development of using both sides of the body.

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