

Big School
years



PLAY & LEARN

ACTIVITIES AND LINKS TO
KEEP YOUR CHILDREN
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 big school 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

MAKING BUTTER SCIENCE EXPERIMENT

- Whipping cream
- Salt
- Mason jar

Put double cream into a clean jar until it is about half full and then add a pinch of salt. Shake the jar for fifteen minutes – your child may need your help as it gets very tiring! You should notice that the double cream and salt is separating into a lump of fat and a milky liquid. Take the lump out of the jar and put it on a paper towel so that you can wrap the towel around the lump and remove any excess liquid. Taste the lump - it is butter!

MAKE YOUR OWN NATURAL PAINTBRUSHES

No paintbrushes in the house? No worries! Collect some sticks and take some small cuttings from spiky plants from the garden (eg bottle brush, rosemary, tea tree) and tie to the stick with some string or jute. Make a few so you can have one brush per paint colour. Try making some watercolour paints (water and food colouring) if you don't have paint at home. Enjoy!

HANDBALL TOURNAMENT

School students in Australia, New Zealand, Fiji and South East Asia often play a style of handball, also known as four square, that differs from most other types of handball. The game is most frequently played at recess, lunchtime, or before and after school. This could be played by a single player against a wall or 2 or 4. Create a line (for a single player) or 4 squares. Players hit the ball with their hand towards the wall or another player with a bounce. The goal is to keep the ball going and inside the lines for as long as possible. A player is 'out' if they let the ball bounce outside of the 'court'.



LILLY PILLY JAM

Do you have a lilly pilly bush at your place? Why not try this recipe to make jam from your native plant.

Collect ripe berries from the plant. Remove stalks and stones from the fruit and wash well. Place in the pan with a little water. You will need approx 2 cups of water to 1.245kgs of fruit (or alter to amount you collected.) Cook until fruit is tender (about an hour). Add one lemon cut in half to the pan as the lemon will help with setting. When the fruit is tender, add the same weight of sugar as the weight of fruit. Boil until jam sets when tested. This took about another hour, but will really depend on the quantity you are cooking. Remove the lemon halves, bottle the jam in sterile jars and seal immediately.



PAPER TOWEL BUTTERFLIES

Using old eye droppers and watercolour paint (water and food colouring mixed), drop paint in random patterns across the paper towel and watch how the paper absorbs and spreads the colour. Once dry, you can scrunch the middle together and create your own butterfly!



GOOD SCREEN PRACTICES

Screen practices can best be described as what your child does when they are using screens and when they are watching television, playing a game, connecting with family or exploring online. Good screen practices for young children centre on the quality and nature of their activity online, as well as parents and carers modelling good screen habits. *Starting Blocks* (ACECQA's dedicated parenting website) has wonderful tips on how to encourage good screen practices in your children. <https://www.startingblocks.gov.au/at-home/how-to-encourage-good-screen-practices-for-your-child/>

COOKING WITH KIDS

Not sure where to start when cooking with children? The Raising Children website has wonderful tips and ideas. To not only get the children in the kitchen, but also taking ownership of the foods they choose and hopefully making healthier food choices. <https://raisingchildren.net.au/school-age/nutrition-fitness>

HOW TO HELP YOUR TEENAGE CHILD DEAL WITH STRESS

Dealing with study stress can be particularly difficult during this time. Get resources to help your family cope. <https://parents.au.reachout.com/>

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



FAMILY THREE- LEGGED RACE

Hold a fun and friendly competition between family members outdoors in your backyard or local oval. Team up as partners and tie your inner legs together at the ankle and/or knee using stretchy fabric or pantyhose. Wrap an arm around each other's waist and READY SET GO! The aim is to use your inner leg together as one when you are running. Each partner will either make it to the finish line or end up on the ground in laughter!



JUMPING TO 100

Can you jump rope and count to 100 without stopping? Use a skipping rope and pop on your joggers and get skipping.



WRITE A LETTER OR JOURNAL

Write a letter to a friend, relative or teacher to mail, or start a journal. You could include a drawing or painting and talk about what you have been doing at home, how school has been going online or ask questions about what they are doing. In a journal (diary) encourage your child to write about how they are feeling or things they would like to do when things get back to normal.

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 second song for your hands. Add actions for children praise 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

Logos: World Health Organization, unicef for every child, End Violence Against Children, INTERNET 4 GOOD THINGS, 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