



Big School
years

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

FINGERPRINT ART

Children can turn their fingerprints into hundreds of different animals, people, and designs. All you need is an ink pad or if you don't have an ink pad you can use acrylic paint. Just press your finger into the ink and press onto plain white paper. Once dry encourage your child to turn their fingerprint into an animal etc by using a black texta to add details. Why not try to make a cover wrap for your school books. Lots of fun and super creative!



PAPER SPINNERS

Craft up a few really fun spinners– You spin them and they hum! It's super fun and most things, you probably already have around the house! Here's the how-to instructions.

You will need: twine, cardboard circles, printer paper with circles, markers, scissors, glue sticks. Trace 2 circles onto paper and 2 onto cardboard and add color to the circles, the more colourful, the more fun it is to see as it spins. Cut out and glue onto cardboard. Poke two holes in the centre and thread a piece of string about 70cm and tie a knot once looped through the holes. Now you pull... relax... pull...relax. IF you do it right, the spinners make a humming noise!!!!



MAKE A WORMERY

Make your own wormery. Just after it rains is the best time to hunt for worms. Once you've collected five or so then put them in a large Tupperware box or old ice-cream tub with some soil. Make holes in the top so they can breathe. Then you'll be able to feed the worms food scraps, including eggshells and vegetable peelings. The worms will make great compost, which you'll be able to use in your garden. Remember to spray the worm farm occasionally with water to keep the worms moist.

ONE INGREDIENT BANANA ICE CREAM

Start with one ripe banana cut into discs and place the plate in the freezer. When your banana pieces are completely frozen, remove them from the freezer, and blend them. Keep blending, and after a minute or so you should end up with a luscious, creamy consistency that looks just like soft serve ice cream. Scoop into a bowl and enjoy!



BALLON BETWEEN THE LEGS RACE

Each person gets a balloon to hold between their knees. They run or walk from start to finish keeping the balloon between their legs and without touching it. If the balloon escapes, they must run and get it, before continuing in the race.

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

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



SLOTTED DISCS

Print out the template below on cardboard or paper (then mount onto card) and cut out each circle and slots as directed. Alternatively, you can make your own by tracing a circle shape (eg jar lid) onto cardboard (empty cereal box) and decorating and cutting slits at the top, bottom and at each side.

<http://madebyjoel.com/wp-content/uploads/2010/02/Made-by-Joel-Slotted-Building-Discs-Print-1.pdf>



ORIGAMI BOOKMARKS

Does your child love to read? Print out the attached template for these cute animal bookmarks and follow the instructions to fold.

<https://www.itsalwaysautumn.com/diy-origami-bookmarks-print-fold.html>

Or you can make and decorate your own by following these origami instructions

<https://www.reading-rewards.com/blog/origami-monster-bookmarks/>

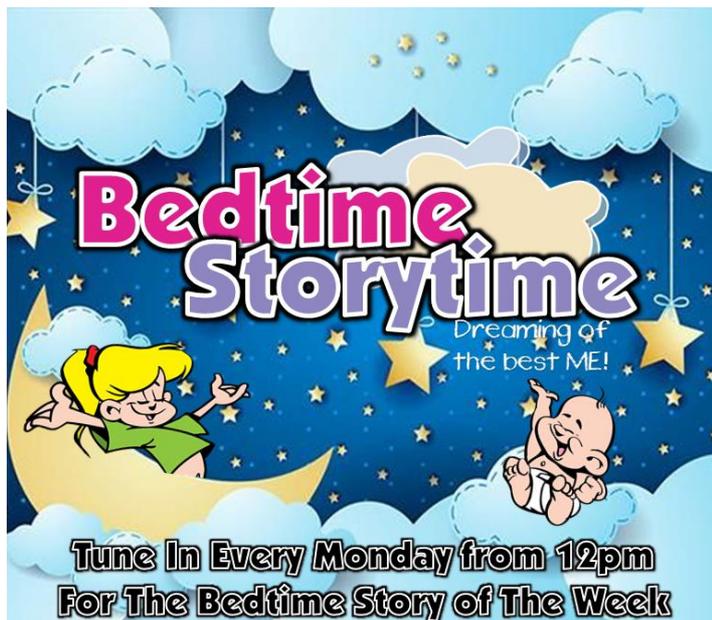


HOPSCOTCH

Draw a traditional hopscotch grid with chalk on the ground. Number each square from 1 to 10. Pick up a pebble or bean bag to toss onto a number. Your child then hops on each of the single squares and jumps with two feet on the double squares but missing the square where the pebble had landed.

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