

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

LET'S PRACTICE TYING OUR SHOELACES

Trace a pair of your child's shoes onto cardboard and push holes through the middle rows ready for threading. You could try an old pair of shoelaces or wool/ string with the ends wrapped in sticky tape (to assist in threading). Encourage your child to thread laces through the holes and practice tying a bow.



MAKE AND DECORATE BISCUITS

INGREDIENTS

- 185g butter, softened
- 3/4 cup caster sugar
- 1 teaspoon vanilla extract
- 1 egg
- 2 cups plain flour

METHOD

- Step 1 - Preheat oven to 180°C/160°C fan-forced. Line 3 baking trays with baking paper.
- Step 2 - Using an electric mixer, beat butter, sugar and vanilla until pale and creamy. Add egg. Beat until combined. Sift flour over butter mixture. Using a wooden spoon, stir to combine.
- Step 3 - Roll biscuit dough out between 2 sheets of baking paper until 4mm thick. Using a cookie cutter to cut out dough. Place on prepared trays. Re-roll remaining dough and repeat.
- Step 4 - Place cookies 4cm apart on prepared trays. Bake for 10-12 minutes until light golden. For even colouring, swap trays halfway through cooking time.

Tip: If dough gets a little soft after rolling, place in fridge until firm enough to handle. If rolling dough, form dough into a disc. Cover and refrigerate for 30 minutes before rolling. *Recipe courtesy of www.taste.com.au*

TIE DYING

- White, 100% cotton T-shirt
- (or other cotton item)
- several colours of Rit dye
- Squirt bottles
- Rubber bands
- Rubber gloves
- Gallon-sized zip plastic bags
- Water (to add to the ink bottles)
- A spray bottle of water (helpful to dampen shirts before applying ink)
- Paper towels or rags for spills



If you have purchased a new t-shirt you will need to wash it first! Prepare your ink and get prepped with rubber gloves and tie elastic bands to create your design by twisting the fabric and securing. Dampen the t-shirt and then get creative with your ink. Rinse in clear water when you have finished your design and then hang to dry.

CHARADES

Classic indoor games for kids never get boring! Charades can be played with any type of word or phrase, but with kids you may find that movie titles, television programmes and popular tween literature work best.



SCRIBBLE PRESS

Where children can imagine, write, illustrate, and share their own stories in their home or classroom.
<https://app.scribblepress.com/>

ABC EDUCATION

ABC Education brings you thousands of free, curriculum-linked resources for Primary and Secondary students and teachers.
<https://education.abc.net.au/home#!/home>

JUNIOR LANDCARE – JUST FOR KIDS

The Just for Kids activities have been developed to help children at home and at school explore Junior Landcare and create their own ideas.
<https://juniorlandcare.org.au/just-for-kids/>

EARLY CHILDHOOD AUSTRALIA – FIRST YEAR AT SCHOOL

Starting school can be stressful for children. The buildings are bigger, there are more children and they are the youngest in the playground. There are fewer adults and more rules, which they don't know and for many the classroom will be more formal.
<http://www.earlychildhoodaustralia.org.au/parent-resources/first-year-school/>

STORYLINE ONLINE

Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide. Each book includes supplemental curriculum developed by a credentialed elementary educator, aiming to strengthen comprehension and verbal and written skills for English-language learners.
<https://www.storylineonline.net/>

ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



HOMEMADE AIR DRY CLAY
 2 cups of baking soda
 1 cup of cornflour
 1 1/4 cups of water
 Place all ingredients into a pot over medium heat. Stir the mixture almost constantly, until it thickens and becomes the consistency of whipped mashed potatoes. Let cool and then knead until smooth and no longer sticky. Now you can create!



SENTENCE WORDS
 Pick a sentence from a book. How many words can you make from the letters in the sentence?



SHADOW PUPPET THEATRE
 Tell stories at bedtime using shadow puppets! You could use your hands or get creative through the day and prepare some characters by cutting shapes/ characters from cardboard.



WRITE A SONG
 Rewrite the lyrics to a favourite song. Start with a simple nursery rhyme children know well for the tune and then encourage them to get creative with words about a topic they are passionate about eg. Their pet, friends etc.

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