

**ACTIVITIES & LINKS TO KEEP
YOUR 18 MONTHS - 3.5 YEARS OLD ACTIVE &
HAVING FUN WHILE THEY ARE AT HOME.**



SmartKids' "Play-2-Learn" builds on 40+ years of experience demonstrating how learning through play is a powerful and effective approach to ensure children's healthy development, wellbeing, and learning.

Play can support the holistic development and resilience children need to thrive in a complex and constantly changing world.

Kind Regards, International Child Care & Learning Centres

QUICK SET UP ACTIVITIES

BALLOON BLOW ACTIVITY

Set up an obstacle course and see if your child can blow a balloon all the way to the finish line. They'll have to do lots of army crawls working their upper body and core strength along the way.

PAINT CHIP HUNT

Pick up some brightly coloured paint chips from your local hardware store and ask your children to find items that match each colour as closely as possible (again, keep a timer going so they quicken their pace). Don't have Paint Chips? Use coloured plain paper instead.

SIZE AND MEASUREMENT

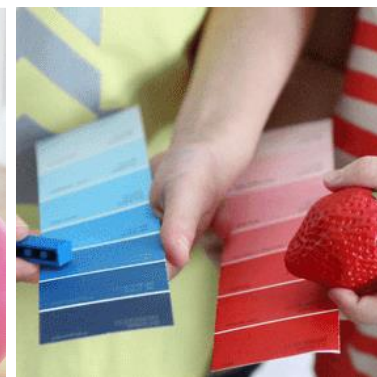
Understanding measurement and scale are crucial to your child's understanding of maths. Help your child to build a tower of blocks that is taller than a favourite toy. Ask your child to count the total blocks to measure the height of the tower. Talk about the size of the towers and which one is tallest/ smallest etc.

FOLLOW THE LEADER

Lift your left leg and touch your nose! Encourage your child to mimic your body movements or follow your verbal instructions. Then swap. This activity will help to develop your child's receptive language skills and is a whole lot of fun that will have you all in giggles.

BUSY BOX

Keep a 'busy box' with things like string, wrapping paper scraps, patty pans, paddle pop sticks, stickers and straws that your child can use to get creative with.



BUILD A CUBBYHOUSE

Cubbyhouses are a fun way for children to engage in imaginative play and role play. For example, a simple cubbyhouse can turn into all sorts of spaces – a shop, hospital, school, castle, rocket. You can build a cubbyhouse using things around your home. Here are some ideas:

- Build a tent using chairs placed back to back, 1-2 metres apart, with a sheet or blanket hung over the top. You can use pillows to hold the edges to the floor so the cubbyhouse doesn't collapse.
- Hang a blanket over a table.
- Tie a rope between two very stable objects, with a sheet draped over the rope, to make a tent. You can set up this type of cubbyhouse between two trees or across the corner of a balcony that's safe for your child to play on.
- Use a big cardboard box with holes cut out for doors and windows. Your child can paint or decorate it.

ACTIVITIES WITH MINIMAL RESOURCES



NUMBER POSTING ACTIVITY

You can make this with items you have at home. Simply wrap some brightly coloured wrapping paper around a used container, cut a slot into a soft plastic lid and using some metal food lids cover them in paper and number them 1-5 or 1-10. You could extend this activity by drawing the matching number of dots on the reverse of the lid.



STORYTELLING BOX

Collect little farm animal, zoo animal, small dolls or dinosaur figurines; a tray, cardboard box, under bed storage tub or similar and a collection of natural things from outside.



NECKLACE THREADING

Use small plastic lids, patty pan cases and other 'threadables' to make jewellery. Provide a length of string, wool or even curling ribbon to make the necklace from.

Create a flexible but consistent daily routine.

- 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.
- 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.
- Include exercise in each day - this helps with stress and kids with lots of energy at home.

FOCUS ON MORE THAN JUST ACADEMICS

- Talk about emotions and how to express them
- Arrange for social contacts with peers and not just adults – they will provide a new kind of learning and copy behavior
- Don't forget physical activities, this will help gross motor skills, build muscles and stability and is simply healthy.

Make handwashing and hygiene fun

- Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.
- 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.

- Whatever you do 'LEAD BY EXAMPLE' – treating others with respect, dumping your trash, saying hello/goodmorning – your children learn more from what you do than from what you say

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!



At SmartKids, we "Play to Learn" and prepare children for the future, both academically, emotionally and behavioral. Our daily classes start from 18 months old, with flexible programs. We have an International program and a Dual-Language program. Are you interested in a facility tour and more detailed information please contact Ms Yoko 0903 957 316 - yoko@smartkidsinfo.com or Ms Yen 0909 596 075