

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

TISSUE PAPER AND CONTACT COLLAGE

You will need: a piece of sticky contact; tissue paper or cellophane and masking tape. Peel off the backing (with the sticky side facing you). Together cut or tear up pieces of tissue paper into small shapes and place in a bowl or tray. Encourage your child to press them onto the contact sheet. These look great when the sun comes shining through the colours!

EASTER BUNNY CARROT & OAT BLISS BALLS

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| 3 medium carrots | 1 TBSP coconut oil or other light flavoured oil |
| 1 Cup oats | 1 tsp cinnamon |
| 1 Cup sunflower seeds | 1/2 tsp ginger, dried (optional) |
| 1/2 Cup dates | Desiccated coconut for rolling |

Place carrots in a sturdy food processor and blitz until very finely chopped. Add remaining ingredients, excluding the desiccated coconut and blitz until the mixture comes together into a large ball. This may take some time, 5 or so minutes of blitzing but be patient it will get there. Using a teaspoon form balls, the mixture will be quite sticky (because of the water content of the fresh carrot) , but the texture improves once you roll in coconut and refrigerate. If you keep your hands damp it stops the mix sticking to your fingers, Get the kids involved they will love the mess! Roll the balls in desiccated coconut and refrigerate.



COLOURED SPONGE JENGA

Choose a few new sponges in different colours and cut into 2cm wide strips to make your Jenga blocks. This is such a fun activity as you take it in turns to build a tower.



RAINBOW SORTING

If you have any cardboard roll tubes and pom poms at home why not create this fun colour sorting activity which develops both thinking skills and fine motor skills. Find your pom poms and paint your tubes the same colours as the pom poms. Tape the rolls to a big container, provide tongs or tweezers and voila! You could also use Lego blocks if you don't have pom poms.



LEARNING POTENTIAL

The free Learning Potential app and website is a support tool for parents who want some ideas on the things they can do to support their child's learning at home. It provides general information for parents should you wish to use it.

<https://www.learningpotential.gov.au/>

HEALTHY TODDLER MEALS

Looking for healthy toddler meals to feed your kid? Here are 40 ideas for breakfast, lunch and dinner to help inspire you if you're stuck.

<https://www.theleangreenbean.com/healthy-toddler-meals/>

<https://www.nurturelife.com/blog/peek-week-wholesome-toddler-meals/>

ADVENTURES AT YOUR PLACE

Adventures at your Place is a series of fun activities for children to undertake in their own backyard. They are posting a new activity every week to help children explore their backyard or local bushland or creek/river.

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

RAISING CHILDREN - AUSTRALIAN PARENTING WEBSITE

Designed for busy families and full of tips and tricks for you to try, the content is easy to find and easy to digest. They have the answers to hundreds of parenting questions, where and when you need them.

<https://raisingchildren.net.au/toddlers>



ACTIVITIES WITH MINIMAL RESOURCES



THEME BASKETS

You can build a story bag, basket or box around a new story or old favourite. You will want to include a copy of the book (of course!) and then a small collection of props that will help you to give the story life – to lift the words off the page and stimulate imaginations and interest while making sure the story is meaningful and fun!

Some common materials used in story bags and baskets that you could start with include: Soft toys; Farm/zoo animals; Little people/Lego figures; Small boxes; Sticks/grass/hay/wood cookies; Finger and hand puppets; Visual aids, cards, calendar pictures, coasters; Textured material; Mats, cloths, placemats.



RAINBOW FAMILY FOOTPRINTS

What you need: willing family participants!; acrylic paint in rainbow colours; paintbrushes; and a tub to clean your foot afterwards. Paint stripes of colour on each family members foot and print onto paper (you could frame it once it is dry) or a canvas. Hang for the whole family to admire. You could also do family handprints!!



ICECUBE TRANSFER

This activity can be done indoors (as pictured above) or outside on a hot day. You can use one big tub to hold two smaller tubs just as an attempt to contain any spills, but laying out a towel would work, too. Fill one with ice cubes (and a little bit of water), and leave one empty.

HOW TO BUILD INDEPENDENCE IN PRESCHOOLERS

Opportunities to develop independence are immensely important for building a sense of self and self-esteem — not to mention frustration tolerance and perseverance!

Given how high our stress levels are at the moment, our tolerance for inconvenience and mess may be more limited than usual. Here are some simple guidelines:

- Set predictable routines
- Let your child choose
- Let your child help
- Give your child chores
- Let your child solve problems
- Encourage projects
- Nurture free play
- What to say while they work and play

Read the whole article at

<https://childmind.org/article/how-to-build-independence-in-preschoolers/>

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@smarkkidsinfo.com or Ms Yen 0909 596 075

