

**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

### TIGER TAILS

Show your child pictures of big cats such as tigers, lions, leopards, and cheetahs. Explain that the two of you will pretend to be tigers (or lions, leopards, etc.). Tuck one end of the fabric into the back of your child's pants and explain that this is his "tail". Say, "I'm going to get your tail!" and encourage your child to run away. Chase your child and snatch his tail. Change roles and tuck the fabric into your own pants, and then encourage your child to chase you. Make "big cat" noises as you play (tiger, lion, etc.)

This activity develops Agility, Balance, Speed, and early running. Variation for older children: Create "safe" places where you are not permitted to grab tails. Then encourage your child to run from one "safe" place to another without having his tail snatched. You can "prowl" around at a distance and give him the opportunity to decide whether or not he is safe to run.

### STONE MATCHING GAME

Head outside and collect various sized stones when out on a walk or even in your own backyard. Trace around each stone with a pencil onto a piece of paper and then place stones you used in a bowl. Encourage your child to find the matching stone outlines. Why not try a matching game with other natural items. Unusual leaf shapes, twigs, flowers etc.

### ANIMAL BALL TOSS

Throw and catch these animal positions:

- Bend your knees and get low like a duck
- Reach up high like a giraffe. Now throw!
- Stand with your feet wide like a bull
- Stand on one foot like a flamingo



### BALLOON GAMES

Balloon movements are unpredictable. These silly balloon games develops balance, timing, and had-eye co-ordination.

- Balloon volleyball
- Balloon tennis with a paper plate
- Balloon bounce and catch
- Balloon bounce against a wall
- Catch a balloon in a bucket
- Balloon tetherball: attach a balloon from the clothesline. Tap it then catch it!

### RECYCLED WATER PLAY

Using what we have to create this amazing invitation to play. Attach empty milk bottles with cut outs to a fence or board with a small tray of water at the bottom. Provide pouring items eg watering cans, measuring cups/jugs, funnels to increase their exploration.



**10 SIMPLE TODDLER EXERCISES**

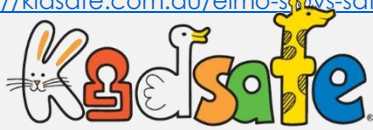
Here are some easy and fun exercises you can do with your toddler indoors. Sometimes it's not always possible to get out and about, so here are some simple ideas on keeping active indoors!

<https://www.youtube.com/watch?v=PhTIVHmryw>

**DRIVEWAY AND ROAD SAFETY FOR CHILDREN WITH ELMO**

As part of the campaign, a number of educational resources have been developed for families including an iPad app, e-Book, storybook with associated learning experiences and a television and radio Community Service Announcement.

<https://kidsafe.com.au/elmo-stays-safe/>



**PARENT WORKS PARENTING PROGRAM**

ParentWorks is a free online program for Australian parents and caregivers of children 2 to 16. It provides evidence-based parenting strategies to improve parenting skills, confidence and child behaviour.

<https://parentworks.org.au>

**RANGER RICK**

With schools, offices, and other public spaces closing across the country, they want to help you stay entertained and engaged in the natural world. So they are making their website free to all visitors through the end of June. They have also made the current digital editions of their magazines free to the public for the next few months.

<https://rangerrick.org/stuck-indoors/>



**ACTIVITIES WITH MINIMAL RESOURCES**



**COTTON WOOL BALL RACE**

Using straws and cotton wool balls, set up an area on a table or floor. Using a straw you need to blow the cotton wool ball all the way to the other side! Why not have a race between family members and see who's cotton wool reaches the other side first.



**KITCHEN SCIENCE FUN**

Using bicarb soda, vinegar, food colouring and eye droppers create a fun science experiment in your kitchen. Onto the bicarb soda and food colouring, drop vinegar and watch what happens! Tip: this will be a messy experiment so use small containers with a tray underneath to catch overflow 😊



**MAIL A HUG**

A fun and easy way to send some love to a friend or family member during this time. Trace around your child's head and arms and encourage them to decorate by drawing, painting or collage. You could fold inside a card or add a special message to your paper person.



**MUSICAL ART**

Put on a variety of different music with different tempos. Provide children with lots of paper and art supplies so they can draw to the music. You will see how the music will influence the style of your child's drawing.

**10 Positive WAYS TO WISH YOUR CHILD A GOOD DAY**

- 1 Be Kind. Be helpful. Be YOU!
- 2 Make a difference.
- 3 Today is a new day!
- 4 I believe in you!
- 5 I LOVE you for who you are!
- 6 Be everything you can be!
- 7 Be brave, be kind, be bold.
- 8 Learn something new today!
- 9 Try your best, have fun!
- 10 Today will be a great day if you start with a great attitude.

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](mailto:yoko@smartkidsinfo.com) or Ms Yen 0909 596 075

Let's Explore

