

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

### THE THINGS YOU CAN DO WITH 6 LINES OF TAPE!

Use painter's tape and evenly space out on the floor. Then set your child challenges to progress from line to line:

1. Jump Forward
2. Jump Backwards
3. Hop on one foot
4. How far can you stretch? – one foot on the first line then try and stretch the other foot as far as it can go.
5. How far can you reach? – place one hand on the first line then try and reach for the furthest line you can.
6. How long are you? – Laying down, place toes at the bottom line and arms beside. Which line does your head reach?

### CREATE YOUR OWN FAIRY JAR NIGHT LIGHT

What you will need:

- Recycled Glass jars without labels
- Glow in the dark acrylic paint
- A paintbrush

With a paintbrush, paint small dots on the inner surface of the jar. Paint different sizes of dots and you can even choose different colours. You can also paint other patterns, like stars, or other shapes. Allow the paint to dry. Glue glitter on the lid of the jar if you wish. Place the jars in a spot with a lot of light, so that the paint can absorb the light. (Your child could go outside and pretend to find fairies in the garden). Turn off the lights, or go outside in a dark place and admire the jar that glows in the dark!



### CHALK PAINT

You will need:

- 2 tbsp cornflour
- 4 tbsp water
- Food colouring

Add the cornflour, water and food colouring to a small bowl or cupcake pan and mix well, and you are done! Try providing one or more of these materials to your child's next painting experience:

- Brushes
- Cotton buds
- Cookie cutters
- Sponge roller
- A peg with string – hold the peg and dip the string into the paint, then pull across paper
- Household sponge (cut into smaller pieces, fold in half then clip with a peg which becomes the handle)
- Fingers – for some finger - painting fun!
- Empty cotton thread spools
- Balloon (with a little water inside) then partially inflated
- Paper towel cardboard tube



## KNEE BOUNCERS

Featuring a collection of interactive online games designed especially for babies, toddlers, and preschool kids. <https://kneebounce.com/>

## LIL' FINGERS

Lil' Fingers is a computer storybook, game, activity and colouring site. <http://www.lil-fingers.com/games/index.html>

## ABCya

This website provides over 300 fun & educational games for grades PreK through 6. The activities are designed by parents and educators, who understand that children learn better if they are having fun. Games are categorized by grade and subject, and cover topics such as multiplication, parts of speech, typing, pattern recognition, and more. <https://www.abcya.com/grades/prek>

## SESAME STREET

These are challenging times, and your friends at Sesame Street are here to help. Their new hub is filled with videos, playful learning activities, and ways to help families stay physically and mentally healthy. The Sesame Street Muppets are staying home, too, but still connecting with friends online—and each week they'll post new videos, like Singalong with Elmo or Snack Time with Cookie Monster. Hope to see you there! <https://www.sesamestreet.org/>



## ACTIVITIES WITH MINIMAL RESOURCES



### FRUIT AND VEGETABLE BUG SNACKS

Ingredients to try: celery, cucumber (sliced lengthways for body or into slices for wings and other embellishments), cream cheese or other spread, cherry or grape tomatoes (do not use whole, cut these in half when using to avoid choking), chives (for antennae), black olives (small pieces of olive for eyes), grapes (do not use whole, instead cut into small pieces to avoid choking), blueberries, strawberries, apple (thin slices). Create some of these bug friends with your child and enjoy a healthy snack!



### SHAPE LACING CARDS

This activity will develop your child's hand - eye co-ordination and fine motor skills. You can create your own shape lacing cards at home by drawing or tracing around a large shape onto cardboard (you could use the cardboard from an empty cereal or tissue box) and cutting out. You could decorate these with pencils or crayons, then you will need to use a hole punch to punch holes all the way around your shape. Thread a shoelace (or piece of string/wool with sticky tape wrapped around the end as this will make it easier to thread through the holes)



### LET'S DRESS UP!

Pull out those old clothes you haven't worn in years (use adult clothes or older sibling clothes) and start a dress up box. Fill with things like shirts, belts, shoes, dress up jewelry, hats, gloves, shorts, ties etc. (You could even get crafty to build up your dress up supplies by making cardboard crowns and tiaras; threading pasta tubes or cut up straws onto wool to make bracelets/necklaces)



## HOW TO MAKE TANTRUMS LESS LIKELY

- **Reduce stress.** Tired, hungry and overstimulated children are more likely to experience tantrums.
- **Tune in to your child's feelings.** If you're aware of your child's feelings, you might be able to sense when big feelings are on the way. You can talk about what's going on and help your child manage difficult feelings. You might also be able to distract your child.
- **Identify tantrum triggers.** For example, your child might have tantrums when you're shopping. You might be able to plan for this situation or change the environment to avoid tantrums. For example, it might help to go shopping after your child has had a nap and a snack.
- **Talk about emotions with your child.** When your child struggles with a strong feeling, encourage your child to name the feeling and what caused it. For example, 'Did you throw your toy because you were cross that it wasn't working? What else could you have done?'

<https://raisingchildren.net.au/toddlers/behaviour/crying-tantrums/tantrums#how-to-make-toddler-tantrums-less-likely-nav-title>

<https://smarkkidsinfo.com/parenting/ToddlerTantrums.pdf>



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