

**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

### FIZZY SCIENCE

Here is an easy, fizzy science experiment for children that requires only a few commonly found household ingredients. This science experiment, uses baking soda and vinegar and teaches children about chemical reactions. As children conduct this science experiment they also develop a greater understanding of colours (naming individual colours and also mixing of colours) while building on their fine motor skills. In a baking dish place a layer of bicarb soda, and in a few small bowls, place ½ cup vinegar and a few drops of food colouring. Using old eye droppers, encourage your child to squeeze up the vinegar mixture and then drop onto the bicarb tray.



### BALLOON BOP

Blow up a balloon, then get your child to bounce, throw or hit the balloon across the room without it hitting the ground.

### HULA HOOP CIRCUS

Hula hoops are a great way to build balance, co-ordination, and strength. Have children pretend to be circus animals climbing in and out of the hoops. Hold the hoop up vertically and have them make their way through, or hold it horizontally and have them step into and out of it. Or simply lay the hoop flat on the floor and have children jump in and out.

### KINETIC SAND

You will need:

- 1 cup of play sand
- 1/2 tbsp cornflour
- 1 tsp dish soap
- 1 cup of water (added as needed)
- Food colouring

Begin by combining the play sand and cornflour in a large bin or container.

Mix well. In a separate container combine 1 cup of water with 1 tsp of dish soap, and colour if desired, and stir until the water is bubbly.

Then, slowly add the water-mixture to the sand/ cornflour and mix well.



**SESAME STREET FAMILY PLAY APP**

Sesame street family play offers over 130+ real world games to play at home – from the kitchen to the backyard, and even over video chat! It's easy – choose from three categories: keep busy, move your body, and calm down, then tell the app where you are at home, how many kids are playing, and what's around you (socks? A banana?), and sesame street family play delivers the perfect game to play with your kids.

Best of all, there's no screen time required. This app helps parents lead games, like cookie monster tag, for any number of kids in all kinds of settings. Designed for parents grappling to find things to do with their children at home, it is simple, educational, and entertaining for absolutely everyone.

Thanks to the power of play, every game will help your kids build key developmental skills.



**ACTIVITIES WITH MINIMAL RESOURCES**



**ROUND AND ROUND THE GARDEN**

Act out this fun version of the traditional Round and Round the garden like a teddy bear, one step, two step, tickly under there. Can you and your child come up with other verses? Eg Like a Lion... Roar, Roar, Roar.



**COLOUR SEQUENCING WITH DUPLO**

This activity is a great way to get to know the names of colours, learn to match and follow a pattern. On a piece of paper in front of your child's blocks draw squares in a pattern, then ask your child to copy that pattern using their Duplo blocks.



**PLAYDOUGH WITH SCISSORS**

Make your favourite playdough recipe (see previous Play and Learn from Home sheets for the recipe). Provide child safe scissors with the dough and encourage your child to roll playdough into a sausage shape and snip at the dough. This will increase their hand strength and control over scissors.



**MAKE YOUR OWN LIGHT TABLE**

A light table can be used to enhance literacy, math, and writing skills in fun and playful ways. Children are naturally drawn to the gentle glow of the light table and will stay there for long periods of time, which is great for stretching those budding attention spans. You can make your own with: a clear plastic container with lid, some wax paper, a strand of battery operated white Christmas lights, scissors and clear tape. For the colours you

could use see-through coloured sippy cup lids. No need to buy expensive colour forms if you have something you can use at home already. Cellophane is another great accessory for the light table. You could also explore 'shadows' with a light table. Place the Christmas lights inside the box and tape in a few places so stationary in box. Line the inside of the lid and sides with waxed paper to diffuse the light. Close the box and ensure lid is on firmly and voila! This will keep your child engaged for ages and something they will love to come back and revisit!



**How to handle difficult behaviour**

If behaviour is causing you or your child distress, or upsetting the rest of the family, it's important to address it.

**Do what feels right**

What you do has to be right for your child, yourself and the family. If you do something you do not believe in or that you do not feel is right, it probably will not work. Children notice when you do not mean what you're saying.

**Do not give up**

Once you've decided to do something, continue to do it. Solutions take time to work. Get support from your partner, a friend, another parent or your health visitor. It's good to have someone to talk to about what you're doing.

**Be consistent**

Children need consistency. If you react to your child's behaviour in one way one day and a different way the next, it's confusing for them. It's also important that everyone close to your child deals with their behaviour in the same way.

**Try not to overreact**

This can be difficult. When your child does something annoying time after time, your anger and frustration can build up. It's impossible not to show your irritation sometimes, but try to stay calm. Move on to other things you can both enjoy or feel good about as soon as possible. Find other ways to cope with your frustration, like talking to other parents.

**Talk to your child**

It can help if they understand why you want them to do something. For example, explain why you want them to hold your hand while crossing the road. Once your child can talk, encourage them to explain why they're angry or upset. This will help them feel less frustrated.

**Be positive about the good things**

When a child's behaviour is difficult, the things they do well can be overlooked. Tell your child when you're pleased about something they've done. You can let your child know when you're pleased by giving them attention, a hug or a smile.

