

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

TASTE SAFE MARSHMALLOW PLAYDOUGH

Children love homemade marshmallow playdough because it's squeezable, cheerfully-coloured, and a tad bit yummy. But it's a treat for parents too: an inexpensive, edible alternative to store-bought dough and 100% safe to eat. Inspire creativity at home with a fun 5-minute project that you can stretch, squash, roll, chop, poke, sculpt, and even taste!

For 1 small ball of dough you will need:

- 6 large marshmallows
- 2 teaspoons coconut oil
- 8-12 drops liquid food colouring (multiple colours)
- 4-5 Tablespoons cornflour

To make: In a microwave-safe bowl, add the marshmallows and coconut oil. Microwave on high for 20-30 seconds, or until marshmallows puff up slightly. Add a few drops of food colouring to the marshmallows and mix well until combined. Add 4 tablespoons of cornflour and stir to combine. When the dough becomes too difficult to stir with a spoon or spatula, knead it by hand. Be careful: allow it to cool until it can be handled comfortably, because it may be hot. Knead the dough on a surface floured with cornflour until all of the ingredients are completely combined and the colour is even.

SHAPE OR COLOUR DRUMS

You can use this idea for learning letters, colours, or numbers as well. This activity develops visual motor skills (hand eye coordination) and crossing midline! Crossing midline is key in establishing hand dominance and getting the two hemispheres of the brain talking. Just turn over some different sized pots or kitchen bowls and



attach shapes or circles of colours to the bottom. Encourage your children to name the shape as they tap or give the children a simple series eg. Circle, circle, triangle or to make it a little harder, add a few more steps – circle, circle, triangle, square, square.

FINGER THEATRE

Act out stories and songs (like the song below) using your hands, fingers and props to help you and your child develop language skills. Cut out 5 flowers from coloured paper and attach to pop sticks or straws.

Little Flowers Song

Five little flower standing in the sun
See their head nodding, bowing one by one
Down down down alls the gentle rain
And the 5 little flowers lift up their heads again
1,2,3,4,5, 5 little flowers
restart from the beginning

https://www.youtube.com/watch?v=eFWXpMug_IQ

LOVE TALK SONG READ PLAY APP

The Love Talk Sing Read Play app contains information to support their learning and development of children 0 to 5 years. It is available in English, Arabic, Bengali, Chinese or Nepali.

<http://itsrp.resourcingparents.nsw.gov.au/home/resources>

EARLY CHILDHOOD AUSTRALIA

Early Childhood Australia has developed a variety of resources for parents.

<http://www.earlychildhoodaustralia.org.au/parentresources/>

KARITANE

Karitane support new parents around sleep and settling, establishing routines, feeding and nutrition, toddler behaviour and pre and postnatal anxiety and depression.

<https://karitane.com.au/>

STARTING BLOCKS – YOUR CHILD’S DEVELOPMENT

Learning begins from the minute your child is born. In fact, they learn more during their first five years than at any other time in life. That’s why it’s important your child has opportunities to learn and develop every day. Remember, all children develop at different rates. Read about the developmental milestones for your child’s age group here:

<https://www.startingblocks.gov.au/your-childs-development/>



ACTIVITIES WITH MINIMAL RESOURCES



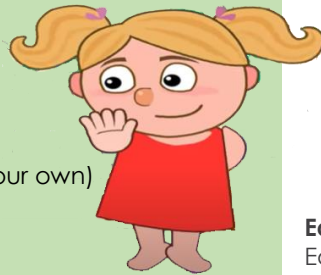
ORANGE/ONION BAG PAINTING

Give your orange or onion bags another life! Fill with an old t-shirt or car wash sponge and tie up with an elastic band. Add these to a tray of paint and have fun making patterns.

HOKEY-POKEY

Another classic, this one is super fun to play and helps your kid follow instructions and learn the names for his body parts. The song “Hokey-Pokey” is a simple one with instructional lyrics:

You put your left foot (you can substitute for any body part) in,
 You put your left foot out,
 You put your left foot in,
 and you shake it all about!
 You do the Hokey Pokey
 (Raise hands, wiggle fingers,
 move arms—or you can invent your own)
 And you turn yourself around
 (Turn around in a full circle)
 That’s what it’s all about!
 (Clap with each syllable)



https://www.youtube.com/watch?v=w5Aqm_wZ920

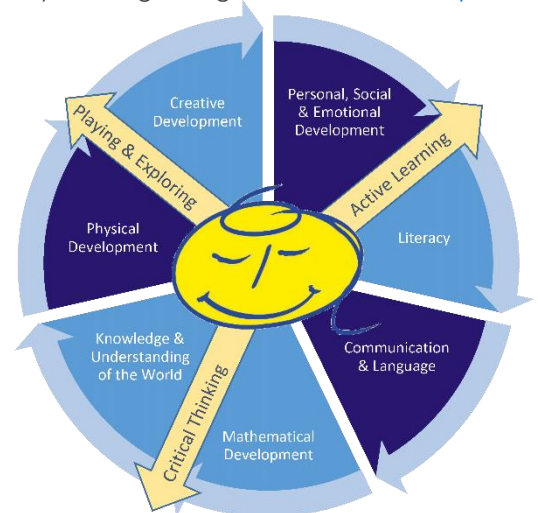


KEEP THE BALLOON UP

Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?

IMPORTANT AREAS OF EARLY CHILDHOOD DEVELOPMENT

Early childhood development is a little easier to understand when you break it into categories of learning. We can separate early learning categories into seven [Early Learning Goals](#):



Early Childhood development milestones to watch for

Each child develops at its own speed and priorities. If you have a rough idea of what to expect from children at each age level, you will be better equipped to keep an eye out for healthy growth. But remember your child is unique and might follow a slightly different speed in development, so below milestones are only generic guidelines.

Milestones at 18-months old

- Initiates play by handing things to others
- Points at what they want
- Says several single words
- Knows how ordinary objects (telephone, spoon) are used
- Eats with spoons and drinks from cups

Milestones at two years old

- Shows excitement around other kids
- Repeats words or sentences often overheard
- Begins to sort shapes and colors
- Begins to run, climb, throw and stand on tiptoes

Milestones at three years old

- Exhibits a wide range of emotions
- Shows concern for others
- Follows two or three steps instructions
- Plays make-believe
- Dresses and undresses on their own



Let's Explore

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