

## ACTIVITIES & LINKS

TO KEEP YOUR **3.5-6 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

### INDOOR OBSTACLE COURSE

Look around the house for everyday items you might be able to use, chairs, pillows, socks, baskets, towels rolled up....

Make the obstacle course simple at first and change the stations as they're mastered. If you like, time the kids so see who can complete the course fastest, Just be aware, it can quickly turn competitive! Here are a few ideas to get you started on building an indoor obstacle course for your kids.

1. Crawl under or over a row of chairs
2. Crawl under a string between 2 chair legs
3. Walk along a rolled-up towel like a balance beam

<https://www.familyeducation.com/>

### BUCKETS AND SOCKS

Rolled up socks and buckets can be all you need for a lot of fun. Start with the bucket not too far away and try to throw the socks into the bucket. Once that is mastered move it further away. Challenge your children, ask them to try throwing with the opposite hand than they usually use, with their eyes closed.

### COLOUR SCAVENGER HUNT

This could be an indoor or an outdoor activity. It is also a great one to use while prepping dinner. Ask your child to find an object for every colour of the rainbow. Or, be more specific and ask them to find a red block, a yellow block, a yellow ball etc.



### CAR/BIKE WASH

Make believe play is a lot of fun! Fille a bucket of water, put out some sponges and small towels. Line up you children's bikes and or play cars. It's WASH TIME.

If you happen to have a play cash register, set that up on a table too, it will add to the fun.

### PLAYDOUGH

Having play dough on hand makes a wonderful no prep activity. Buy some or make your own Add trucks and tractors, cookie cutters, bowls, patty pans. It really is a limitless and much-loved activity

<https://funlearningforkids.com/easy-play-dough-recipe-without-cream-tartar/>

### PUT ON SOME MUSC

Yes, you might get a few requests but dancing is much-loved pastime. Try searching [YouTube](#) or [Spotify](#) for "Super Simple Songs" their most loved movie soundtrack or try the [Kinderling](#) app or digital radio station for Pre-school shows and playlists.



**SPARKLESTORIES**

We've seen a single story to bring confidence to a nervous child, prepare our family for a threshold, or suggest to our boys how to communicate more kindly. All these things and more shape our home life into a slower, kinder, gentler place.  
<https://www.sparklestories.com/>

**KIDSPOT**

At Kidspot you find a range of activities like arts & crafts, science experiments and brain teasers, outdoor games like hide 7 seek etc.  
<https://www.kidspot.com.au/parenting/things-to-do>



**HANDS ON AS WE GROW ®**

All about learning to do hands on activities with your kids. It shares lots of practical, easy activities, and sneaks in learning opportunities whenever possible. You'll find crafts, art projects, gross motor activities, and fine motor activities regularly on the blog. And a couple times each month it does a collection of play activities on a theme, such as what to do with all your crayons!  
<https://handsonaswegrow.com/>



**OCEAN SCIENCE**

The Ocean Portal provides activities, lessons and educational resources to bring the ocean to life.  
[https://ocean.si.edu/educators-corner?f%5B0%5D=grade\\_level%3A17383](https://ocean.si.edu/educators-corner?f%5B0%5D=grade_level%3A17383)

**ACTIVITIES WITH MINIMAL RESOURCES**

**SELF PORTRAIT**



Set up a paint space with a mirror. Ask your child to paint what they see. They might do many versions of their portrait. Let the painting dry, and now colour it in with crayons.

**MAGAZINE SHAPE HUNT**



Draw basic shapes on separate pieces of paper. Together find a couple of shapes in a magazine, cut them out and match them with the correct blank shape sheet. Then let your child search their own.  
<https://funlearningforkids.com/>

**PLAY CARDS**



Teach your child your favourite card game, perhaps a simple one such as UNO or DONKEY, where everyone gets a card and must follow the pattern on the card left open in the deck. If it is a 3 of hearts, everyone will need to play hearts and whoever plays the highest number wins the hand.

**LOOK CLOSER**



Give your child a magnifier glass and let them explore the house. Everything looks very different close-up. Head outside and look closer at plants and bugs.

Let's Explore

Think Positive Talk Positive Feel Positive



- What we mostly seem to say!
  - Don't run! What changes we can make!
  - Don't hit! Use your walking feet.
  - Don't yell/scream! Please touch softly/ be gentle.
  - Don't fight! Use inside voices/ a quiet voice please.
  - Don't climb on the table! Use your words, please.
  - Don't throw sand! Keep your feet on the floor, please. You might fall.
  - Don't throw toys! Keep the sand in the sandpit. Your friend might get sand in the eyes.
  - Your friends will be hurt / the toys will break.
- Also very compelling is to send " I " messages:  
 I would like you to do.....  
 This shows your feelings & your child will respond positively

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

