

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

SELF PORTRAITS

Provide your child with some paper, drawing materials (pencils, crayons, textas) paint and a mirror. This is a wonderful activity to explore creativity but also a great discussion point for discussing emotions.



PAPER LANTERNS

This activity is great for developing scissor cutting skills and hand strength. Fold a piece of plain or coloured paper in half on the long side by aligning the two shorter edges together. (Tip: It is easier to decorate (draw on) if desired prior to cutting) Using a ruler draw and cut along lines from the folded edge towards the top (stopping 4-5cm from the top edge) and spacing approximately 2-3cm apart. Once finished cutting, unfold your paper and join together on the short edges top and bottom to make the lantern. If you would like a handle for your lantern, cut a 3cm strip from another piece of paper and attach at the top on each side.



EGG CARTON ANIMAL FRIENDS

Just cut the egg carton and paint! Not only is this a fun creative activity, it also creates even more learning opportunities by building your child's language development, through songs, the animal names, the sounds they make, what colour they are, whether they are big or small, and even becomes a great open ended dramatic play invitation.



SHAPE SYMMETRY

You can make your own shape symmetry cards by cutting squares from a cereal or other cardboard box and attaching with glue. Cut the whole shape in half, mix up all the cards and encourage your child to match the same halves together. You could extend this activity by using pictures of animals or pictures of their favourite toy characters etc.



RAISING MULTI-LINGUAL CHILDREN

Many children speak more than one language at home. The 2016 census revealed that more than one-fifth (21%) of Australians speak a language other than English at home. *Starting Blocks* (ACECQA's dedicating parenting website) has wonderful tips on raising a bi-lingual or multi-lingual child.

<https://www.startingblocks.gov.au/at-home/tips-to-raising-a-multilingual-child/>

SCHOOL READINESS

At SmartKids, we prepare the children on their "school readiness" which is incorporated in our daily program of activities. The Raising Children website also has wonderful tips and how you and your children can prepare for starting school at home.

<https://raisingchildren.net.au/school-age/school-learning/school-choosing-starting-moving/starting->

RAISING CHILDREN

Raisingchildren.net.au, provides free, reliable, up-to-date and independent information to help your family grow and thrive together. The organization is funded by the Australian Government, reviewed by experts and non-commercial.

Designed for busy families and full of tips and tricks for you to try, the content is easy to find and easy to digest. It offers answers to hundreds of parenting questions, where and when you need them.

The articles, videos and interactive resources are tailored to different ages and stages, taking you from nurturing a newborn to raising a confident, resilient teen – and helping you to look after yourself as a parent too.

<https://raisingchildren.net.au/preschoolers>

ACTIVITIES WITH MINIMAL RESOURCES



ROCK PAINTING

Set up a fun Indigenous inspired outdoor painting activity using rocks, sticks and some acrylic or natural paints. You could print out a sheet of Aboriginal symbols or let your child create their own representing different elements in your garden or the world. Once the rocks are dry, this can then become a matching activity as children match the symbols back to your printed sheet.



MICHAEL ANGELO DRAWING

Attach large sheets of paper under a child sized table and provide children with assorted drawing materials. Encourage them to lie down and draw (just like Michael Angelo!) Develops different muscles, a different perspective and something different overall!



MAKE A XYLOPHONE

Have fun in the kitchen and make a water xylophone with glasses, water and food colouring. Fill the glasses in varying level, ask your child to help you pour from the jug (this is great to also teach self-help skills and hand – eye co-ordination). Channel your inner musician and using a chopstick or other implement tap out your favourite songs!

PLAY IDEAS TO ENCOURAGE YOUNG CHILDREN'S EMOTIONS

Playing with you and with other children helps them to explore and understand their feelings. Here are some play tips for you and your child:

- Give your child opportunities for messy play, like playing with sand, mud or paints. This is a great way for children to express feelings like happiness or sadness.
- Look for imaginative and creative ways for your child to play. Your child could act out feelings with puppets or toys, or use old clothes for dress-up games and pretend play. For example, your preschooler could pretend to be kind and concerned like a teacher or a doctor.
- Take your child outside to play in a park or open area with space for running, tumbling and rolling. This can help your child let out emotions.
- Encourage your child to paint and draw as a way of expressing emotions. Painting and drawing can soothe and calm your child if they're frustrated or sad.
- Encourage your child to jump around and 'act out' music or make music with simple instruments.
- Give your child chances to play with children of all ages and abilities. By playing with other children, your child can learn how to understand and manage emotions.
- Read stories that feature characters who are experiencing similar situations and emotions to your child. This can help your child understand new emotions like grief about a pet's death or worry about starting school.
- Let your child lead play. Your child might find it easier to express feelings if they feel in charge.

emotions



cry laugh smile sad frown worry

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

