

## 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

### PING PONG CATCH

Get out those plastic red Solo cups and a few ping pong balls (or any small object that will fit in the cup) and have your kids toss the ball to a partner and try and catch it in the cup. Start out close together and then keep taking a step backwards to increase the challenge. For a single-player, they can simply throw the ball in the air and try and catch it. Extend this activity by counting the number of times they catch the ball in the cup.

### HUNGRY CROCODILES

Scatter some "islands" or "boats" across the floor (use pillows, stuffed animals, books, etc) and then encourage your child to jump from one to the next without falling into the "water" and risk being chased by a hungry crocodile. Bonus points if you play the hungry crocodile and chomps after them when they stumble!

### PATTERNS

Use coloured pegs, blocks, beads or cutlery to begin a pattern for your child to continue. Once confident, ask them to create a pattern of their own.

### FOAM MOSAICS

This activity develops fine motor skills and creativity. Using colourful craft foam, recycled cardboard, glue, paintbrushes, and scissors. Show your child how to cut the foam and stick them onto a piece of cardboard.



### BOOK CHAT

Discussing the story and meaning of books is an important part of reading. Chat about the book before, during and after you read together. Encourage your child to share their ideas and to ask questions about the book. Here are some questions you can ask before, during and after reading the book:

- Explore the picture on the front cover. What do you think this book might be about?
- How would you describe the character at the beginning of the story?
- What is happening in the pictures?
- What do you think is going to happen next?
- Why might a character have done this? What would you do if that happened to you?
- Who was your favourite character in the story? Why did you like that character?
- What was your favourite part of the book? Can you draw a picture about the favourite part?
- Can you tell me what happened in the story?



ACTIVITIES WITH MINIMAL RESOURCES



**HOW LONG IS A PIECE OF STRING?**  
Cut a piece of string for your child – any length will do. Use the string to measure the objects in your house. Find out what is longer or shorter than your 'string measuring tape'. Ask your child to identify anything that is the same length.



**CARDBOARD BOX KITCHEN**  
Get creative with boxes! Make a stove, kitchen cabinets or insert a plastic bowl to create a sink. You could expand the cardboard box 'whitegoods' with a washing machine or fridge!



**SNOWBALLS AND MARBLES**  
A fun sorting activity that develops the sense of touch. Fill a tub or bowl with cotton balls and marbles. Encourage your child sort them into two separate containers only using his sense of touch. If your child is comfortable you could try a blindfold.

**PET CARE**  
Get your child to help you feed it using the correct food, amount, etc. at the same time each day. Your child can also help in bathing your pet if your pet is the type to remain calm during a bath. Brushing down fur is another great activity your child can do. Caring for animals teaches children empathy, responsibility, concentration and develops a good memory.

Create a flexible but consistent daily routine.

- Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved.
- Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it.
- Include exercise in each day - this helps with stress and kids with lots of energy at home.



You are a model for your child's behavior.

- Whatever you do 'LEAD BY EXAMPLE' – treating others with respect, dumping your trash, saying hello/goodmorning – your children learn more from what you do than from what you say

FOCUS ON MORE THAN JUST ACADEMICS

- Talk about emotions and how to express them
- Arrange for social contacts with peers and not just adults – they will provide anew kind of learning and copy behavior
- Don't forget physical activities, this will help gross motorskills, build muscles and stability and is simply healthy.

Make handwashing and hygiene fun

- ✔ Make a 20-second song for washing hands. Add actions! Give children points and praise for regular handwashing.
- ✔ Make a game to see how few times we can touch our faces with a reward for the least number of touches (you can count for each other).

At the end of each day, take a minute to think about the day. Tell your child about one positive or fun thing they did.

Praise yourself for what you did well today. You are a star!



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