

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

GROW AN EGG HEAD

Easy-to-do growing experiments using damp cotton wool are the simplest way to start your kids on gardening activities. Cut the top off an egg (and use your egg in a fun cooking activity); wash your egg out and place a wet piece of cotton wool in the bottom. Decorate your egg friend using pencils or googly eyes etc. Sprinkle some seeds (eg. Alfalfa, cress) onto the cotton wool. Place on a sunny windowsill. Keep damp by spraying seeds regularly.

COPY DANCING

This game is as simple as it sounds. One person dances while the others copy their moves. Kids love being the leaders, and imitation is, after all, the highest form of flattery. So put on some dancing tunes and show off those moves!

SELF-PORTRAITS

Using a mirror, let the child draw themselves. Point out facial features like eyebrows and eyelashes. If they draw their whole body, add in some fashion design! Don't be surprised if your child takes some liberties, i.e. "Yes, I do have rainbow hair!"

PAPER TOWEL PAINTING

Using watercolour paint (food colouring and water) provide an old eye dropper to use to paint with (squeezing up paint and releasing) or alternatively you could also use cotton buds. Onto a sheet of paper towel or serviette encourage your child to drip various paint colours. The colours will start to blend and create fun patterns.



MASKS

Homemade masks are fairly easy to make, yet are highly comfortable. There are so many possibilities for characters, from animals to superheroes, and lots of variations in how to make them. Children's masks can be made out of different types of paper or fabrics, and either tied with elastic or glued on to a craft stick to hold up. You will probably need to measure where the eyes should be cut out of the paper or fabric, and how long the elastic should be to go around the child's head. No matter how it's done, it's likely to get a big smile when your child wears it and peeks in the mirror!



ZOO BORN

Children and adults alike can't help grinning delightedly when they see baby animals. Help your kids explore this website, devoted to the newest, cutest baby animals from the world's accredited zoos and aquariums. It's a great place to play conversation games like choosing the cutest one or deciding on a fantasy pet. <https://www.zooborns.com/>

JUNIOR DEFENDERS

Do you want to help wildlife? When you learn about the different species and habitats in your own back yard, you are also learning about the systems at work all around this big wild world. Junior Defenders use all their senses to observe the habitats around them. <https://defenders.org/junior-defenders>

LIFE ON MARS?

See the surface of Mars on the curiosity Rover: www.accessmars.withgoogle.com

NATIONAL GEOGRAPHIC KIDS

This is where you can discover some of the coolest facts for kids from around our planet. From animals and geography to science, nature and history, there are so many amazing facts for kids just waiting to be discovered by young explorers like you! <https://www.natgeokids.com/au/>

ACTIVITIES WITH MINIMAL RESOURCES



JUMPING AND LANDING

1 long rope.
Activity: Child to stand sideways on to rope. Child to jump sideways to cross to other side of the rope, and then back again. Child to travel in this way, from one end of rope to the other. Child to stand with their backs to the rope and jump backwards over the rope and then forwards again. Child to travel from one end of the rope to the other in this manner.



BOOK MAKING

Children have so many stories to tell, and only need help writing it all down. Fold paper in half and staple at the crease to make pages. Encourage your child to draw pictures in their book. After they have finished encourage them to describe what they have drawn so you can write it down in simple sentences. After the story is written, go back and read it to your child. This simple activity builds confidence, self-esteem and literacy skills.



DRAMA

Put on a play using puppets, dolls or just yourselves! Use a favourite book, classic tale or make up your own story. Find props and costumes and play dress-up with younger children, or put on longer plays with older children. Just act it out and have fun. If your child has a flair for the dramatic, they'll take charge of this one and it can easily last an hour ("Okay, pretend I'm the queen. Now you say..."). They love it when you just play along and let them be the director.



HOW TO BUILD INDEPENDENCE IN PRESCHOOLERS

Opportunities to develop independence are immensely important for building a sense of self and self-esteem — not to mention frustration tolerance and perseverance!

Given how high our stress levels are at the moment, our tolerance for inconvenience and mess may be more limited than usual. Here are some simple guidelines:

- Set predictable routines
- Let your child choose
- Let your child help
- Give your child chores
- Let your child solve problems
- Encourage projects
- Nurture free play
- What to say while they work and play

Read the whole article at <https://childmind.org/article/how-to-build-independence-in-preschoolers/>

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

