

## 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

### PATTERN MAKING WITH BEADS

Creating with beads develops fine motor skills, visual perceptual skills (including recognition and memory), hand-eye co-ordination, cognitive skills (including mathematical concepts). You can get creative even if you don't have beads...cut plastic straws into pieces, dye and thread pasta or draw your own patterned necklace!

### CREATE A LIST OF SKILLS

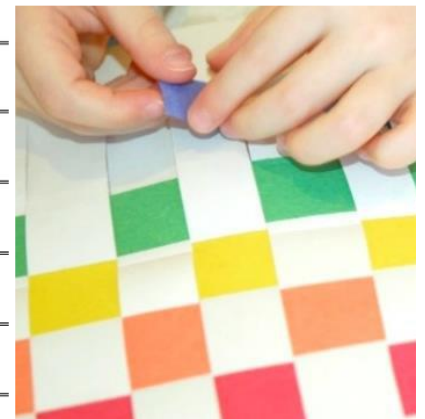
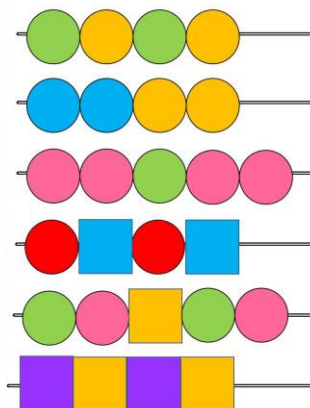
Create a list of skills for your child to accomplish in picture form (similar to a shopping list or a treasure hunt) eg. Check the mail box; set the table; Count the number of napkins, forks, plates; feed the pets; tidy up the toy box.

### RAINBOW PAPER WEAVING

You will need: coloured paper, white paper, scissors, glue stick or sticky tape. Fold your white piece of paper in half vertically and draw lines from the folded edge all the way along. Encourage your child to cut along the lines and stop before the end. Unfold your white paper (this is your threading mat). Cut long strips of coloured paper and encourage your child to weave under and over the white strips. It is a good idea to glue the end to the white paper to help with any frustrations.

### THE SOUND 'R' 'r'

Rainbow starts with the letter R and sounds like rrrrrrrr! Go on a scavenger hunt in your house to find a;; the things that start with the 'r' sound like a rainbow.



### SACK RACES

Use old pillow cases and have a family sack race outside!

### RAINBOW SCIENCE

When white light shines through water, the colours separate to make a rainbow! You will need: a flashlight (or a sunny day), glass of water; and white paper. Fill the glass almost to the top with water. If you are using sunlight, place the glass so that it is half on and half off the edge of a table, and so that the sun shines directly through the water, onto a sheet of white paper on the floor. Adjust the paper and the glass until a rainbow forms on the paper. If you are using a flashlight, place the glass of water on the white piece of paper, and move the flashlight around until you see a rainbow on the piece of paper.



**LEGO**

Their mission is to inspire and develop the builders of tomorrow. Free play is how children develop their imagination – the foundation for creativity. Curiosity asks WHY and imagines possible explanations. Playfulness asks WHAT IF and imagines how the ordinary becomes extraordinary, fantasy or fiction. Dreaming it is a first step towards doing it.  
<https://www.lego.com/en-au/kids>

**BBC KIDS - CBEBBIES**

CBeebies Australia & New Zealand is a commercial free preschool channel aimed at children six years and younger.  
<https://au.cbeebies.com/games/>

**JUNIOR LANDCARE – JUST FOR KIDS**

The Just for Kids activities have been developed to help children at home and at school explore Junior Landcare and create their own ideas.  
<https://juniorlandcare.org.au/just-for-kids/>

**MATTEL ONLINE FOR CHILDREN**

Looking for a special way to spend time with your child? You'll find lots of interesting play and learn ideas. Most "play and learn" activities suggested use materials you probably already have at home. With step-by-step instructions, your child will be developing many skills while having fun with you!  
<https://www.mattel.com/en-gb/playroom-uk>



**ACTIVITIES WITH MINIMAL RESOURCES**

**WATER TARGETS**



Water pistols, golf tees, ping pong balls, and scrap wood (or a cardboard box) make an awesome target practice for the backyard! You could also try water spray bottles on a hard jet spray setting.



**I SPY BOTTLES**

Make some amazing DIY I-Spy Bottles for early learning games on the go with kids! Brilliant for toddlers to school age and easy to adapt to different themes or to match learning objectives. You need: Empty, clean and dry plastic bottles. Your choice of filler material. There are various different fillers used in this post/ video. Dyed dry rice in various colours, lentils and mini alphabet beads.

**SCISSOR SKILLS TRAY**



An activity with endless opportunities to practice cutting and tearing a range of materials in a fun, sensory rich way! Perfect for strengthening hand muscles essential for developing later writing skills and open-ended enough for it to be exciting too!

**9 Things You Should Say To Your Children Everyday**

1. "I love you." Say it to them as often as you can
2. "I like it when you..." Talk about the positive aspects of their behaviour.
3. "You make me happy when..." This makes them feel valuable.
4. "I'm proud of you." They need to hear they're doing a good job, even when it's hard.
5. You are special." Let them know their uniqueness is a strength.
6. "I trust you." Building a foundation of trust raises an honest person.
7. "I believe in you." Teach them how valuable they are.
8. "I know you can do this!" Encourage them to never give up.
9. I am grateful for you." Be specific, this can really make their day!



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@smarkkidsinfo.com](mailto:yoko@smarkkidsinfo.com) or Ms Yen 0909 596 075

