

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

NUMBER MATCHING

A fun and super easy number game to make with your child. You could use patty pans or cup cake cups. Just trace a circle shape and place numbers 1 – 20 in each. Repeat numbering the bottom of your patty pan or cups. Encourage your child to match the same numbers together. You could extend this activity, by drawing the matching number of dots on the inside of the cup to encourage an even greater understanding of number.



MAKE YOUR OWN PUFFY PAINT

To make your own puffy paint you only need 3 ingredients! Shaving Cream; White School Glue and Food colouring. Mix equal amounts of shaving cream and white glue until you have the texture you want. You will need to add a generous amount of puffy paint to your picture and then allow to air dry.

LEAF PRINTING

Head outside into your backyard or go on a walk in your neighbourhood with an adult and collect various shaped leaves that are on the ground. Bring them home and place them underneath a piece of paper and rub over the top with a crayon, or paint the leaf and press onto the paper to create a print.



NERF PHONICS GAME

Does your child prefer physical activity to typical learning style activities? Why not try to blend both and we are sure you and your child will have quite a few laughs along the way!

A fun activity to encourage children to develop an understanding of phonics (the sound each letter makes when you say it) or sound blends/ sight words (when at big school).

Place the alphabet on post it notes or on cards in random places on the wall (inside or outside).

Call out a sound (eg. 'b') and encourage your child to find and NERF it!



SESAME STREET FAMILY PLAY APP

Sesame street family play offers over 130+ real world games to play at home – from the kitchen to the backyard, and even over video chat! It's easy – choose from three categories: keep busy, move your body, and calm down, then tell the app where you are at home, how many kids are playing, and what's around you (socks? A banana?), and sesame street family play delivers the perfect game to play with your kids.

Best of all, there's no screen time required. This app helps parents lead games, like cookie monster tag, for any number of kids in all kinds of settings.

Designed for parents grappling to find things to do with their children at home, it is simple, educational, and entertaining for absolutely everyone.

Thanks to the power of play, every game will help your kids build key developmental skills. Available on: iOS App Store, Google Play store, and Amazon.



ACTIVITIES WITH MINIMAL RESOURCES

Let's Explore



RESTAURANT DRAMATIC PLAY

Why not create your own mini restaurant at home! Set up an area with a table and chairs, tablecloth, vase of flowers and table places. Create your own written menus or place cards and then head into the kitchen together to make some yummy snacks for the whole family. Using literacy in play (ie through menus, recipes, name cards will help develop your child's pre-reading skills)



'WHAT'S IN THE BAG?' GAME

It's as simple as placing some items in a bag and having your child try to guess what they are. You can play this game with or without a blindfold. Try common household objects such as: a banana, a clean sponge, a hairbrush, cotton wool ball, a piece of foil crinkled, a pencil etc. This is a great activity to build language and cognitive skills.



PLAYDOUGH ALPHABET

Practice the letters of your child's name or other letters in the alphabet. Using playdough, roll into a sausage shape and create each letter. You could try having a letter guide next to your child so they can freeform their letters or make your own alphabet mats with each letter on a page to place the playdough on. Great for developing letter recognition and fine motor skills.



Temperament what it is ?

Why it matters ?

Temperament is the way children respond to the world.

You can think about your child's temperament in terms of how much or how little they show of these three qualities:

- **Reactivity:** this is how strongly children react to things like exciting events or not getting their own way. Reactive children tend to feel things strongly.
- **Self-regulation:** this is how much children can control their behaviour, including the way they show their feelings. It's also about how much children can control their attention and how persistent they are.
- **Sociability:** this is how comfortable children are when they meet new people or have new experiences.

Children are born with their own temperaments, and you've probably been able to describe your child's temperament since your child was a baby. For example, 'Jade is very easygoing' or 'Luca likes routines'.

You might see some changes in your child's temperament as your child becomes more mature. This happens as your child's experiences affect the way your child behaves in different situations.

Read the full article at <https://raisingchildren.net.au/preschoolers/behaviour/understanding-behaviour/temperament>

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