

## ACTIVITIES & LINKS

TO KEEP YOUR 3.5-6 YEARS OLD, ACTIVE & HAVING FUN WHILE THEY ARE AT HOME.



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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

#### HELP THE BEARS CROSS THE RIVER

This activity will STRETCHHHHH children's thinking and problem-solving skills and is also a fun small world play activity as well. Bring out some wooden blocks, small bears (or any other character figurines you may have), some 'water' which could be blue fabric scraps or a scarf or even blue paper! Pose the question to your child "How can we help the bears (or other character) cross the river?" and watch their creativity grow. You could also try the same scenario using LEGO bricks. We would LOVE to see photos of your building creations, so feel free to email them to us and we will publish them on our Facebook pages.



#### MAKE YOUR OWN SHOPPING LIST

Children love to get involved in the grocery shopping! Help keep your child busy while doing the weekly shopping, by creating a child friendly shopping list the day before you go. You could cut out pictures from a supermarket catalogue and glue them onto a piece of paper or print out your list using clip art pictures and type (to develop pre-reading skills be sure to add the name of the item next to the picture).

#### JUMP IN THE PUDDLES

With the rainy weather, why not grab your raincoats, gum boots and umbrellas and head outdoors for some puddle fun!



#### PAINTERS TAPE OR WASHI TAPE WATERCOLOUR RESIST PAINTING

Using washi tape (or painter's tape) attach to paper in random patterns. Now it's time to paint with your watercolour paints (you can make your own using water and food colouring). Once your painting is dry you can then carefully remove your washi tape to reveal your original artwork!

#### CARROT DIP WITH DINO DIPPERS - Serves 4

500g carrots	½ teaspoon ground cumin
1 clove garlic, crushed	1/8 teaspoon ground cinnamon
8 slices wholemeal bread	½ Tablespoon Olive oil
Olive oil cooking spray	½ tablespoon lemon juice

Preheat oven to 220C/200C fan-forced. Place carrot and garlic in a large saucepan. Cover with cold water. Bring to the boil over high heat. Boil for 20 minutes or until carrot is tender. Drain. Cool for 5 mins.

Meanwhile, using dinosaur cutters, cut shapes from bread. Place on a baking tray. Spray with oil. Bake for 7 minutes until crisp. Mash carrot and garlic until almost smooth. Add cumin, cinnamon, oil and lemon juice. Stir until just combined. Serve dip with dippers.!

## STORYLINE ONLINE

Reading aloud to children has been shown to improve reading, writing and communication skills, logical thinking and concentration, and general academic aptitude, as well as inspire a lifelong love of reading. Storyline Online is available 24 hours a day for children, parents, caregivers and educators worldwide. Each book includes supplemental curriculum developed by a credentialed elementary educator, aiming to strengthen comprehension and verbal and written skills for English-language learners. <https://www.storylineonline.net/>

## HIGHLIGHT KIDS

We help children become their best selves by publishing content and creating experiences that engage, delight, and foster joyful learning. <https://www.highlightkids.com/>

## FUN BRAIN

Funbrain offers hundreds of games, books, comics, and videos that develop skills in math, reading, problem-solving and literacy. <https://www.funbrain.com/pre-k-and-k-playground>

## FUNOLOGY

Funology is the ultimate parenting toolbox! We offer ideas you can use to inspire and entertain your kids offline. <https://www.funology.com/>

## PEEP AND THE BIG WIDE WORLD

Peep and the big wide world is a fun and interactive educational site for three- to five-year-olds. The site has plenty to do for the little ones and gives parents plenty of educational resources. There are colouring pages along with games, and the site offers activities for parents and kids to do offline. <http://www.peepandthebiawideworld.com/en/>

## ACTIVITIES WITH MINIMAL RESOURCES



### PLAY DOUGH WITH DRY SPAGHETTI

Make a batch of no cook playdough with your child (2 cups flour, ½ cup salt, 1 Tablespoon oil, water to consistency and food colouring. Mix colouring and water, then all other ingredients together. Add more coloured water if needed to bring dough together or if too wet, add more flour) Provide your child with lengths of dried spaghetti which they can snap into smaller pieces and use in making their creations.



### DOCTOR DOCTOR

Set up your own Doctor area at home where children can help make their dolls or stuffed animals feel better. Young children learn by imagining and doing. Through pretend play children are actively experimenting with the social and emotional roles of life (incl. developing empathy for others). You could provide scraps of fabric to use as bandages and slings, print outs of x-rays, notepaper and pencils, make a cardboard headband with a medical cross, or even make your own stethoscope from a headband and some ribbon!



### PRACTICE CUTTING

Draw straight lines on a piece of horizontal paper. Encourage your child to hold their scissors with their thumb in the top loop and next 2 fingers in the lower loop & follow the lines. If they are struggling with this encourage snipping around the edges of the paper or cutting coloured paper to then use in a collage.

## How to handle difficult behaviour

If behaviour is causing you or your child distress, or upsetting the rest of the family, it's important to address it.

### Do what feels right

What you do has to be right for your child, yourself and the family. If you do something you do not believe in or that you do not feel is right, it probably will not work. Children notice when you do not mean what you're saying.

### Do not give up

Once you've decided to do something, continue to do it. Solutions take time to work. Get support from your partner, a friend, another parent or your health visitor. It's good to have someone to talk to about what you're doing.

### Be consistent

Children need consistency. If you react to your child's behaviour in one way one day and a different way the next, it's confusing for them. It's also important that everyone close to your child deals with their behaviour in the same way.

### Try not to overreact

This can be difficult. When your child does something annoying time after time, your anger and frustration can build up. It's impossible not to show your irritation sometimes, but try to stay calm. Move on to other things you can both enjoy or feel good about as soon as possible. Find other ways to cope with your frustration, like talking to other parents.

### Talk to your child

It can help if they understand why you want them to do something. For example, explain why you want them to hold your hand while crossing the road. Once your child can talk, encourage them to explain why they're angry or upset. This will help them feel less frustrated.

### Be positive about the good things

When a child's behaviour is difficult, the things they do well can be overlooked. Tell your child when you're pleased about something they've done. You can let your child know when you're pleased by giving them attention, a hug or a smile.

Keep looking UP...  
THERE MAY BE A  
**RAINBOW**  
waiting FOR you.