

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

PASTA NECKLACES

Using penne or noodle pasta and curling ribbon or wool, encourage your child to thread through the pasta to make a noodle necklace. You could dye the pasta before you start this activity (creating another activity in itself!) Helps your child to develop fine motor skills including hand – eye co-ordination. To dye the pasta: place water and food colouring in a bowl, tip in the dried uncooked pasta and lift out of the water with a slotted spoon when coloured. Try different colours so you can make colourful necklaces. Helpful tip: wrap sticky tape around the end of your wool/string to make it a bit firmer to thread with and grip.

ODD ONE OUT

Practice this game using some pieces of fruit or a selection of coloured blocks. Put a couple of apples and a banana, for example, or two blue blocks and one yellow block, in front of your child. Ask them which one is the odd one out. You can make the game more difficult as your child gets the hang of it. Use card shapes or pictures, such as two squares and one triangle or two flowers and one tree. See if they can spot which one is different. This is a great game for helping your child understand the concepts of "similar" and "different".



APPLE DOUGHNUTS – makes 12

Little hands love making things, so get your little ones to help assemble these colourful, fruity doughnuts that are a sweet addition to any celebration.

- | | |
|--------------------------------------|-----------------------------------|
| 1 large Granny Smith apple | Crushed banana chips, to serve |
| 1 large Pink Lady apple | Halved blueberries, to serve |
| 1 cup (280g) fruit-flavoured yoghurt | Sunflower seeds, to serve |
| Chopped strawberry, to serve | Halved grapes, to serve |
| Toasted muesli, to serve | Chopped kiwifruit, to serve |
| Chopped orange, to serve | Pepitas (pumpkin seeds), to serve |

1. Core apples and cut each apple crossways into 1cm-thick slices.
2. To make sweet strawberry and muesli doughnuts, spoon over yoghurt. Sprinkle with strawberry and muesli.
3. To make sunny orange and banana chip doughnuts, spoon over yoghurt. Sprinkle with orange and banana chip.
4. To make pretty blueberry and seeds doughnuts, spoon over yoghurt. Sprinkle with blueberry and sunflower seeds.
5. To make crunchy grape and muesli doughnuts, spoon over yoghurt. Sprinkle with grape and muesli.
6. To make clever kiwifruit and pepita doughnuts, spoon over yoghurt. Sprinkle with kiwifruit and pepitas.
7. Serve apple doughnuts immediately

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>

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/>



TALKING WITH CHILDREN AND BEING HEARD

Do you feel as though you are speaking with your child but not being "heard"? Is your child doing the opposite of what you need him/her to do?

Connect Before You Direct

Before giving your child directions, squat to your child's eye level and engage your child in eye-to-eye contact to get his attention. Teach him how to focus: "Mary, I need your eyes." "Billy, I need your ears." Offer the same body language when listening to the child. Be sure not to make your eye contact so intense that your child perceives it as controlling rather than connecting.

- Address The Child
- Stay Brief
- Stay Simple
- Ask Your Child to Repeat the Request Back to You
- Make an offer the child can't refuse
- Be Positive
- Begin your Directives With "I want."
- "When...Then."
- Leg work First, Instructions Second
- Giving Choices - keep it simple
- Speak Developmentally Correctly
- Speak Socially Correctly
- Speak Psychologically Correctly
- Talk The Child Down
- Settle The Listener
- Replay Your Message
- Let Your Child Complete The Thought
- Use Rhyme Rules
- Give Likable Alternatives
- Give Advance Notice
- Open Up a Closed Child
- Use "When You...I Feel...Because..."

Close The Discussion

If a matter is really closed to discussion, say so. "I'm not changing my mind about this. Sorry." You'll save wear and tear on both you and your child. Reserve your "I mean business" tone of voice for when you do.

Read the whole article at

[https://smarkkidsinfo.com/parenting/Talking with Children and Being Heard.pdf](https://smarkkidsinfo.com/parenting/Talking_with_Children_and_Being_Heard.pdf)

<https://raisingchildren.net.au/preschoolers/connecting-communicating>

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.

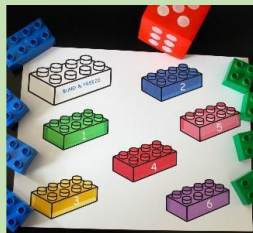
Are you interested in a facility tour and more detailed information please contact Ms Yoko 0903 957 316 – yoko@smarkkidsinfo.com or Ms Yen 0909 596 075

ACTIVITIES WITH MINIMAL RESOURCES



BEGIN THE DAY WITH 'FAMILY TIME'

Every day or on a weekend, a different person decides what the family does for the first hour of the day.



INVENT A GAME!

Find some dice and your LEGO blocks (or similar). Roll the dice and the number you get is the number of pieces you have to build with. Keep rolling and create some amazing and imaginative projects.



GO ON A VIRTUAL HOLIDAY

Were your holiday plans cancelled or postponed? Make pretend plane tickets. Research the location, watch videos about the destination, research things to do, cook meals, make postcards, make a funny video about your trip and remember to take photos! You could then create a fun Covid-19 holiday photo album.



FOLLOWING DIRECTIONS

When you are folding laundry, let your child help you. As you fold, ask your child to bring you different articles of clothing. Say "please bring me a sock?" This helps your child learn to follow directions and develop language comprehension skills. To increase the complexity of this activity, increase the number of tasks within your questions, for example: please bring me a sock, face washer and a t-shirt.

