

2021



At Home Resource Book for Families



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Children's Services

We provide a range of children's services that are inclusive and focused on delivering quality services to support families. All of our services are approved by the NSW Department of Education to operate under the Education & Care Services National Regulations and National Quality Framework.

We have three childcare centres, Hillsdale Child Care Centre, Mascot Child Care Centre and Garrigarrang Early Education & Care Centre. We also have the Botany Family Day Care service. Choosing the right child care is one of the most important decisions a family will make. Please consider the options early and consider the type of child care to best suit your family's needs.

OUR PHILOSOPHY

Our Children's Services are committed to providing quality educational programs with an emphasis on play-based learning opportunities that reflect and support children's abilities, interests, emerging skills and culture. Excursions are an additional extension of the educational program to further build and maintain relationships in our community.

When families place their children in our services they can be assured our professional and dedicated Educators will provide the highest possible level of education and care.



OUR CENTRES

Garrigarrang Early Education and Care Centre

This state of the art centre overlooks Scarborough Park, on the edge of Ramsgate Park. The centre has 66 places for children aged 0-5. To learn more or to add your child's name to the waiting list, use our online form or contact the Service Director. Operating Monday to Friday 7:30am to 6pm.

Address: 2 Garrigarrang Avenue, Kogarah

Telephone: (02) 9366 3799

Email: Garrigarrang.EECC@bayside.nsw.gov.au

Hillsdale Child Care Centre

Educating and caring for children aged 0-5. Operating Monday to Friday 7:30am to 6pm. Waiting List: Use our online form.

Address: Cnr Flint St & Tierney Ave, Hillsdale

Telephone: (02) 9349 8648

Email: hillsdale.childcare@bayside.nsw.gov.au

Mascot Child Care Centre

Educating and caring for children aged 0-5. Operating Monday to Friday 7:30am to 6pm. Waiting List: Use our online form.

Address: 53 Coward Street, Mascot

Telephone: (02) 9669 3626

Email: mascot.childcare@bayside.nsw.gov.au

Botany Family Day Care

The centre provides quality education and care programs for children between 6 weeks and 12 years of age in a regulated, safe and caring family home environment.

Depending on your family and child's needs, a range of care options can be provided including part-time care, before & after school care, vacation care and long day care. Call the centre for information on the waiting list.

Address: 149 Coward Street, Mascot

Telephone: (02) 9366 3576

Email: familydaycare@bayside.nsw.gov.au

Our Favourite Songs

Nursery rhymes and songs with actions

OPEN SHUT THEM

Open, shut them, Open shut them
(open palm, closed fist x2)

Give a little clap
(clap your hands)

Open, shut them Open shut them
(open palm, closed fist x2)

Lay them in your lap
(put hands in lap)

Creep them, creep them Creep them,
creep them
(wiggles fingers from lap up the body to chin)

Right up to your chin

Open wide your little mouth
*(open mouth wide, with fingers resting
on chin)*

But do not let them in!
*(wiggle fingers away from chin to
behind back)*

Shake them, Shake them Shake them,
shake them
(shake hands in front of you)

Shake them just like this

Roll them, Roll them Roll them, roll them
(roll hands around each other)

Blow a little kiss
(blow a kiss using your hands)



GRANDMA'S GLASSES

These are Grandma's glasses
(make glasses over eyes with fingers)

This is Grandma's hat
(place hands close together over head)

And this is the way she folds her hands
(clap hands together)

And lays them in her lap
(place hands in lap)

These are Grandpa's glasses
(make glasses over eyes with fingers)

This is Grandpa's hat
(places hands farther apart over head)

And this is the way he folds his arms
(cross arms)

And takes a little nap
(place head on arms as if sleeping)

WIND THE BOBBIN UP

Wind the bobbin up, Wind the bobbin up
(roll hands around one another)

Pull, Pull, clap, clap, clap
(pull hands a part x 2, clap x3)

Wind it back again, Wind it back again
(roll hands around one another)

Pull, pull, clap, clap, clap
(pull hands a part x2, clap x3)

Point to the ceiling, Point to the floor
(point to the areas described)

Point to the window, point to the door

Clap your hands together one, two, three
(clap hands three times)

Put your hands upon your knee
(place hands on knees)

(Repeat the song x2)

Our Favourite Songs

WHEELS ON THE BUS

The wheels on the bus go round and round
(*rolls hands around each other*)

Round and round (x 2)

The wheels on the bus go round and round

All through the town

The horn on the bus goes beep, beep, beep
(*make pressing horn motion with hand*)

Beep Beep Beep (x2)

The horn on the bus goes beep, beep, beep

All through the town

Continue lyrics but change to other actions:

- ▶ Wipers on the bus go “swish swish swish”
- ▶ Doors on the bus go “open and shut”
- ▶ Driver on the bus says “move on back”
- ▶ People on the bus go “up and down”
- ▶ Babies on the bus go “wah, wah, wah”
- ▶ Mummies on the bus say “shh, shh, shh”



WASH YOUR FACE WITH ORANGE JUICE BY PETER COMBE

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice!!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum!!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum
Fix the fence with sticky tape!!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum
Fix the fence with sticky tape
Brush your hair with a toothbrush!!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum
Fix the fence with sticky tape
Brush your hair with a toothbrush
Fry an egg on a slippery dip!!!

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Wash your face in orange juice
Clean your teeth with bubble gum
Fix the fence with sticky tape
Brush your hair with a toothbrush
Fry an egg on a slippery dip!!!
Belly flop in a pizza! EWWWW

When Mr Clicketty Cane plays his silly game
All the kids in the street, they like to do the same
Silly game.

Indoor Games



Musical chairs

FREEZE GAME

Develops gross motor skills, literacy and numeracy skills through play.

Play music and every time the music stops the child has to freeze. Make the game more challenging by asking the children to freeze as animals, shapes, letters, or in different poses (could include yoga poses).

TREASURE HUNT

Develops literacy skills and thinking skills through play: being able to read clues, or identify pictures and talk about objects.

Write clues on a piece of paper or for the younger ones have a checklist of things for them to find using pictures or drawings of the objects.

MOVE AND GROOVE LETTERS OR NUMBERS

Develops literacy/numeracy skills and movement skills.

Use masking tape to create letters on the floor of a room (make sure there's enough space for the children to dance around the letters/numbers and then run to them).

Play music for the children to dance to. Then when the music stops call out a letter or a number and they have to run to that one and stand on it.

MUSICAL CHAIRS

Develops listening skills, gross motor and self-regulation.

In a circle, arrange chairs facing outward to total one fewer than the number of players. An additional player needs to be in charge of the music.

When the music starts, the players walk around the chairs. When the music stops, players sit down in the nearest chair as soon as they can. The one player who does not have a chair is out.

One of the chairs is then removed, and the game continues in this manner. The player that sits in the final chair is the winner.

This game is traditionally played inside, but it can also be played outside with outdoor furniture and a portable music player.

INDOOR HOPSCOTCH

Develops gross motor skills and fundamental movement skills- hopping and jumping, numeracy skills through counting.

You can use masking tape to create hopscotch squares on the ground. Choose an object such as a coin, bean bag or even a texta to be the object you throw to see which square you have to hop to.

Outdoor Games

DUCK DUCK GOOSE

Develops self-regulation skills and turn taking.

In this game, children sit down in a circle facing each other. One person is "it" and walks around the circle. As they walk around, they tap people's heads and say whether they are a "duck" or a "goose". Once someone is the goose they get up and try to chase "it" around the circle.

The goal is to tap that person before they are able sit down in the goose's spot. If the goose is not able to do this, they become "it" for the next round and play continues. If they do tap the "it" person, the person tagged has to have another turn as "it".

WHAT'S THE TIME MR WOLF

Develops gross motor skills, self-regulation, numeracy skills.

Let the kids decide who is Mr. Wolf. That child stands at one end with their back to the other children. The other children stand at the opposite end and shout "What's the time Mr. Wolf?" Mr. Wolf answers with different times "one o'clock" or "eight o'clock" for instance.

The children take that number of steps toward Mr. Wolf - eight steps for eight o'clock - and so on. The children ask again, "What's the time Mr. Wolf?" And take the right number of steps again, always getting closer to Mr. Wolf.

When Mr. Wolf feels like it, he (or she) answers "dinnertime" and starts chasing the other children. The first to be caught becomes the next Mr. Wolf.

DOGGY, DOGGY WHERE IS YOUR BONE

Develops self-regulation skills and turn taking.

Children sit in a circle with one child in the middle who is the doggy. They lay in a ball on the ground with their head down and eyes closed. An object such as a pen or something else small is place on their back (this is the bone).

The other people in the circle around them sing "Doggy, Doggy, Where's you bone, Someone took it from your home. Is it big or is it small? Is it like a basketball?"

While they are singing one person who was selected takes the bone off the doggy's back and hides it behind their back.

When the song is finished and the bone has been taken everyone says "Wake up Doggy" and the doggy wakes up. Everyone in the circle sits with their hands behind their back. The doggy has to then go around and bark at the person that they think has the bone.

When the dog barks as someone they have to show their hands to the dog. The dog goes around until the bone is found and then that person becomes the doggy.

OUTDOOR OBSTACLE COURSE

Gross motor skills, fundamental movement skills.

You can set up an obstacle course with various items you have at home in an outdoor space or backyard, like the one pictured below.



**Outdoor
obstacle
course**

Floor Based Play for Babies

From our NSW Health partners 'Munch and Move'

TUMMY TIME

Is important for head, neck and back control and strength. Lie baby on stomach with arms out in front.

You can use a rolled up towel or something similar to put under baby's arms to prop them up until they are strong enough to do it on their own.

1. Use mirrors (unbreakable) so that baby can see themselves – this encourages them to get their head up.
2. Use a ball to get their attention.
3. Utilise different flooring – rugs, carpet, hard floor.
4. Place interesting objects on the floor – scarves, tissue paper, baking tray, cardboard box.
5. Use various toys to attract attention – different colours, shapes and sizes (ensure size of toy is too big to fit in baby's mouth).
6. Use bubbles to get baby's attention.
7. Once baby has mastered tummy time, gradually move toys out of reach to encourage movement.
8. Encourage grasping, reaching, pulling and pushing.
9. Try the wheelbarrow – support legs and place objects out of arms reach, encourage child to walk on their hands to reach object.
10. For something different, lie baby on trampoline and lightly bounce.
11. For additional movement, try 'heel to bottom touches' and 'cross over heel to bottom touches'.

LYING ON BACK ACTIVITIES FOR BABIES

1. Hold different objects above baby to encourage reaching and grasping. Hanging toys can also be used to encourage this.
2. Blowing bubbles – stimulates eye movement as baby tries to reach for them.
3. Try head, shoulder, knees and toes squeezes with verbal cues.
4. Counting individual fingers and toes.
5. Place hand bells or rattles where baby can kick them – this is good for preparation for manipulative skills.
6. Lying on side is also good to learn how to reach for items (both sides).
7. Upside down hang – lie baby on back, lift baby up by the feet and then return baby to back.

STIMULATING DIFFERENT SIDES OF THE BRAIN (LYING ON BACK)

1. Touch right arm with left leg, left arm with right leg meeting in the middle.
2. Alternate hand to knee meeting in the middle.
3. Right hand/left foot touches beyond midline.
4. Hand to touch opposite ear.



Floor Based Play for Babies



ACTIVITIES TO ENCOURAGE ROLLING

Crossover leg, crossover leg and roll from back to front, set up a cushioned slope and assist baby to roll down, place baby on top of a large ball and help them roll to pick up.

ACTIVITIES TO ENCOURAGE CRAWLING

Place objects out of reach, when starting out place baby on all fours and place your thumbs behind their knees to prompt bending.

Encourage crawling on different surfaces such as grass, carpet and sand. Use tunnels for baby to crawl through, obstacle course – crawl under, over, through boxes, chairs and cushions, pretend to be different animals that crawl on the ground.

SITTING ACTIVITIES FOR BABIES

1. Encourage baby to clap hands.
2. Assisted circular movements with arms and legs.
3. Assisted shaking hands/random movements.
4. Tug a war with a hula hoop.
5. Clapping sticks.
6. Rolling a ball between you and the baby and show how to roll the ball back – this forms the basis for catching (fundamental movement skill).

ACTIVITIES TO ENCOURAGE STANDING

Encourage baby to pull themselves up to stand using low lying furniture (balance beam, table, lounge, soft foam shapes), encourage standing to play – table with toys on it.

ACTIVITIES TO ENCOURAGE WALKING

Provide different objects to walk with such as wagons, block carts, boxes and balls. Attempts to walk/walking independently.

Encourage by various toys set up around play area, try having them walk with bare feet on different surfaces such as grass, concrete, sand, pillows or soft blocks.

Stability and Manipulative Activities

Fundamental Movement Skills for Toddlers

STABILITY SKILLS

Include stretching, bending, twisting and balancing. These could be used as a morning stretch routine or post sleep routine:

1. **Balance:** Single leg, eyes open/closed, knee taps.
2. **Stretching/Bending:** Good morning stretch, cat stretch, toe touch and sky reach, windmills, shoulder shrugs.
3. **Twisting:** Belly button circles.



MANIPULATIVE ACTIVITIES FOR TODDLERS

They are not at the developmental stage to be able to learn fundamental movement skills like catching and throwing properly, but they can start to be introduced to the concepts through manipulative activities such as:

1. Skittles/ten pin bowling
2. Stacking objects
3. Initial exploration of throwing, kicking and jumping
4. Trampoline jumping
5. Bean bag throwing targets (e.g. land inside hula hoops)
6. Catching beach balls or larger balls
7. Tunnel ball
8. Mini golf
9. Kicking games.

LOCOMOTOR ACTIVITIES FOR TODDLERS

It is quite easy to introduce fundamental movement skills through games.

The following games can be altered to include on or more locomotor movements such as crawling, walking, running, galloping, hopping, side sliding and jumping:

1. Follow the leader
2. Stuck in the mud
3. Tip/tag games
4. Duck, duck, goose
5. What's the time Mr Wolf?
6. Bull rush.



Loose Parts Play

Loose parts play is a type of play that supports problem solving, invention, creative thinking, imaginative play and divergent thinking. They are materials in which you can move, build, redesign, line up and invent what you want with them!

The main principle is this: loose parts are materials that have no specific set of instructions and no right or wrong way of using them.

Loose parts are items from nature, stuff you have lying around the house in your kitchen or craft drawer, and even things from the recycling bin. A plastic water bottle filled with beans, a silicone dish scrubber, pine cones, or a whisk from the kitchen drawer.

LOOSE PARTS BASKET FOR BABIES

Create a basket with items found outside and around your house for your child to explore.

Loose parts never get boring because they offer opportunities for open-ended play.

There are endless ways to explore twinkly lights and a whisk full of pom poms, for example.



LOOSE PARTS BASKET FOR TODDLERS

Find items from outside and around your house and put them in trays, baskets or any containers you have at home for your child to explore.

They will play with these in any way they like, developing their creativity, imagination and thinking skills.



LOOSE PARTS BASKET FOR PRESCHOOLERS

Find items from outside and around your house for your child to explore. They will play with these in any way they like, developing their creativity, imagination and thinking skills. You can add loose parts to their imaginative play (can become food or other items in kitchen play), add it to their blocks for construction or create pictures with them. You can also use this in literacy numeracy play by grouping/counting or creating letters with the items.

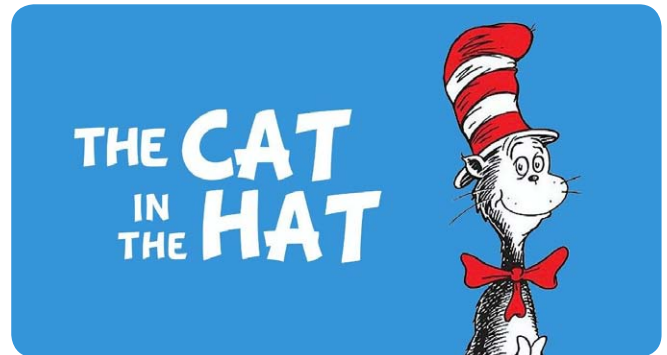
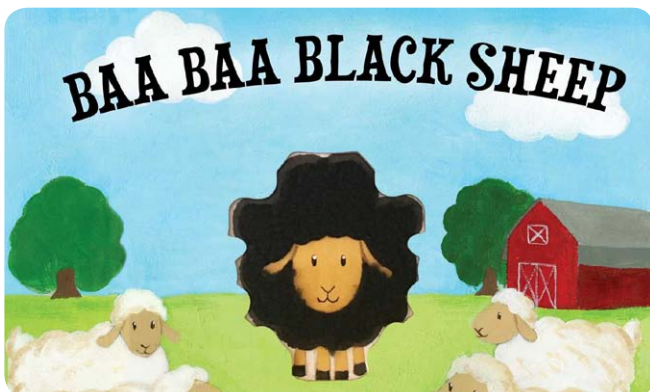


Literacy Activities

TALKING AND SINGING ACTIVITIES

Talking and singing with young children helps them to develop listening and speaking skills. Here are some ideas to get you started:

- ▶ Use rhyme whenever you can. Use phrases like 'snug as a bug in a rug' or make up nonsense rhymes about things you're doing – for example, 'putting fish in the cat's dish'.
- ▶ Sing nursery rhymes with your child. Nursery rhymes teach your child language, rhyme, repetition and rhythm. You could try 'Baa baa black sheep', 'Miss Polly had a dolly' or the 'Alphabet song'.
- ▶ Repeat sounds your child makes, or make up sounds and see whether your child can copy them. For example, 'Cows say moo. Can you say moo?'
- ▶ At mealtimes, talk about the food you're preparing, what you're doing to it, how it tastes and what it looks like.
- ▶ Talk about objects outside the house – for example, the rustling of leaves, or the sounds of the birds or traffic. Ask your child if she can make the sounds for wind, rain, water, airplanes, trains and cars.
- ▶ Play games like 'I spy' using colours. This can be lots of fun, especially for preschoolers. For example, 'I spy with my little eye, something that's green. What's something green I might be looking at?'



READING AND BOOK-BASED ACTIVITIES

Reading with children develops their vocabulary, ability to listen and understand, and ability to connect sound and words. Your child might like these activities:

- ▶ Try books with rhyme, rhythm and repetition. Many children enjoy books by Dr Seuss and Pamela Allen – for example, The cat in the hat or Doodledum dancing.
- ▶ Encourage your child to turn the pages and talk about what he sees. Use your finger to guide your child's eyes from left to right across the page as you read, and point out certain words or phrases.
- ▶ Choose lift-the-flap books or touch-and-feel books. You could even make your own book with objects your child likes to look at and touch.
- ▶ Encourage your child to take the lead with reading – for example, 'Where do we start from?' Every so often, stop reading and ask your child what she thinks will happen next.
- ▶ Link books with real life. For example, if you've read a book about playing in a park, you might like to take your child to the local park and point out swings that look like the ones in the book.
- ▶ Encourage your child to act out the story that you're reading. For example, you can ask your child to hop like the kangaroo in the book.

Literacy Activities

DRAWING AND WRITING LITERACY ACTIVITIES

Scribbling and drawing help young children develop fine motor skills for writing with pencils and pens later in childhood. Here are some activities to try:

- ▶ Encourage your child to draw and write using pens, pencils, crayons and markers. She'll probably be excited to add a scribble or drawing on birthday cards or letters in a big swirl of colour.
- ▶ Encourage your child to try some letters or write his name on all the artwork he creates. You can write out letters in one colour and ask your child to trace them in another colour.
- ▶ Help your child use playdough to make the letters of the alphabet or numbers.
- ▶ Give your child opportunities to use letters of the alphabet in different forms – on blocks, magnetic letters that stick on the fridge, and puzzle pieces.
- ▶ Cut out or draw pictures of basic household items – chair, table, TV, wall, door and so on – then write the items' names on separate pieces of paper. Ask your child to match the name of the item to the picture.
- ▶ Encourage your child to tell you about her drawings and help your child write down the words she uses to describe them.



SCHOOL-AGE CHILDREN LITERACY ACTIVITIES

Talking activities

- ▶ Play word games that encourage your child to learn sounds. For example, 'I spy with my little eye something beginning with f-f-f. What do you think I'm looking at that starts with that sound?'.
- ▶ Ask your child about words that rhyme. Example: 'What other words sound like car?'.
- ▶ Ask your child to make a sound or sound combination, then think of words with that sound. For example, 'What's a funny sound? Mo? What sounds can you make with mo? Moan, mope, moat ...'.
- ▶ Talk about the past. Ask your child to tell you something he enjoyed doing at school that week.
- ▶ Talk about the future. Tell your child what you're going to do on the next day or on the weekend, or ask her to tell you what she needs to do before she goes to bed.

Reading and book-based activities

- ▶ Read stories and then talk about them. Ask, 'What was that story about?' or 'Did you like that character? Why?'.
- ▶ Take turns reading. You could read half the page while your child reads the other half. You could also point out single words here and there for your child to sound out. Start with words that are easy to sound out – for example, two-letter and three-letter words like 'mat', 'on' or 'sip'.
- ▶ Older children love alphabet books. Ask your child to tell you words that start with the same sound as the letter you're looking at.
- ▶ Ask your child to make a storybook with his own pictures. He can do it on a computer or by hand on paper. Help him write the words or at least some of the letters in the story.

Numeracy Activities

How Your Child Starts Learning Numeracy

Children start learning numeracy skills from the time they're born. This learning happens from watching and experiencing numeracy in action, especially in everyday play and activities. For example, it happens when you encourage your child to:

- ▶ Count fingers, toes and toys
- ▶ Recognise numbers and shapes on objects like clocks and phones or in books
- ▶ Decide how many slices of apple they wants.

As your child gets older, he learns more numeracy and maths skills, including size and measurement. For example, this happens as he starts to:

- ▶ Compare things of different sizes – 'big', 'small' and 'medium'
- ▶ Group things together and talk about same and different
- ▶ Use words to describe where things are – 'over', 'under' and 'next to'
- ▶ Help set the table
- ▶ Fill a water bottle
- ▶ Help with the shopping and use money to buy things
- ▶ Divide food into equal shares.

And when you talk with your child about maths concepts in your everyday activities, it helps her understand how and why maths is useful. For example, this happens when you point out:

- ▶ Big and small (size)
- ▶ High and low (height)
- ▶ Heavy and light (weight)
- ▶ Fast and slow (speed)
- ▶ Close and far (distance)
- ▶ First, second and last (order).

BABIES: TIPS FOR BUILDING NUMERACY SKILLS

Your baby loves hearing your voice and enjoys stories and songs with repetition, rhyme and numbers. Some things you might already be doing or could start doing with your baby to build numeracy skills include:

- ▶ Reading stories with numbers – for example, 'Goldilocks and the three bears'
- ▶ Playing counting games
- ▶ Singing number songs and rhymes
- ▶ Changing your tone of voice to describe concepts – for example, a big voice to describe something big, or a little voice to describe something little.

You can also talk about:

- ▶ Everyday activities – for example, 'Let's put half of the bird seed here and half over there' or 'Let's find matching socks'
- ▶ The environment – for example, 'Look at the little bird over there' or 'That's a tall tree'
- ▶ Food – for example, 'Let's have two pieces of banana' or 'How many cups do we need?'
- ▶ Time – for example, '7 pm, time for bed'
- ▶ Shapes and patterns – for example, 'Let's look for all the triangles'.

It's best if you can make these everyday numeracy activities and experiences playful and relaxed so that they're fun for your child.

Get words and music for counting songs like 'Five little ducks' and 'One two three four five' with our Baby Karaoke tool and mobile app. Check it out now!



Numeracy Activities

TODDLERS: TIPS FOR BUILDING NUMERACY SKILLS

Playing with your toddler helps develop communication, imagination and other skills that help him understand maths concepts. Here are some ideas!

Ideas for talking:

- ▶ Use maths concepts to describe what you and your child are seeing and doing together. For example, 'Look at the fast cars' or 'This bag is heavy'.
- ▶ When you're preparing food, talk about what you're doing. For example, 'I'm cutting this orange in half' or 'Let's share these sultanas – one for me and one for you'.
- ▶ Point out and name the numbers in your phone number and address.
- ▶ When you're out and about, talk about what's near or further away. For example, 'Let's sit on that bench nearby to have our snack' or 'It's quite far to the lake. Would you like to ride in the stroller?'
- ▶ Talk about activities that happen at certain times of the day. For example, 'We eat breakfast at 7 am', or 'Let's go to the park before we have dinner at 6 pm'.

Ideas for everyday activities:

- ▶ Make counting part of your everyday life. For example, count shells at the beach, fruit at the shop and trees on the street, or count toys with your child as he packs them away.
- ▶ When you're out and about, encourage your child to describe or compare shapes of leaves, colours of flowers or sizes of birds.
- ▶ Go for a walk down your street and point out how each house or block has a number in a series. Count the steps between one house and the next.
- ▶ Use a growth chart or marks on a wall to measure your child's growing height, and describe to your child what you're doing.

- ▶ Involve your child in cooking. Your child can help stir, pour, fill and mix. This helps your child become familiar with concepts like counting, measuring, adding and estimating.

Ideas for play:

- ▶ Go for a nature walk and let your child gather a mix of leaves, sticks, pebbles and other natural items. Your child can sort them into groups based on size, colour, shape or what they do.
- ▶ Sing songs and read books that have numbers in them that repeat, rhyme and have rhythm. This will help your child understand patterns.
- ▶ Play simple board games, card games and puzzles with shapes and numbers, like 'snap', or matching pairs or dominoes.
- ▶ Play outside games like 'I spy', hopscotch, skittles and 'What's the time Mr Wolf'.
- ▶ Play or sing music at different speeds. Your child can dance, jump or shake musical instruments to slow or fast songs. Sing nursery rhymes slowly and then speed up.
- ▶ Race toy cars and talk about which came first, second or third.
- ▶ Help your child to arrange her favourite toys in order from shortest to tallest.

Ideas for books and reading:

Books that feature numbers and counting:

- ▶ *The very hungry caterpillar* by Eric Carle
- ▶ *We all sleep* by Ezekiel Kwaymullina
- ▶ *At the beach I see* by Kamsani Bin Salleh
- ▶ *One fish, two fish, red fish, blue fish* by Dr Seuss
- ▶ *Ten little ladybugs* by Melanie Gerth
- ▶ *Counting kisses* by Karen Katz
- ▶ *Ten little fingers and ten little toes* by Mem Fox
- ▶ *One woolly wombat* by Kerry Argent
- ▶ *Ten little dinosaurs* by Mike Brownlow

Educational Online

Apps, Stories and Physical Activities Online

ACTION SONGS CHILDREN CAN DANCE TO FOR EXERCISE

All of these songs and their actions can be found on YouTube to learn the steps:

- ▶ *Shake your sillies out* by The Learning Station
- ▶ *Move and freeze* by The Learning Station
- ▶ *Baby shark* by Bounce Patrol
- ▶ *Freeze dance* by The Kiboomers
- ▶ *Hop little bunnies* by My Little World of Song
- ▶ *Action songs for kids* by The Singing Walrus

Alex our resident DJ has put together a Spotify list of the children's favourite tunes to sing and dance too at: https://m.facebook.com/story.php?story_fbid=2707555579293225&id=182773911771417



COSMIC KIDS YOGA

Cosmic Kids Yoga is a great channel on YouTube that tells stories through yoga for children. Story books that can be found online:

- ▶ *The Very Hungry Caterpillar* by Eric Carle – Illuminated Films
- ▶ *The Mixed Up Chameleon* by Eric Carle – Illuminated Films
- ▶ *The Gruffalo* by Julia Donaldson – Read by Alan Mandel
- ▶ *The Gruffalo's Child* by Julia Donaldson – Read by Alan Mandel
- ▶ Let's Read Stories Channel has *Pig the Pug* books that are read aloud.

Play School Story Time on YouTube also has lots of episodes of stories being read:

- ▶ www.youtube.com/playlist?list=PLf-axHOp_nHH1-h_FcebPB8L8dF8OPwTD
- ▶ www.rasmussen.edu/degrees/education/blog/literacy-activities-for-preschoolers
- ▶ <https://bilingualkidspot.com/2019/05/20/literacy-activities-for-preschoolers-kindergarten-toddler>



ABC KIDS LISTEN APP

ABC Kids Listen App – has a section called Story Time that reads stories aloud (this is without pictures but a great way for children to listen to stories and use their imaginations). It also has many other features on it like sing along, let's pretend, shake and move, dance party, quiet time and kids pod casts.

This can be played on your phone out loud like a radio, a great option if you are concerned about screen time while having to be indoors or wanting a break from screens.

Sensory Activities



TASTE SAFE BLOCKS

You'll need:

Clear gelatin powder
Boiling water
Food colouring
Parchment/wax paper
Containers

Instructions:

1. Add the gelatin powder to a bowl.
2. Measure 3/4 of the indicated amount of water ratio and add a drop of food colouring.
3. Pour into the bowl and mix immediately or the gelatin will clump up. I have added first one cup of water, mixed, and then another 1/2 cup. I did that so that I could mix before it clumped.
4. Line the container with parchment paper and pour mixture in.
5. Refrigerate for 3-4 hours.
6. When the gelatin is firm, pull the wax paper out of the container and cut into large blocks.



PLAY DOUGH

You'll need:

1 cup flour
1/2 cup table salt
2 tbsp cream of tartar
1 tbsp oil
1 cup boiling water
Food colouring

Instructions:

1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil.
3. Mix a few drops of food colouring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about six months.

Sensory Activities



FIZZY BLOCKS

You'll need:

1 cup baking soda
1 tsp clear gelatin
1/4 cup water
Food colouring
Ice cube tray
Vinegar

Instructions:

1. Mix together the baking soda and gelatin.
2. Add a few drops of food colouring to the water and pour into the baking soda mixture. Mix well.
3. Separate the mixture evenly into the ice cube tray.
4. Freeze overnight.
5. Remove the cubes from the tray and pour some vinegar on top. Watch it fizz.



PUFFY PAINT

You'll need:

Glue
Shaving cream
Food colouring
Zip-lock bag
Scissors

Instructions:

1. Add equal parts of glue and shaving cream in a bowl.
2. Add food colouring and mix well.

If you want to use the paint in a DIY piping bag:

1. Add the paint to a zip-lock bag.
2. Close the bag and cut a small piece of corner off.
3. Squeeze the paint through the opening.

Sensory Activities



TASTE SAFE SLIME

You'll need:

- 1/4 cup chia seeds
- 1 + 3/4 cup water
- Food colouring
- 3-4 cups corn starch

Instructions:

1. Mix the chia seeds, water and food colouring together.
2. Cover and refrigerate overnight.
3. Uncover and add the corn starch a little at a time, about a cup at a time. Mix and then continue until you achieve the desired consistency. Should be like regular slime. Slimy but can be easily taken off the hands.
4. Store covered in the refrigerator. You will need to add a little water each time you take it out to use it. It will reactive the slime.



ICE PAINTS

You'll need:

- Ice cube tray
- Water
- Food colouring
- Popsicle sticks

Instructions:

1. Fill on ice cube troy with water. Don't over fill.
2. Add a small drop of food colouring to each cube.
3. Cut a popsicle stick in half. Use the flat edge side to mix the water and food colouring. Leave the popsicle stick inside.
4. Freeze overnight.

When painting, use water colour paper for best results.

Sensory Based Activities

Activities You Can Do at Home



BABY BATH A SIMPLE SENSOR ACTIVITY

Fill the sinks or a bucket with warm soapy water and allow your children to use different materials to wash the babies clean. This explores their sensory skills as well as allows for teachable moments about germs and the importance of washing properly.



PUZZLE SORTING STATION

Hide puzzle pieces in a tray of sand. Encourage the children to find the pieces and place them back in to the correct spots of the puzzle. This extends their cognitive skills, sensory skills and fine motor skills. To make it tricky have them use tongs or tweezers to find the items.



ALPHABET SOUP SENSORY MATCH-UP

Fill a bucket with water and place floating letters in the water, get the children to fish for the letters using a spoon to pick them up. Place a tray or mat down with the alphabet on it and get the children to match the letters. This is good for fine motor skills, hand eye coordination and letter recognition.



MAKING POTIONS SO MUCH SCIENCE FUN

Use kitchen items in different squeezable bottles (water, vinegar, water mixed with food colouring) then have bowls with things like bi-carb soda, flour ect in bowls and see what happened when you mix the liquids to these. This promotes science skills and imagination as well as fine motor and hand eye coordination.

Sensory Based Activities



RICE BIN SCOOP AND TRANSFER

Set out a big tub with different size bowls inside. Have the children use scoops to transfer the materials from one bowl to another without spilling. This boosts their hand eye coordination.



MATCHING PAIRS - A LEARNING FILLED SENSORY BIN

Hide pairs of items in a sensory tray (can hide in sand, rice, shredded paper) encourage the children to search for the items and place them in their pairs.



CONNECT 4 SENSORY

Hide connect 4 pieces in sand encourage children to find pieces and place them in to the stand, you can encourage them to make patterns or count during this activity too.



CREATING STATION INVENTING TREASURES

Box construction. Use recycled materials at home with some glue sticky tape or staplers and let the children use their imagination.



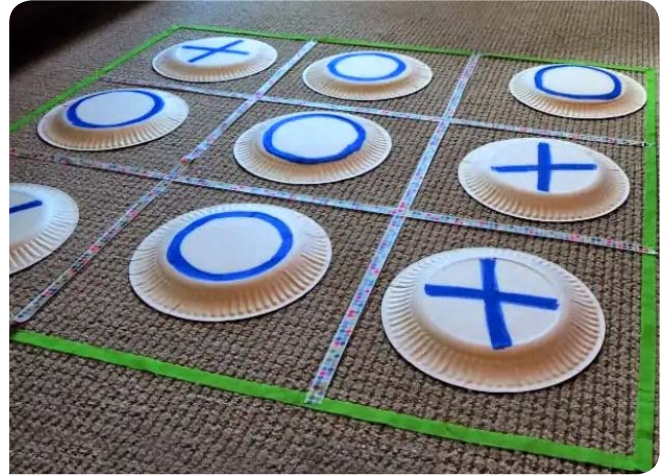
RAINBOW RICE FILLING STATION

You can use any fine item for this (sand, rice, glitter or sprinkle) use funnels to fill up bottles with the items.

Physical Activities



Knock the balls - Nerf target game



Paper plate tic-tac-toe

WHAT'S YOUR NAME?

Spell out your full name and complete the activity listed for each letter.
For a greater challenge you can also include your middle name and do each one twice.
For variety you can use a favourite character's name or a family member's name.

- | | |
|---|--|
| A Jump up and down 10 times | N Pick up a ball without using your hands |
| B Spin around in a circle 5 times | O Walk backwards 50 steps and skip back |
| C Hop on one foot 5 times | P Walk sideways 20 steps and hop back |
| D Run to the nearest door and run back | Q Crawl like a crab for a count of 10 |
| E Walk like a bear for a count of 5 | R Walk like a bear for a count of 5 |
| F Do 3 cartwheels | S Bend down and touch your toes 20 times |
| G Do 10 jumping jacks | T Pretend to pedal a bike with your hands for a count of 17 |
| H Hop like a frog 8 times | U Roll a ball using only your head |
| I Balance on your left foot for a count of 10 | V Flap your arms like a bird 25 times |
| J Balance on your right foot for a count of 10 | W Pretend to ride a horse for a count of 15 |
| K March like a toy soldier for a count of 12 | X Try and touch the clouds for a count of 15 |
| L Pretend to jump rope for a count of 20 | Y Walk on your knees for a count of 10 |
| M Do 3 somersaults | Z Do 10 push-ups |

Scavenger Hunt Ideas

INDOOR SCAVENGER HUNT

- ▶ Find a fork
- ▶ Find something that is red
- ▶ Find a tissue box
- ▶ Find 3 things that have wheels
- ▶ Find an orange crayon
- ▶ Find something that is very soft
- ▶ Find a band-aid
- ▶ Find a key
- ▶ Find 2 socks that match
- ▶ Find something round
- ▶ Find a sticker
- ▶ Find a rubber band
- ▶ Find a pair of glasses
- ▶ Find an envelope

RAINBOW SCAVENGER HUNT

- ▶ Find something **red**
- ▶ Find something **yellow**
- ▶ Find something **orange**
- ▶ Find something **green**
- ▶ Find something **blue**
- ▶ Find something **purple**
- ▶ Name a fruit that is **red**
- ▶ Name an animal that is **yellow**
- ▶ Name a vegetable that is **orange**
- ▶ Name a plant that is **green**
- ▶ Name a flower that is **purple**
- ▶ Name something outside that is **blue**

MATH SCAVENGER HUNT

- ▶ Find 2 pencils and 1 blue crayon. How many items do you have now?
- ▶ Find 5 blocks and 2 pennies. How many items do you have now?
Take away 3 blocks. How many items are left?
- ▶ Find 4 socks and 2 stuffed animals. How many items do you have all together?
- ▶ Find 8 crackers. Eat 4 of them. How many are left?
- ▶ Find 3 spoons, 4 books and 1 orange crayon. How many items do you have all together?

5 SENSE SCAVENGER HUNT

- ▶ Find something that makes a crunch sound
- ▶ Find something that tastes sour
- ▶ Find something that smells good
- ▶ Find something smooth
- ▶ Find 3 of the same thing
- ▶ Find something that smells bad
- ▶ Find something that tastes sweet
- ▶ Find something loud
- ▶ Find something long
- ▶ Find something soft
- ▶ Find something white
- ▶ Find something quiet
- ▶ Find something rough

SPRING SCAVENGER HUNT

- ▶ Find a yellow flower
- ▶ Find 3 different shaped leaves
- ▶ Find something that is red
- ▶ Find a spider web
- ▶ Find something that flies
- ▶ Name 2 things you see in the sky
- ▶ Find something that is long
- ▶ Find something green that grows
- ▶ Find 2 birds
- ▶ Find some water
- ▶ Find something purple
- ▶ Find something that crawls



Bayside Council
Serving Our Community

Bayside Customer Service Centres

Rockdale Library, 444-446 Princes Highway, Rockdale
Westfield Eastgardens, 152 Bunnerong Road, Eastgardens
Monday to Friday 8:30am – 4:30pm, Saturday 9am – 12pm

Phone **1300 581 299 | 9562 1666**
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