

Activities and ideas for Preschool

EVERYDAY ACTIVITIES

READ

- Share a book together. Ask, *What is happening in the story? Who are the characters? What might happen next?*



MOVE

- Get up and moving throughout the day. You can walk, skip, run, jump, hop, spin, dance and climb. Ask, *How do you want to move? What body parts are we using when we do that?*



DRAW OR WRITE

- Draw or write together about your family. Ask, *What colours are we using? What are you drawing/writing about? What can we add?*



SPEAK AND LISTEN

- Talk together about something that is interesting or something that is happening during the day or happened the previous day.



DURING THE WEEK

FINE MOTOR

- Clap your hands and touch your fingers. Ask, *Can you clap your hands three times? Can you touch your fingers to your thumbs?*



CREATIVE

- Draw on the ground outside with chalk, water or a stick. Talk about the pictures that have been created.



CONSTRUCTION

- Build a fort or cubby house. Talk about how it was built and what was used. Ask, *What is your favourite part?*



COOK

- Make lunch together. Talk about what you will make? What ingredients will you need? What will the steps will be?



GAMES

- Hide a toy and play hide and seek. Ask, *Where should we search first? Where else might it be? Can you look up/down/behind?*



CONNECT

- Look at photos together. Talk about what was happening in the picture and who the picture is of.



ACTIVE

- Practice hopping and jumping. Make a path to follow. Talk about how to get from one place to the other.



RELAXATION

- Find a quiet place to sit or lay down to rest. Talk about the importance of having quiet time in your day.



MUSIC

- Sing your favourite song. Ask, *What song should we sing? Can we sing it loud, soft, fast or slow?*



TECHNOLOGY

- Fill a bowl with water and find things that will sink or float. Ask, *Do you think this will sink or float? Were we right?*



HELPING

- Pack away toys together. Talk about why it is important to pack things away.



FREE CHOICE

- This is an opportunity for children to have some independence. Ask, *What would you like to do now?*



WEBSITES TO CHECK OUT

- ABC EDUCATION- <https://education.abc.net.au/home#!/home>
- LEARNING POTENTIAL- <https://www.learningpotential.gov.au/>
- SESAME STREET- <https://www.sesamestreet.org/>

