



Learning Together – Families and Schools

Advice to parents and carers when providing learning opportunities for children:-

PRESCHOOL

Activities and ideas for home for Preschool learners			
EVERYDAY ACTIVITIES			
<p>READ</p> <ul style="list-style-type: none"> • Share a book together • Talk about the pictures • Talk about the characters 	<p>MOVE</p> <ul style="list-style-type: none"> • Move around like 4 different animals (e.g. jump like a kangaroo, stomp like an elephant) • Talk about the way they move 	<p>DRAW or WRITE</p> <ul style="list-style-type: none"> • About something fun you are doing at home to share with your family, friends, teacher 	<p>SPEAK and LISTEN</p> <ul style="list-style-type: none"> • Talk together about something you might like to do together while we have this time at home
DURING THIS WEEK			
<p>FINE MOTOR</p> <p>Do a puzzle or make one of your own</p> <ul style="list-style-type: none"> • Cut or tear a picture into large parts and put back together. • Talk about what colours you can see, what the picture is. 	<p>CREATIVE</p> <p>Make a treasure map and go on a hunt</p> <ul style="list-style-type: none"> • Draw or create a map of an imaginary island. • Use it to go on an imaginary treasure hunt in your house. • Talk about the imaginary place. 	<p>CONSTRUCTION</p> <p>Build a tower or house</p> <ul style="list-style-type: none"> • Use either blocks, Lego, Duplo, plastic lunch boxes, paper, sticky tape, sticks. • Talk about how tall it is, what are the parts/rooms or their building. 	<p>COOK</p> <p>Help to make a meal.</p> <ul style="list-style-type: none"> • Talk about what ingredients do you need? • Talk about the steps involved.
<p>GAMES</p> <p>Play 'What's Missing?'</p> <ul style="list-style-type: none"> • Collect 3-5 small items, name and talk about each item • Hide all the items by covering with a cloth. • Ask your child to close their eyes and when they do, remove 1 item from under the cloth. • Ask your child to open their eyes, remove the cloth and try to tell you what's missing. 	<p>CONNECT</p> <ul style="list-style-type: none"> • Stay connected with family and friends. • This could be phone calls, video chats, drawing or painting pictures etc. • Talk about what they have been doing while at home • Talk about something they might be looking forward to doing when they can go back to preschool or when they visit a friend. 	<p>ACTIVE</p> <p>Create an obstacle course</p> <ul style="list-style-type: none"> • Use your furniture, tables, chairs, pillows, toys, boxes, baskets, ribbons, ropes, hoops, toys etc. • Talk about the way you are moving through the obstacle course e.g. under the table, over the basket, balancing on the rope, jumping in the hoop. • For fun, time yourself and other family members. 	<p>RELAXATION</p> <p>Have some quiet resting</p> <ul style="list-style-type: none"> • It's important to stop, relax and just rest. • You could do some kids yoga. • You might like to listen to some 'nature music'.
<p>MUSIC</p> <p>Make up a dance to your favourite song</p> <ul style="list-style-type: none"> • Think of some funny moves. • Perform it to family or toys. • Have fun. 	<p>TECHNOLOGY</p> <p>Take a photo of 10 'little' things</p> <ul style="list-style-type: none"> • Talk about what might be little and what might be big. • Was it easy to find 'little' things? • Talk about where each thing was found. 	<p>HELPING</p> <p>Help your family with a job</p> <ul style="list-style-type: none"> • A job could be clean your room, hang up the washing, put your things away. • Turn jobs in to games like "Can you find the sock that looks like this one?" 	<p>FREE CHOICE</p> <ul style="list-style-type: none"> • Enjoy some time playing with your family or by yourself. • This is when children can process their learning and practice things in their own way.

Useful Tips

- Provide support for your child by:
- Trying to keep daily routines as normal as possible, such as regular wake-up and bedtimes.
 - Talking with your child about what they will be doing each day and reflect at the end of each day about how it all went.
 - Talk with your child about what they are playing and learning. This can help them learn new language and concepts.
 - Keeping in touch with the school and teachers as needed.
 - Take some time to enjoy playing with your child. If they see you engaged and relaxed, this may help reduce their stress.
 - Screen time for children aged 2 to 5 years old is 1 hour each day with no more than 30 minutes at a time.
 - Help your child stay connected with family and friends e.g. video chats.

It is okay to make a mess! 😊
Children learn to tidy up and pack away activities after themselves while at preschool – this is a great skill to keep practicing at home as well.

Remember things won't always go to plan, and that's ok.
Enjoy your time together and have fun!

Useful weblinks or apps:

- Play School Art Maker:
<https://www.abc.net.au/abckids/play-school-art-maker/11131382>
- Rising Star:
<http://www.risingstar.nt.edu.au/>
- ABC Kids listen app
 Download free on Google Play:
<https://play.google.com/store/apps/details?id=au.net.abc.kidslisten>
 Download free from the App Store:
<https://apps.apple.com/au/app/abc-kids-listen/id1336318869>

