



Learning Together – Families and Schools

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

Ages 0 - 3

Activities and ideas for home for Ages 0-3 learners			
EVERYDAY ACTIVITIES			
<p>READ</p> <ul style="list-style-type: none"> Share a book with your family Talk about the pictures and what is happening in the story 	<p>MOVE</p> <ul style="list-style-type: none"> Crawl like a bear, hop like a kangaroo, slither like a snail Think of some other animals 	<p>DRAW</p> <ul style="list-style-type: none"> Draw yourself and your family with pencils, crayons or chalk Draw things you see at home 	<p>SPEAK and LISTEN</p> <ul style="list-style-type: none"> Talk with people in your house, ask questions, listen to each other
DURING THIS WEEK			
<p>FINE MOTOR</p> <p>Sing and play finger rhymes such as 'This little piggy went to market' and 'Round and Round the garden'. Do you know anymore?</p>	<p>CREATIVE</p> <p>Make a picture or pattern using sticks, leaves and flowers. What have you made? Tell a story about your picture.</p>	<p>CONSTRUCTION</p> <p>Build a cubby/ fort with chairs, sheets and pillows. Take your toys inside to play with. Talk about in, out, under, next to.</p>	<p>COOK</p> <p>Use fruit or vegetable pieces to make a picture before you eat them. Which piece is the longest/ shortest? Talk about the picture as you eat it.</p>
<p>GAMES</p> <p>Play peek-a-boo/ hide and seek. Hide toys under a blanket and guess what's hiding. How do you know what is missing?</p>	<p>IMAGINE/ DRAMATIC PLAY</p> <p>Dress up and pretend to be another person, character or animal. What does your character sound like? How does it feel to be someone else?</p>	<p>ACTIVE</p> <p>Run, jump, hop, skip, ride, scoot or kick a ball in your yard. Can you do the action fast or slow? Count how many times you do it.</p>	<p>RELAXATION</p> <p>Listen to relaxing music. Make a comfortable space to rest and relax. What do you need? Try a different place to relax.</p>
<p>MUSIC</p> <p>Make music with items in your home (saucepan and wooden spoon drum, rice in a bottle shaker). Can you play quietly, fast, slow? Play along to your favourite song.</p>	<p>NATURE</p> <p>Notice how many different tree/ plants you have in your yard. What colours can you see? What other differences can your notice? Talk about the size, shape, feels like, smell.</p>	<p>HELPING</p> <p>Help to put your toys away. Help to sweep or vacuum. Can you wipe the table? Talk about why we need to keep our house clean.</p>	<p>PLAYING</p> <p>Play in a way you choose. By yourself, with someone else, with or without toys. Playing gives your mind time to process what you have been learning at home.</p>

Useful Tips

Provide support for your child by:

- Trying to keep daily routines as normal as possible, such as wake-up and bedtimes.
- Talk with your child about the activities you are doing and what they are playing and learning. This can help them learn new language, words and concepts.
- 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! 😊

Small children can learn to help tidy up and pack away - This a great skill to learn and practice and will help them in school and throughout their life.

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

Useful web links 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>

