



# PLAY-BASED LEARNING SCHEDULE

This is a guide with suggestions for at home play-based learning activities for families. Activities are suggestions and can be moved around during the day, depending on your time availability and what works for you in the home.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>WRITE A LETTER</b></p> <p>Write a letter or draw a picture of your grandparents or a special person in your life.</p> <p>You could even post it to them!</p>	<p><b>DO SOME GARDENING</b></p> <p>Enjoy some time together outside in the garden or visit a park</p> <p><a href="https://www.playgroupnsw.org.au/ParentResources/PlayActivities/tips-for-gardening-with-toddler">https://www.playgroupnsw.org.au/ParentResources/PlayActivities/tips-for-gardening-with-toddler</a></p>	<p><b>OBSTACLE COURSE</b></p> <p>Set up an easy obstacle course, e.g.a large pillow to climb over, a box to crawl through, a chair to walk around. Get creative!</p>	<p><b>TRANSITION TO SCHOOL</b></p> <p>Make a daily weather chart. Cut out pictures of people wearing different clothes from catalogues. Place in a bag or basket. Each day talk about the weather and have your child pick a picture that matches the weather.</p> <p>(Paint The Town REaD)</p>	<p><b>OUTDOOR FUN</b></p> <p>Practice throwing a ball into a washing basket. Make it more challenging by gradually moving the basket back each time you get it in the basket.</p>

## BREAK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MATHS AT HOME</b></p> <p>Explore your backyard or a local park. Give your child items to collect. e.g. can you find me 3 sticks, 1 leaf, 2 rocks etc .</p> <p>Older children may like to take turns and give you items to find as well.</p>	<p><b>TRANSITION TO SCHOOL</b></p> <p>Collect the junk mail. Let your child help you make a shopping list by cutting out items and gluing onto paper.</p>	<p><b>PICNIC OUTSIDE</b></p> <p>Plan an outdoor picnic for lunchtime. Write the menu together and make the food, and decide on the perfect spot to put your rug!</p>	<p><b>DANCE TIME</b></p> <p>Choose three of your favourite songs and have a dance party. Experiment with movement. Can you move fast, slow jump and spin?</p>	<p><b>PUPPET MAKING</b></p> <p>Make simple puppets with basic items you have around the home.</p> <p><a href="https://raisingchildren.net.au/toddlers/play-learning/play-videos/making-simple-puppets">https://raisingchildren.net.au/toddlers/play-learning/play-videos/making-simple-puppets</a></p>

## LUNCH TIME (INCLUDING SLEEP/REST TIME)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SPACE WALK</b></p> <p>Join the Victoria museum and do a space dance!</p> <p><a href="https://museumsvictoria.com.au/childrens-week/sing-and-dance/hello-from-the-moon/">https://museumsvictoria.com.au/childrens-week/sing-and-dance/hello-from-the-moon/</a></p>	<p><b>SING AND DANCE</b></p> <p>Sing and dance along to the children's week song.</p> <p><a href="https://www.childrensweek.org.au/resources/songs/">https://www.childrensweek.org.au/resources/songs/</a></p>	<p><b>DO A SCIENCE EXPERIMENT</b></p> <p>Make milk art using simple materials around the house.</p> <p><a href="https://www.sciencefun.org/kidszone/experiments/milk-art/">https://www.sciencefun.org/kidszone/experiments/milk-art/</a></p>	<p><b>STEM</b></p> <p>Freeze coloured water in an ice cube tray. Add a paddle pop stick. Once frozen use to create paintings with your homemade paintbrushes!</p>	<p><b>MONSTER SHUFFLE</b></p> <p>Sing and dance along to the monster shuffle</p> <p><a href="https://youtu.be/vj9VwxrqvG0">https://youtu.be/vj9VwxrqvG0</a></p>

## SNACK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>THREADING GAMES</b></p> <p>Put holes in old greeting cards or a cardboard box. Use ribbon or string to weave in and out of the holes.</p>	<p><b>READ A BOOK TOGETHER</b></p> <p>Enjoy a favourite story together or visit the library.</p>	<p><b>TIDDALIK THE FROG</b></p> <p><a href="https://museumsvictoria.com.au/childrens-week/look-and-listen/tiddalik-the-frog/">https://museumsvictoria.com.au/childrens-week/look-and-listen/tiddalik-the-frog/</a></p>	<p><b>YOGA</b></p> <p>Enjoy some relaxing yoga together</p> <p><a href="https://www.youtube.com/watch?v=X655B4ISakg&amp;feature=youtu.be">https://www.youtube.com/watch?v=X655B4ISakg&amp;feature=youtu.be</a></p>	<p><b>READ A BOOK TOGETHER</b></p> <p>Talk about the cover, title page, author, illustrations and what the story was about. Draw a picture and let us know what you are reading.</p>