



# 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  |
|---|--|--|--|---|
| <b>MAKE SLIME</b><br>1 teaspoon borax<br>1.5 cups of water<br>1.4 oz bottle of white glue<br>8 drops food colouring | <b>COLOUR WALK</b><br>Go on a colour walk around your neighbourhood and see how many colours you see | <b>NATURE BRACELET</b><br>Collect some nature items and make a bracelet out of flowers and grass, dried leaves and twigs | <b>ROCK PAINTING EXPERIENCE</b><br>Collect a few different shaped rocks in your garden and paint using lots of colours | <b>CLOUD GAZING</b><br>Lie down on the grass and look up to the sky. What shapes can you see? |

## BREAK TIME

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <b>TREASURE HUNT</b><br>Go on a walk and collect some materials you can bring home and get creative with paper and glue | <b>INDOOR PICNIC</b><br>Grab a rug and some friends, make some sandwiches for a picnic | <b>LETTER DROP</b><br>Write a letter with paper and a pen and post it to your best friend | <b>HOPSCOTCH</b><br>Attach masking tape to the indoor floor and create a hopscotch in your lounge room | <b>FLYING AEROPLANES</b><br>Grab some paper and fold to make paper planes to fly indoors and outdoors |

## LUNCH TIME (INCLUDING SLEEP/REST TIME)

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| <b>LIST THAT ANIMAL</b><br>Take a walk around your neighbourhood and make a list of animals you can see | <b>GET CREATIVE</b><br>Gather together some mixed media items and make a self-portrait. | <b>MUNCH AND MOVE</b><br>Make a magic bag, fill it with different fruits and see if you can guess by feeling | <b>GROSS MOTOR</b><br>Make a home obstacle course to see how agile you are, moving over chairs and under tables. | <b>CLOUD DOUGH</b><br>Add ½ bottle children's conditioner, add cornflour and food colouring of your choice |

## SNACK TIME

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| <b>GROCERY SHOP</b><br>Help make a grocery list and see what items you can find to mark off the list. | <b>COOKING EXPERIENCE</b><br>Make some scones using flour, milk and butter, mix and cook | <b>NAP OUTSIDE</b><br>Take your pillows and blanket and lie down on the grass for a nap in the warm sunshine | <b>FINE MOTOR</b><br>Make a collage cutting out pictures from magazines. | <b>BIRD WATCH</b><br>Look for birds in your backyard. Can you describe them –colour and size |