



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
TRANSITION TO SCHOOL Roll a dice and write down the numbers that you get, keep track of how many times you roll each number.	COLOUR FINDING Gather items that are all the colours of the rainbow, red, yellow, pink, blue, purple, orange and green.	ACTIVE PLAY Throw and catch a ball.	LITERACY Read along with Penguin then draw your own penguin. https://www.youtube.com/watch?v=UCYMMUYRQdc	TRANSITION TO SCHOOL Play a game of dominoes.

BREAK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVE PLAY Throw and catch a ball.	TRANSITION TO SCHOOL Cut up strips of paper and thread them through a larger piece of paper with slits.	ART AND CRAFT Draw your family.	GARDENING Spend some time outdoors in the garden, planting, weeding, watering.	IMAGINARY PLAY Try dress ups, make a blanket fort, play picnics.

LUNCH TIME (INCLUDING SLEEP/REST TIME)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENSORY Make playdough, measuring and pouring the ingredients. https://theimaginationtree.com/best-ever-no-cook-play-dough-recipe/	OUTDOOR / RELAXATION Lay on the grass and watch the clouds. What shapes are they, what do they look like?	TRANSITION TO SCHOOL Play a game of snakes and ladders.	ACTIVE PLAY Balance along the cracks in the driveway.	MUSIC Dance to some favourite songs – count to 100 – 1, 2, 3, 4, 5 – sit down, stand up.

SNACK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROLE PLAY / DRAMATIC Act out your favourite story e.g. Three Little Pigs, Little Red Riding Hood.	MEAL PREP Help to set the table, and clean up after dinner.	SENSORY PLAY Mix and Mess – Use a variety of breakfast cereals to scrunch and crunch in your hands.	TRANSITION TO SCHOOL Make sock puppets and stage your own puppet show.	COOKING EXPERIENCE Help prepare dinner, peel potatoes, wash the salad.