



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
ACTIVE PLAY How many times can you do a Star Jump in 60 seconds?	SENSORY Explore some sand foam. https://www.learning4kids.net/2015/05/26/how-to-make-sand-foam/	SUSTAINABILITY Water your garden and see if you can find any insects or bugs living there.	DANCING Play a game of Musical Statues, bust a move while the music is playing and freeze when the music stops!	LITERACY What letters are in your name? Can you find those letters around your house in other books or magazines?

BREAK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ART Find a mirror and see if you can draw a self-portrait looking at your reflection.	COLOUR HUNT What colours can you see outside in your backyard? What colour are the flowers and the sky?	IMAGINARY PLAY Look through your dress up costumes. What character can you be? A pirate? A ballerina? A cook?	TRANSITION TO SCHOOL Can you find a catalogue to cut with scissors? Maybe you can cut out your favourite foods to put on the shopping list.	FINE MOTOR Using tweezers, see if you can pick up pom poms and ribbons and place them in a box.

LUNCH TIME (INCLUDING SLEEP/REST TIME)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STEAM Is it a solid or a liquid? Its Oobleck! https://www.youtube.com/watch?v=nw8KaHglokQ	TRANSITION TO SCHOOL Play a game of Snap to see if you can match the colours, shapes or numbers on the cards.	SENSORY Water play: Enjoy the soothing water using cups, sieves and water wheels.	LITERACY Listen to "If I Were an Astronaut" read by Astronaut Serena Aunon-Chancellor https://storytimefromspace.com/	OUTDOORS Look through the yard to find sticks, stones, flowers and bark. Can you make a pattern or sequence using the natural resources?

SNACK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FINE MOTOR Can you help Mum or Dad peg the clothes out?	SUSTAINABILITY Do you have a worm farm? Put your worm friendly scraps into the farm to help make some worm juice.	COLOUR HUNT What can you see out your front window? Can you name the colour of the cars that pass? Maybe play a game of Spotto!	ACTIVE PLAY Grab some chalk and a pebble and play some hopscotch outside.	STEAM Try experimenting with walking water! You'll need some paper towel, cups, water and food colouring. https://scienceexplorers.com/walking-water-experiment-for-kids/