



# 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>COOKING TIME</b> Make a colorful fruit salad. Have your child help cut and prepare the fruit salad.	<b>YOGA</b> Do some yoga together <a href="https://www.cosmickids.com/">https://www.cosmickids.com/</a>	<b>NUMERACY</b> Write the numbers 1-10 on some paper. Draw dots on different paper, can you match the number of dots with the written numbers?	<b>CREATE YOUR OWN PLAY</b> Create a play together. Use various props and dress up clothes from around your home.	<b>SENSORY PLAY</b> Squishy sensory bags <a href="https://www.learning4kids.net/2015/06/30/how-to-make-squishy-sensory-bags/">https://www.learning4kids.net/2015/06/30/how-to-make-squishy-sensory-bags/</a>

## BREAK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DANCING/MOVEMENT</b> Hokey Pokey <a href="https://www.youtube.com/watch?v=iZinb6rVozc">https://www.youtube.com/watch?v=iZinb6rVozc</a>	<b>READING TIME</b> Have your child choose their favourite book and select a place to read the book together. Discuss the title, author and illustrations.	<b>COLOUR SCAVENGER HUNT</b> Draw with coloured pencils. Then find objects that match the colour on the paper.	<b>MEMORY GAME</b> Find four items, show your child, then place a blanket over the items. Remove one of the items then lift the blanket and see if they can guess what is missing.	<b>LEARNING LETTERS</b> Find objects around the house with the same letters that are in your name.

## LUNCH TIME (INCLUDING SLEEP/REST TIME)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>RELAXATION</b> Find a comfortable place and join the meditation <a href="https://www.youtube.com/watch?v=wf5K3pP2IUQ">https://www.youtube.com/watch?v=wf5K3pP2IUQ</a>	<b>YARN CRAFT</b> Go for a walk and see if you can find some sticks. Use some wool and wrap it around the sticks.	<b>MUSICAL STATUES</b> Dance, jump, hop and move around while the music is playing. Then freeze like a statue when the music stops.	<b>SCIENCE EXPERIMENT</b> Oil and water science exploration. <a href="https://funlearningforkids.com/oil-water-science-exploration/">https://funlearningforkids.com/oil-water-science-exploration/</a>	<b>ART AND CRAFT</b> Make a nature collage. Collect leaves, sticks and flowers to glue onto paper and/or boxes.

## SNACK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>USING OUR IMAGINATION/ CREATIVITY</b> What can you create using items such as milk cartons, paper and cardboard?	<b>MIXING COLOURS</b> Experiment with colour mixing. Mix red and blue together. What colour did you make? Combine yellow and red, what colour did you make?	<b>MOON SAND</b> To make Moon Sand, you will need 2 cups of flour and ¼ cup of baby oil.	<b>SCREEN TIME</b> ABC KIDS <a href="https://www.abc.net.au/abckids/games/">https://www.abc.net.au/abckids/games/</a>	<b>STORYTIME</b> Wash your hands by Tony Ross <a href="https://www.youtube.com/watch?v=ljNvF650WtC">https://www.youtube.com/watch?v=ljNvF650WtC</a>