



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>EVERYDAY COUNTING</p> <p>Incorporate counting into your everyday activities. Count pieces of toast, fruit or crackers. See how many steps you walk from the kitchen to the bathroom. How many houses did you pass on your walk?</p>	<p>SINGING IN THE KITCHEN</p> <p>Look through your kitchen cupboards. What can you find to make music? Can you play it loud, soft, fast and slow.</p> <p>Join in singing the song together as you play.</p> <p>https://www.youtube.com/watch?v=aMtx25sPvQo</p>	<p>IMAGINATION PLAY</p> <p>Become different animals. Use verbal prompts with your child. "What would it be like to be small like a mouse" Look for props around the house to incorporate into your play.</p>	<p>TRANSITION TO SCHOOL</p> <p>Experiment with measurement – Cut your child a piece of string. Use the string to measure objects in your house. Find out what is longer, shorter of the same length as your piece of string.</p>	<p>PLAY WITH NUMBERS</p> <p>Count by twos. Find objects in the environment that come in pairs.</p>

BREAK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>GET CREATIVE</p> <p>Make your own paint. Paint your driveway or outdoor path areas.</p> <p>https://littlebinsforlittlehands.com/puffy-sidewalk-paint/</p>	<p>COOKING TIME</p> <p>Select a recipe to cook together</p> <p>https://www.abc.net.au/abcforkids/sites/playschool/makeanddo/recipes/</p>	<p>STEM</p> <p>Try this fun science experiment. You might want to take this one outside. It might get messy!</p> <p>https://littlebinsforlittlehands.com/oobleck-recipe/</p>	<p>SHARE A STORY</p> <p>Join Boris the monster for lots of tricky fun!</p> <p>https://www.youtube.com/watch?v=OK7fUQvjIE</p>	<p>POETRY IN MOTION</p> <p>Read a poem together. Use the poems as inspiration and draw.</p> <p>https://www.familyfriendpoems.com/collection/short-poems-for-children</p>

LUNCH TIME (INCLUDING SLEEP/REST TIME)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SHARE A STORY</p> <p>Read a favourite story together. Encourage your child to draw a picture about the story.</p>	<p>WILD WORKOUTS</p> <p>Have fun pretending to be wild animals while you workout with Andy.</p> <p>https://youtu.be/40R-vOOVgCv8</p>	<p>GUIDED MEDITATION</p> <p>The Gratitude Tree</p> <p>https://www.youtube.com/watch?v=64OzBuhsyuk</p>	<p>YARN CRAFT</p> <p>Go for a walk to get some sticks. Find wool or string. Find a nice place to sit and wrap the string or wool around the stick.</p>	<p>BOOM CHIKKA BOOM</p> <p>Have fun dancing to this video.</p> <p>https://youtu.be/9nKq4jm-4LD8</p>

SNACK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>STRETCHING</p> <p>Practice simple stretches.</p> <p>https://www.verywellfamily.com/simple-kids-stretching-exercises-1257070</p>	<p>READING TIME</p> <p>Have your child choose their favourite book. Select a special place to read. Discuss the title, author and the illustrations.</p>	<p>LET'S GO BOWLING</p> <p>Use bottles or cans and a ball to create a bowling game. Play inside and outside.</p>	<p>GET CREATIVE</p> <p>Find recyclable materials around the house - milk bottle, boxes, cardboard lids. What can you create? You could even add glue or paint.</p>	<p>GET ACTIVE</p> <p>Play red light green light.</p> <p>https://www.playworks.org/resource/game-of-the-week-red-light-green-light/#:~:text=%20How%20To%20Play%3A%20%201%20Start%20with,make%20it%20across%20the%20finish%20line.%20More%20</p>