



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
SELF PORTRAIT Grab a mirror, some paper and pencils and draw a self-portrait.	MINDFULNESS Start your day with some deep breathing exercises, and talk with your child about what makes them unique. https://care.uci.edu/services/Breathing%20boards.pdf	BAKE A TREAT Yummy Anzac Slice. https://www.taste.com.au/recipes/anzac-slice/11e84f01-6455-4c07-ba96-588e4030c122	7 MINUTE HIT WORKOUT https://www.pinterest.com.au/pin/173247916901440816/	KOORI CURRICULUM Show N Tell – Emu Eggs https://youtu.be/KI-CS4o-h5Ew Can you draw and decorate an Emu Egg?

BREAK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAVE YOU FILLED A BUCKET TODAY? https://youtu.be/3Euem-NAo6XE	GARDENING Enjoy some time outside in your own backyard. Water the plants, do some weeding or plant something new!	BUBBLE FUN Make and blow bubbles. Talk about the size, shape and colour. You could also count how many bubbles you can make.	A BOOK OF FEELINGS Encourage your child to draw something about the story. https://www.youtube.com/watch?v=xifLgHBwYx4	GO CAMPING IN YOUR LIVING ROOM Create a cubby house or campsite. You could even have your lunch here!

LUNCH TIME (INCLUDING SLEEP/REST TIME)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAGIC MILK EXPERIMENT https://littlebinsforlittlehands.com/magic-milk-a-classic-science-experiment-for-kids/	PAPER AIRPLANES Make and decorate a paper airplane. Take your airplane outside and see how far it can fly. Can you measure it?	ZUMBA KIDS "I like to move it, move it!" https://youtu.be/ymigWt5TOV8	LEMON FIZZ EXPERIMENT Try a fun bubbly science experiment. https://www.thoughtco.com/lemon-fizz-science-project-603926	ICE TREASURE Find and freeze some treasures from around your house or backyard, then try to get the treasure out! https://www.jojoebi-designs.com/2008/06/any-knitters-out-there.html

SNACK TIME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RACES OF EVERY KIND There are so many ways to get active outside. Race from one side of the yard to the other, go backwards, crab walk, crawl, hop, skip, jump, and go fast or go slow!	IT'S DISCO TIME Can you get your bodies moving to some fun and active dance songs? https://youtu.be/2Bbibc-NixEw	KOORI CURRICULUM Story Time with Jess – The Spotty Dotty Lady. https://youtu.be/SDQyw-b47gfw	COLOUR MATCH Go on a colour hunt around your house and backyard. Try to find two items of every colour in the rainbow.	YOGA TIME Squish the Fish Adventure. https://youtu.be/LhYtcad-R9nw