



activekidsgroup
early learning centres

e-Learning resources



Welcome to our weekly edition of e-Learning! Active Kids Group aims to inspire children with a life long passion for learning. It is our ambition to continue to deliver on this through an e-book providing Parents with educational activities, routines, recipes and more!

During the upcoming weeks, Active Kids Group will be working with Educators, Parents and our Learn and Grow team to provide families with educational resources that can be easily implemented at home to encourage a continuity of learning and fun!

Our educators collaborate to develop a curriculum which reflects the needs, interests, strengths and knowledge of all children, and we would like to extend this to all our families who are spending more time at home.

Active Kids Group prides itself on being flexible, innovative and always willing to assist. We hope you find this resource useful and engaging for your little learners, and encourage families to share ideas they might want included for other families as well.

This week...

Activities

- Paper Roll Printing
- Origami Cranes
- Rainbow Rice
- Letter Towers
- Big, Medium, Small
- Aquarium Sensory Bottle

Learn and Grow

- Grow Fit

Play Tips & Routines

- 5 Benefits of Messy Play

- Weekly Planner

Recipes and snack hacks

- Frittata Recipe
- Snack Hacks
- Lunchbox Ideas



Paper Roll Printing

Toilet paper rolls can be recycled and used as a tool to print different shapes. All you will need is:

- Toilet paper rolls
- Scissors to cut them into different shapes
- Child friendly paint
- Paper to print on

[Read more here](#)

[@mbsactivityroom](#) is a page dedicated to Art and Craft for children (and a side hobby for mums) focused on DIY, Craft, Recycling and Family.



Origami Cranes

The [#onemillioncranes](#) project by [@hellowonderful_co](#) is aiming to bring people together to make and display one million cranes globally as a sign of community love and support during the Coronavirus (COVID-19) pandemic.

'Of communities [#alonebuttogether](#) who are lending hands and coming out with self-less acts of love, kindness and support for one another, we are encouraging everyone across the world to make and display paper cranes to get us to the goal of ONE MILLION CRANES across the world as a sign of community love and support during the pandemic.'- [link for more.](#)

1. Make some colourful origami cranes to hang in your window - [link here](#)
2. Cranes symbolise happiness, hope and healing
3. Tag [#onemillioncranes](#) to help get to ONE MILLION CRANES globally

Learning Outcomes:

Encourages creativity, imagination; provides opportunity to identify colours, shapes and use of fine motor skills.



Rainbow Rice Sensory Play

What you'll need:

1. 1 cup of plain rice
2. Food colouring
3. 1/2 tsp Vinegar
4. Toys

Colouring the rice:

1. Pour a cup of rice into your margarine container. Then, with a toothpick, swirl a food colouring of choice through the rice
2. Drizzle 1/2 tsp of vinegar over the rice (this ensures the colouring doesn't transfer to your hands when playing with the rice)
3. Shake

Drying your rice:

Spread each batch of coloured rice out on a plate or a baking sheet and place in the sun to dry. [Link for more](#)

Letter Towers

What you'll need:

1. Whiteboard marker
2. Building Blocks
3. Some paper

- write letters onto your blocks
- write matching letters on paper (for younger children, you can use colours to help children identify the matching blocks)
- Place the blocks around the room for your little learner to find and match back
- Next up is building letter towers and leading into independent play
- other variations include: Use it with numbers, letters in your child's name, matching capital and lowercase letters, rhyming words, sight words. The possibilities are really endless. [Link for more](#)

Big, Medium, Small

Collect natural materials from the garden and sit together to go through them and sort them into different size groups.

What you will need:

- Cardboard
- Whiteboard marker
- Different 'treasures' collected from the garden

Length of activity:
Open ended

Parent Engagement:
High

[Link for more](#)

DIY Aquarium Discovery Bottle

Time to get creative. You can use any bath toys to make this fun sensory play kit. Today, we are making an aquarium.

What you will need:

- Bottle
- Water
- Glitter
- Blue Food colouring
- Toys

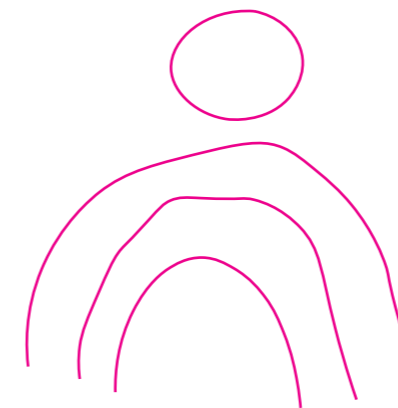
Mess Level:
Low

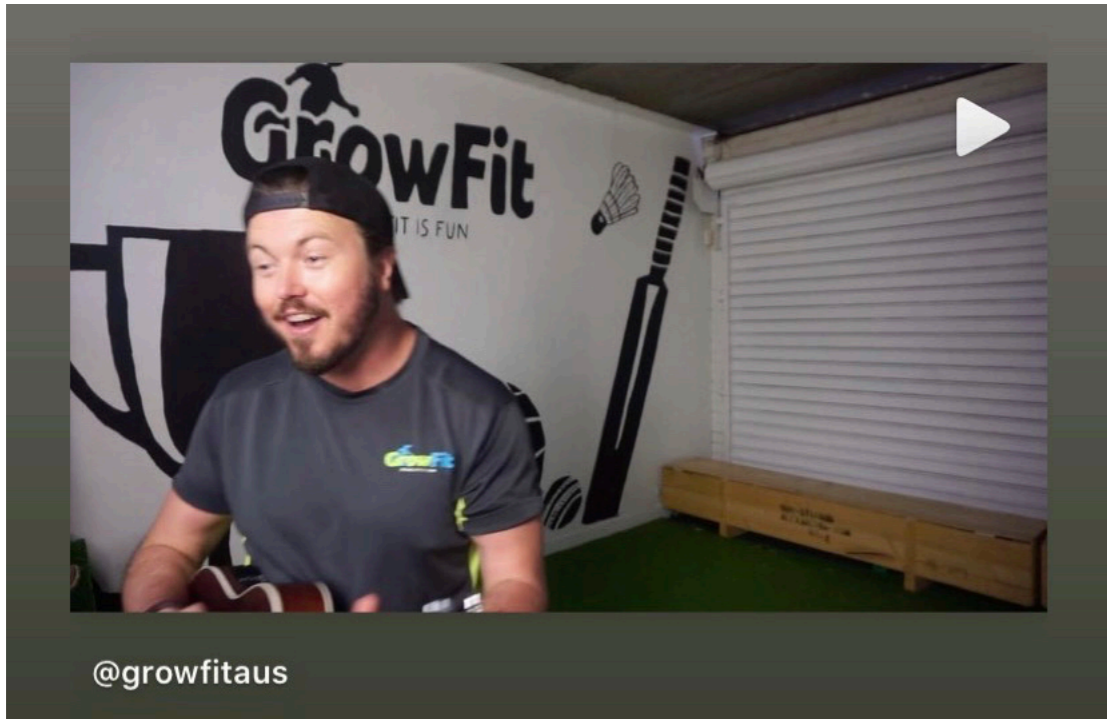
Length of activity:
15 minutes

[Link for more](#)

Learning Outcomes:

- Fine Motor Skills
- Gross motor skills
- Co-ordination
- Physical skill development
- Language and communication
- Problem solving
- Teamwork
- Enquiry and experimentation
- Research and Investigating





5 Benefits of Messy Play [by @teach.investigate.play](https://www.instagram.com/teach.investigate.play)

- 2. Helps to develop fine motor skills - eg squishing and squeezing objects
- 3. Encourages communication and language development
- 4. Boosts brain development which in turn helps ability to problem solve.
- 5. Helps develop spatial awareness



1. Gives children the freedom to explore new materials which fosters curiosity and imagination

GROWFIT

Health and fitness for Kids.

Growfit is offering families free online classes via www.dafitclub.com.au

This provides families access to the Parent online portal, including:

- Videos and tutorials
- Daily videos and activities
- Ongoing support from the Da Fit Team

Da Fit Club gives children and their families the opportunity to make small lifestyle changes, encouraging and promoting positive health awareness and knowledge.

[Sign up for access to the Free Parent Portal here](#)



Parents - 1-5 yrs

The most rapid development is in the first 5 year of your child's life, that is why it is so important. Everything that follow must be built upon these foundations.

READ MORE

Play Tips and Routines

A simple guide to draw up a weekly play plan for toddlers. [Link for more](#)

Rest & Sleep

To note; sleep and rest times are an important part of a daily routine for children. Children are encouraged to rest from 12:00pm to 2:00pm while in care. Some younger children will need to sleep, while others will participate in quiet activities.

WEEKLY PLAN FOR 4/20-4/24

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|----------------------------------|---------------------------|--------------------------|--|------------------------|
| Literacy | God and Jill | Kinetic sand ABC Purple | Playdough letter mats | Jack and Jill | Shower time |
| Sensory | Cloud Dough -> make together | Cloud Dough sensory bin | Cloud Dough sensory bin | Cloud Dough | Vegetable sensory bin |
| Math | Number dot page | Becher paper Number page | Shit the Number box game | Number Magnets and Pengoie | Shit Numbers |
| Movement | Puddle jumping alphabet activity | Spring garden nature hunt | Shreey Dance | Seek a Hoop game or Monkey around game | Walk / obstacle course |

Pea Feta and Mint Frittata

'Making frittata has to be one of my best hacks for a quick and simple breakfast, lunch or dinner. This frittata recipe is so simple to make, it uses four readily available ingredients, eggs, peas, mint and feta.. and it is such a simple recipe for kids to help with given the limited ingredients and easy steps to create.' [Link for more details here.](#)



Snack Hacks

Oatmeal and Sultana Cookies

'Bursting with flavour and low in added sugar these delicious Seedy Oatmeal Sultana Cookies are packed with the good stuff. Made from oats, pepitas, flaxseed with sultanas, cinnamon and orange zest it's hard to wait until they're cool enough to eat.' [Recipe here](#)

Lunchbox Ideas

Need some inspo to mix up your little ones lunchbox? [@goodiegoodielunchbox](#) has the goods!

This week's lunchbox idea:

- rice crackers
- strawberries and pineapple
- cucumbers
- cheese and tomatoes
- wraps with lettuce cream cheese and carrots
- Chocolate Muffin with Sweet Potato ([recipe here](#))



