



activekidsgroup
early learning centres

e-Learning resources





Welcome to our first 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 a weekly e-book providing educational activities, routines, recipes and more!

During the upcoming weeks, Active Kids Group will be working with Educators, Parents and Growfit 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

- 1-2 Year old Activities
- Tracing shadows
- Pressed flower lanterns
- Garden mandalas
- Treasure hunt
- Obstacle course
- Shape hunt

Learn and Grow

- Grow Fit

Play Tips & Routines

- My 'home schooling' Toolkit

Recipes and snack hacks

- Meal time schedule
- Snack Hacks
- Introducing finger foods





Activities

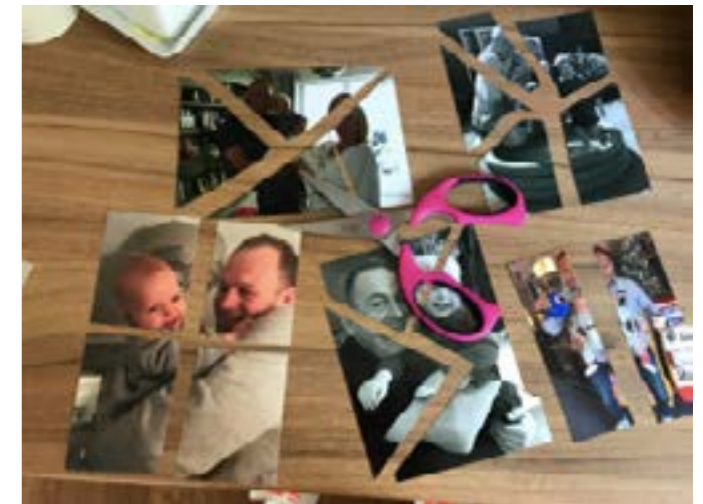
1-2 year olds

'Five minute Mum' is a mum, teacher and blogger who develops 'Five minute fun activities for busy people to do with little kids'.

These are eleven simple activities for toddlers that can easily be done at home with things you most likely already have!

1. POTS, PANS and PASTA
2. PHOTO PUZZLES
3. SOFA FORTS AND TUNNELS
4. MESSY PLAY
5. HOMEMADE SENSORY TRAY
6. BALLOONS
7. HIDE THE TOY
8. GIFT BAGS AND BOXES
9. STEPPING STONES
10. PUZZLE HUNT
11. RECYCLING WATER PLAY

[Link for more details here!](#)



Learning outcomes

We seek to:

- Work to natural interests and growing skills
- Respond to and provide for the unique attributes of each child
- Provide the foundation for children to develop a positive approach to themselves, each other and the world around them
- Create a climate of free choice and exploration
- Encourage learning and discovery in a positive and informal atmosphere



Tracing Shadows

Take advantage of a sunny day and have lots of fun tracing shadows outside! Set up a workspace with whichever toys you would like to trace. Make sure the toys are set up in the sun with adequate sun to create a shadow for tracing! [Read more here](#)

The DAD LAB is Father of 2, Sergei Urban, sharing ideas and activities on how to keep your little ones occupied. Sergei has also written a book called 'TheDadLab: 50 Awesome Science Projects for Parents and Kids' by Sergei Urban - [link here if you would like to read more](#)

Magical Pressed Flower Lanterns

What you'll need:

Tissue Paper

Glue

Flowers

Water balloons

Paint Brush

Flameless tealight

Steps:

Press flowers picked from your garden.

Blow up balloon and cover in a layer of tissue paper. Add pressed flowers. Allow time to dry.

Pop Balloon. Trim the bottom of the paper mache lantern to sit flat.

Put tea lights in your lanterns and set them up in your home! [Read here for more!](#)



Learning Outcomes:

Encourages visual analysis, fine motor skills, concentration and hand-eye co-ordination.

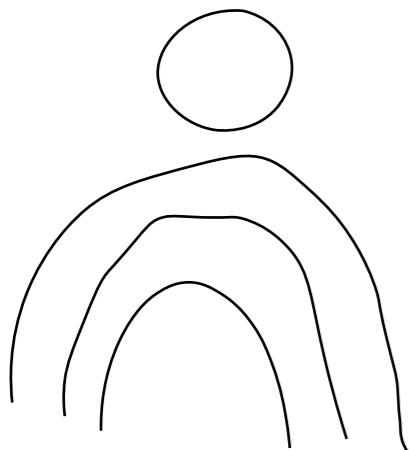


Garden mandalas

'Mandalas are circular geometric designs, crafted out of a range of items. A walk through the garden provides leaves, sticks and flowers that children can position into a pattern.' - Jess Smith via [Instagram](#)

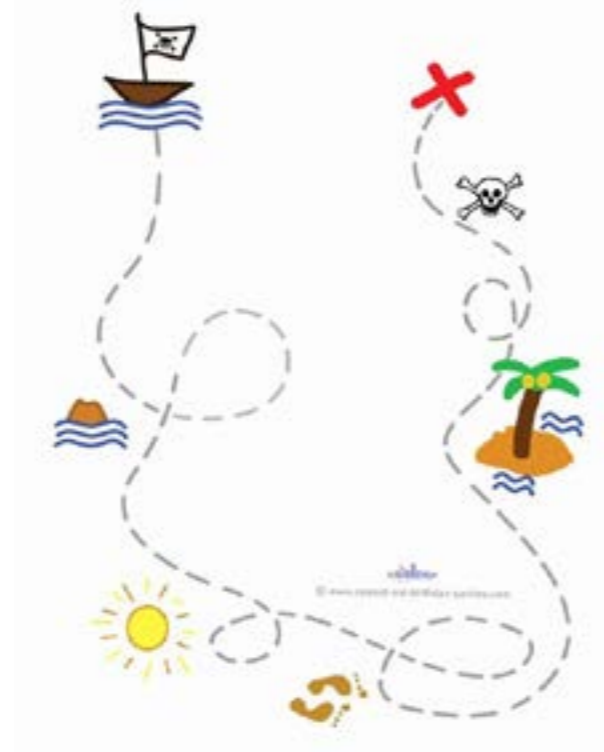
Learning Outcomes:

This is a great activity for children to explore and promotes concepts such as pattern, symmetry, and creativity.



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



Treasure Hunt

This is a really simple one and is great for any age. Hide some objects around the house and challenge them to find them all. You can even set a timer or make treasure maps to add to the fun. When your child has found all the objects get them to hide them from you and create a treasure map to help you.

You can add a level of complexity for older children by challenging them to find objects that are one colour or all the same shape.

What you will need:
Some things to hide

Mess Level:
Low

Length of activity:
Longer than you think!

Parent Engagement:
Medium



Obstacle Course

Move your furniture around to create an obstacle course for your child to navigate. Even better play the floor is lava!

What you will need:
Objects to climb over under, around through, jump on, slide down.

Mess Level:
High

Length of activity:
Open ended

Parent Engagement:
Medium- set up near you if you need to work so you can ensure they are safe.

Basic Shapes Chart



Circle



Square



Rectangle



Triangle



Oval



Diamond (Rhombus)

Shape Hunt

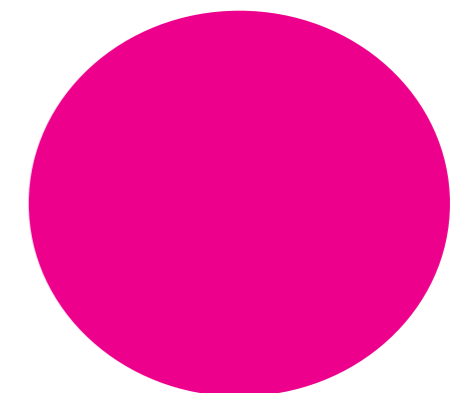
Draw some different shapes on paper and challenge your child to find that shape in the house

What you will need:
Shape flashcards

Mess Level:
Low

Length of activity:
15 minutes

Parent Engagement:
High- children will need help in identifying shapes and engagement to keep them stimulated.





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 home activities with children. [Link for more](#)

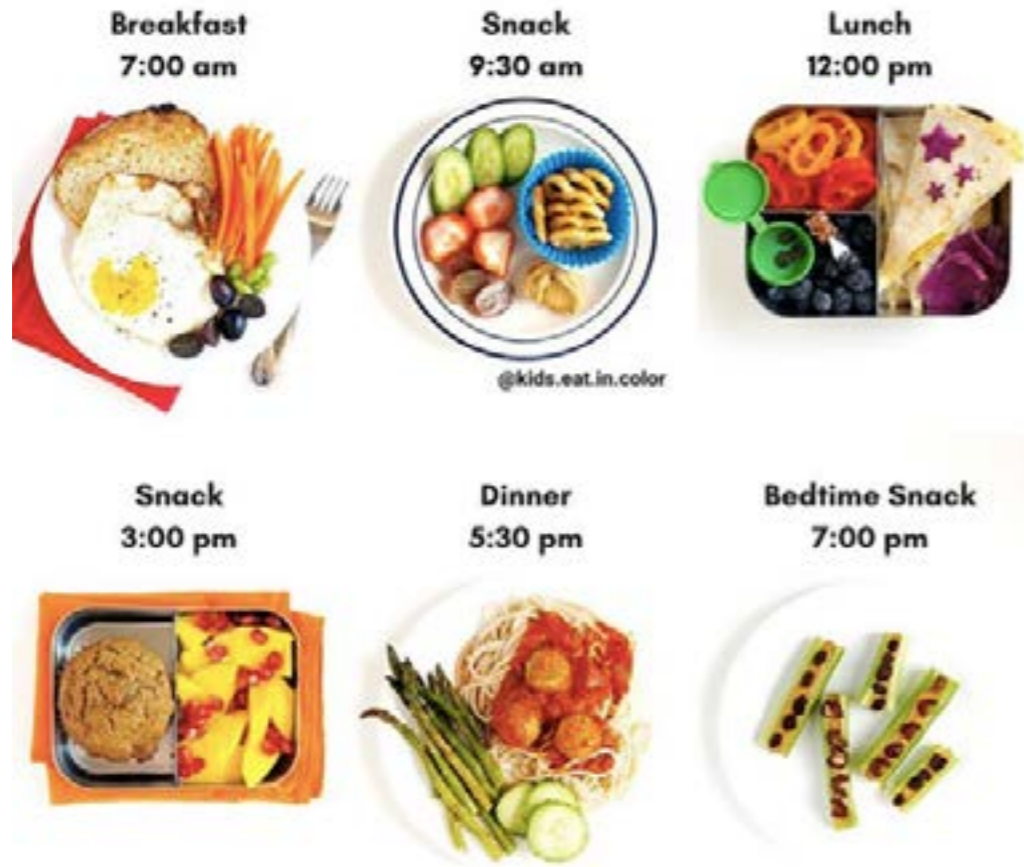
Rest & Sleep

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.

Meal Time Schedule

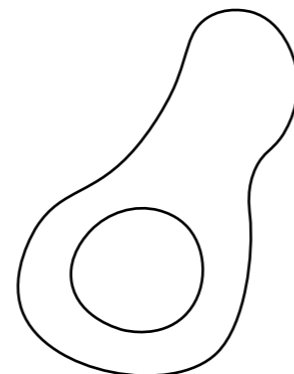
'Each family will have their own schedule that works for them that includes 3 meals and 0-3 snacks. Each family will also have to navigate exceptions, because those are just part of parenting.' - [Link for more details here.](#)

EATING ON A SCHEDULE



Snack Hacks

Looking for some snack ideas?
See this helpful post from [@kids.eat.in.color](#) for some good ideas that will keep little ones going through the day.



Introducing finger foods

A guide to introducing finger foods

'Foods should be, as a guide, your own finger length and shape. Having food shaped this way allows baby to grasp the food, and take smaller bites - minimising the chance they will shove the whole thing in their mouth!' - Nutrition consultant Luca McCabe delves into introducing finger foods, [link here for more!](#)



