

e-Learning resources





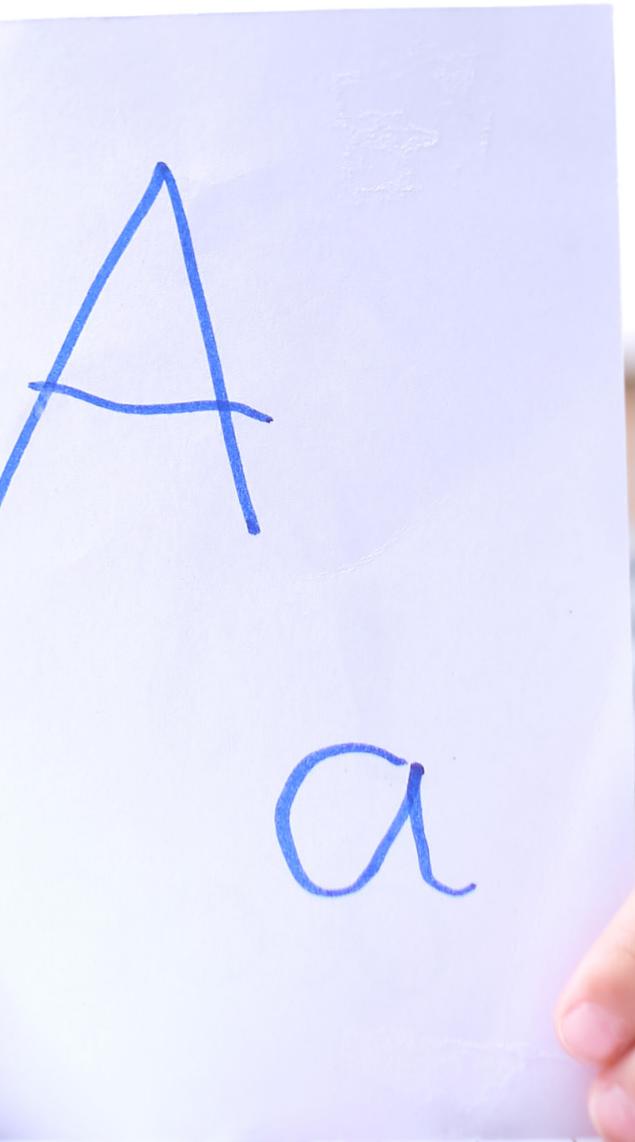
Welcome to our weekly edition of e-Learning! Active Kids Group aims to inspire children with a life long passion for learning. It is our ambition to continue to deliver on this through an e-book providing Parents with educational activities, routines, recipes and more!

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

- Sensory Table Ideas
- Animal Small World
- Coloured Ice Cubes
- Writing Tray
- Abacus Threading
- Citrus Tray

Learn and Grow

- Grow Fit

Play Tips & Routines

- Baby Busy Wall
- Repetitive learning
- Rest and sleep

Recipes and snack hacks

- Food Groups
- Learning about Taste
- Lunchbox Ideas

Sensory Table Ideas

Animal Small World

- Animal Small World - For children to explore and play using their imaginations. This example is frogs from the @creativeplayaustralia accessories pack with water to create a pond. You could choose to set this up entirely, or leave parts in the dry tray for children to create their own small world.
- Resources: Water (blue food colour is optional), dry sensory base (rocks), animal figurines (frogs), additional parts for landscape (cardboard rolls, plastic plant and paper lily pads).
- Focus: Sensory, imaginative play
- Adaptions: Add a literacy/numeracy element with the 5 little speckled frogs song or hide 10 animals in the small world for children to find and count.

[Read more here](#)

[@little_play_ideas](#) is a page dedicated to learning through play, put together by Mum and B.Ed (Early Childhood) Jennifer.





Coloured Ice Cubes

1. Coloured ice cubes: Simple sensory play for children's exploration of colour, melting and temperature. As the ice cubes melt they create patterns in the tray or mix them to form new colours. Our ice cubes were a tad too big to fit in the jars so the kids enjoyed melting them to the right size.
2. Resources: Ice cube tray, water, food colouring, utensils, jars, bowls
3. Focus: Fine motor and colour mixing
4. Preparation: Make ice cubes. If you wish to make lots, this may take a few days to prepare.

[Read more here](#)

Learning Outcomes:

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



Writing Tray

What you'll need:

1. 1 cup of sprinkles, rice or sand
2. Food colouring (optional)
3. 1/2 tsp Vinegar if using food colouring
4. Letter cards

Never throw away out of date pantry items!
You never know when they might be useful for something! We were out of salt so how about a chocolate sprinkle writing tray instead?

Options for filling: Salt, Rice, Cereals or Muesli, Sultanas

[Read more here](#)

Memory Game

What you'll need:

1. Cardboard
 2. Scissors for cut outs
 3. Texters to colour in matching circles
- colour matching patterns onto your circle cutouts
 - write matching letters for a variation
 - draw matching shapes for a different variation
 - Place the cardboard circles upside down and invite your little learner to play

[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



ABACUS THREADING

Super quick, hands-on way to help little ones recognise numbers.

This activity is primarily aimed at children who can count objects but are not yet at the stage where they can easily 'read' the corresponding number. The egg carton abacus is intended to build on pre-existing knowledge – being able to count and use 1:1 correspondence.

Benefits:

Fine motor skills: the pincer grip is needed to grab hold of the beads.

Hand-eye coordination: it takes a fair amount of focus for little ones to thread the beads on to the sticks.

Language development: talking colours and numbers

Early numeracy: counting the beads out and making connections to the number written on the side.

Perseverance: this activity takes a real amount of focus.

[Link for more](#)



CITRUS TRAY

Another edible one for the babies who love to eat their sensory play or literally any age!

Use this to:

- explore floating vs sinking
- make potions (scooping/ladling/funneling)
- learn about citrus fruits
- explore capacity (filling containers and jars, estimating how many scoops of water it will take to fill a container etc) .
- For your babies, offer this to them to splash, taste and smell the citrus.

An activity like this develops:

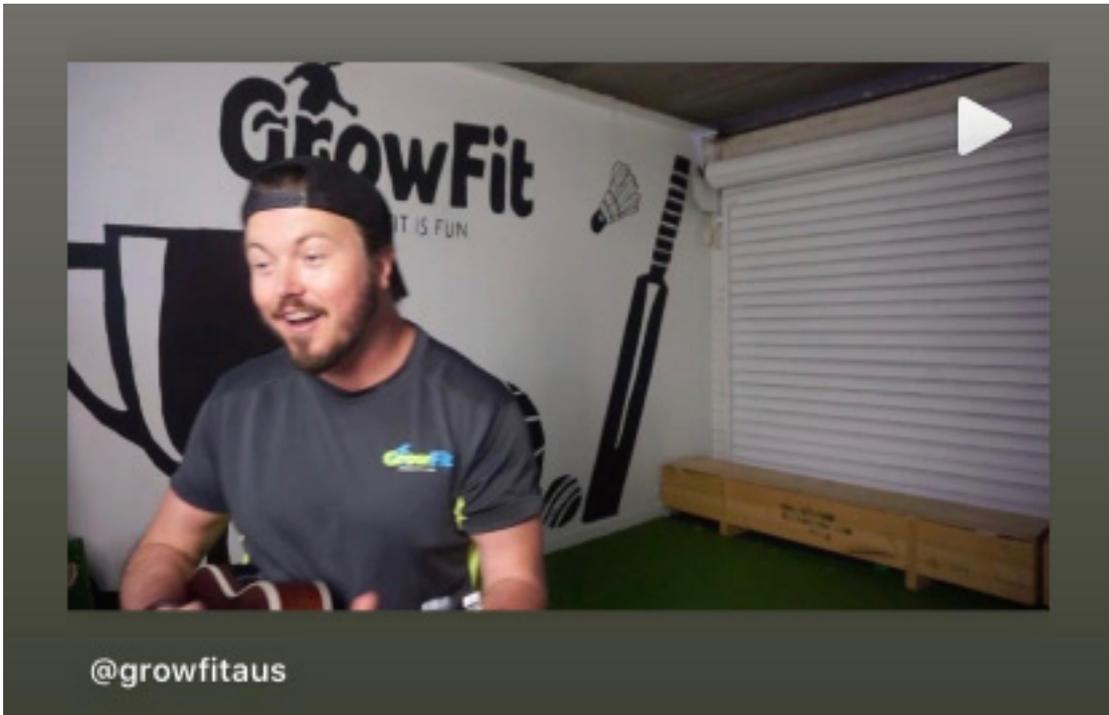
Fine motor skills & coordination - grabbing at a piece of orange that's bobbing around in the water is tricky!

Gross motor skills - manoeuvring around the tub and splashing

Cognitive development - the more senses that are engaged in play, the more neural pathways are formed, therefore the better the child's understanding about their experience will be.

This one engages ALL FIVE SENSES! So much learning!

[.Link for more](#)



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](#)



BUSY BABY SENSORY WALL

Have you got a busy little baby? Try Sticking a childfriendly mirror, pompoms in a ziplock bag and some bubble wrap onto a (non-painted) smooth wall, using duck tape to secure it

How it benefits:

This is great for older babies who are cruising and early walkers too. It encourages bub to move around and build strength in their core and legs,.

If you're baby isn't quite ready for this yet, try taping the objects to the floor instead.

[Link for more](#)

8 HIGH CHAIR ACTIVITIES FOR TABLES & TODDLERS [by @teach.investigate.play](https://www.teachinvestigate.play)

TEACH INVESTIGATE PLAY

Sticker Peel

Stick pull

DIY puzzle

Straw posting

Orange Peel

Circle rescue

Peg squeeze

Fruit Juice Paint

8 IDEAS FOR HIGH CHAIR ACTIVITIES

WHY YOUR CHILD LOVES THE SAME BOOK OVER AND OVER...

Play Tips and Routines

Repetitive behaviours explained

[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.



Builds vocabulary



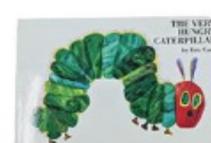
connections between words + language



Helps letter + word recognition



Helps story comprehension



Shows how to form phrases + sentences

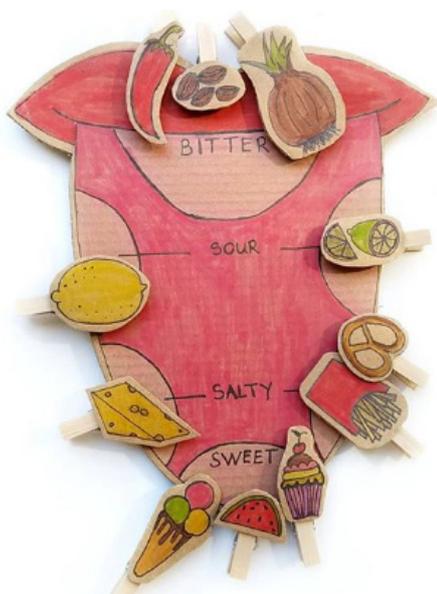
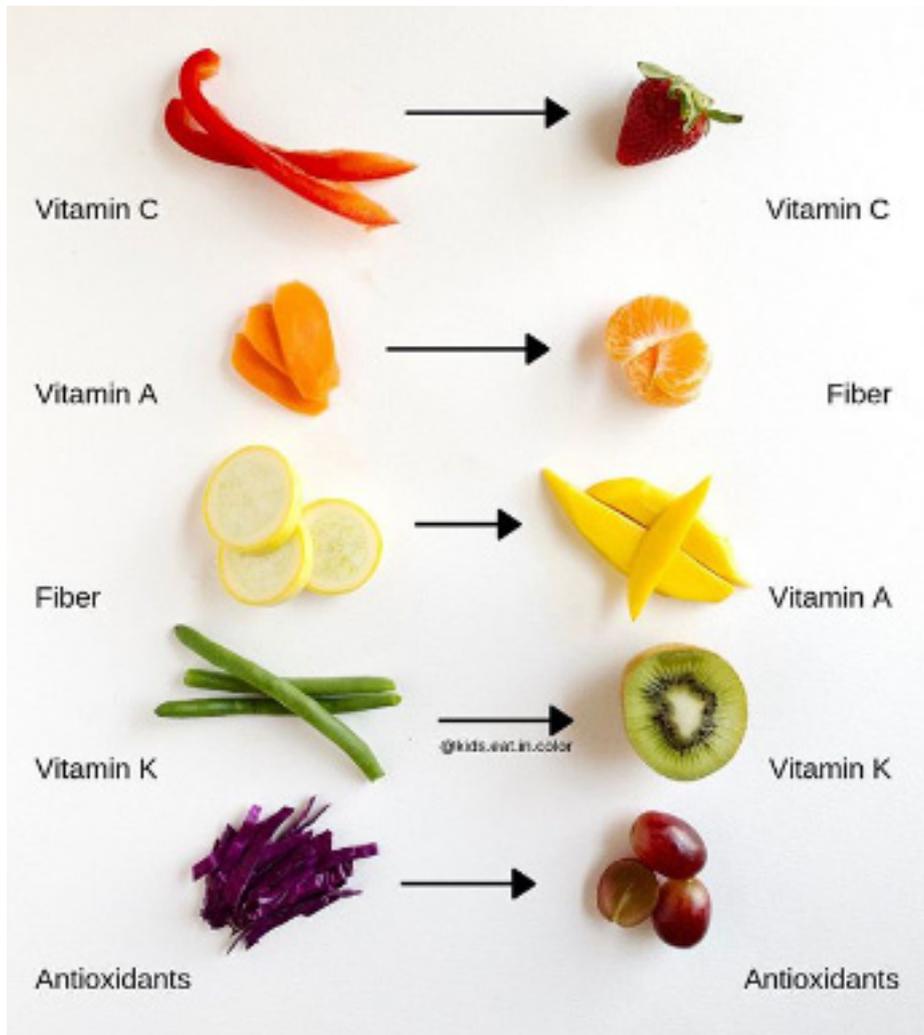


The familiarity is comforting

Food Groups

[@kids.eat.in.color](#)

'Can kids eat too much fruit? If your child won't eat veggies, make sure to try fill in some of the nutritional gaps with fruit (not fruit juice) while they are learning to like veggies. Just because fruit is sweet doesn't mean that it is the same as an added-sugar dessert. Fruit is loaded with vitamins, minerals, antioxidants, and fiber.'-- [link for more](#)



Learning about taste

[@momofthegalaxy](#) and [@mbsactivityroom](#) have come up with a great way to learn about taste with little learners! All you need are some coloured pencils to draw up a big tongue, and children can help pin different foods into the categories Bitter, Sour, Salty and Sweet and identify the different areas of our tongue that taste these foods!

[Link for more](#)

Lunchbox Ideas

Need some inspo to mix up your little ones lunchbox?

[@goodiegoodielunchbox](#) has the goods!

This week's lunchbox idea:

- strawberries
- mandarin
- Strawberry Sour Cream Muffin (recipe on the blog [@goodiegoodielunchbox](#) or [goodiegoodielunchbox.com.au](#))
- cheese
- crackers
- cherry tomatoes
- bread roll with lettuce cheese and vegemite



