



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.

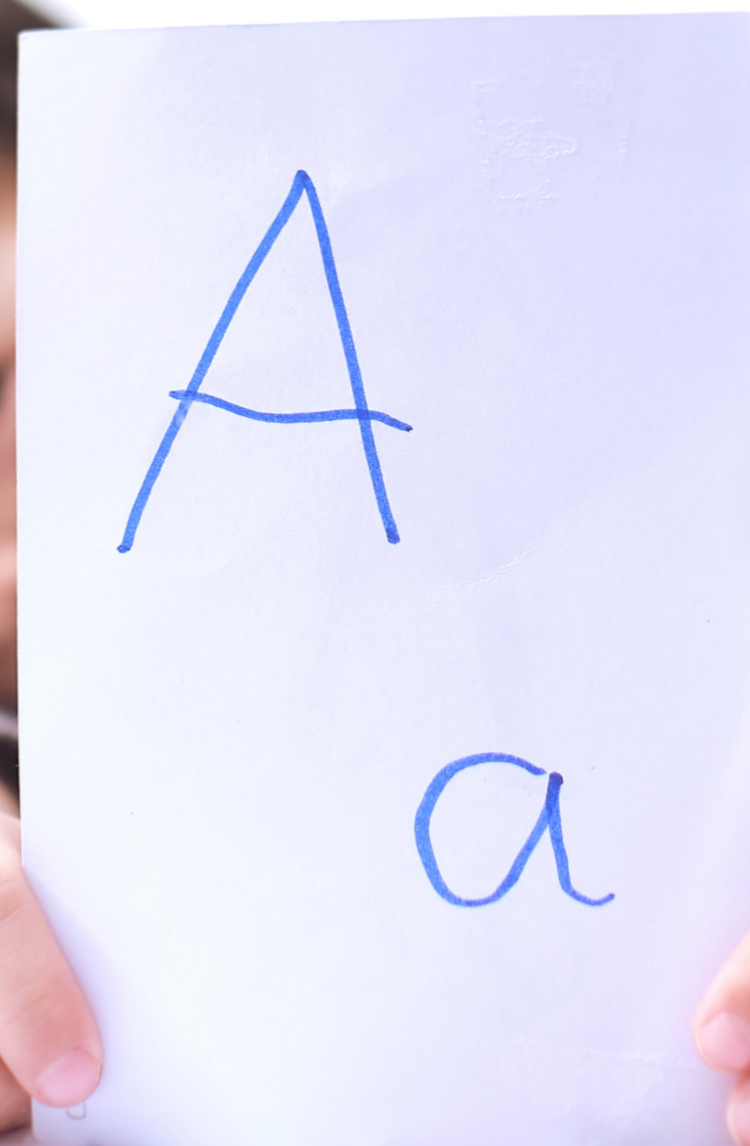
This week...

Activities

- 2D Shapes
- Watercolour Prints
- Tissue Paper Butterfly
- Nature Threading
- Leafy Haircuts
- Playdough worms
- Sticky Scavenger Hunt

Snack Hacks

- Vitamin A and Viruses
- The feeding long game
- 6 Tips for trying new foods



2-D shapes

Enjoy learning about shapes with your little one!

What you will need:

- Cardboard
- Scissors to cut them into different shapes
- Elastic bands
- Natural materials collected from the garden

Method:

- Cut out your cardboard shapes
- put elastic bands around each edge
- Let your little learner decorate each shape with all the natural materials they collected by slotting their nature finds in the elastic bands to make a frame around the shape

Easy, fun and a great way to learn about shapes and how many sides and corners each shape has.

[Read more here](#)



WATERCOLOUR NATURE PRINTS

What You Need:

- Watercolour paints
- Thick paper or card
- Leaves/ flowers
- Paintbrush

Method:

1. Paint your piece of card with watercolour, making sure the paper is fairly wet.
2. Press in your leaves or flowers. Some things work better than others. These fern leaves printed particularly well with the veins facing downwards.
3. Re-paint over the leaves/flowers to ensure all parts are 'stuck down' to the paper.
4. Leave it to dry thoroughly before removing the leaves/flowers to reveal the print.

[link for more.](#)

Learning Outcomes:

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



TISSUE PAPER BUTTERFLY

Here's what you need to do...

1. Cut a butterfly shaped hole from a piece of card or cardboard.
2. Cover the whole of the piece of card with contact paper (sticky back plastic). Fold over the excess and stick down.
3. Make sure the sticky side is facing upwards and then simply provide cut up tissue paper to stick over the butterfly.
4. Once the decorating is finished you can turn the butterfly over to reveal the tidier side.
5. Finish your butterfly off by adding a body & antennae using a permanent marker.

The butterflies look lovely as sun catchers in the window or equally nice just to brighten up a wall.

[Link for more](#)

NATURE THREADING

What you'll need:

1. Nature materials
2. Thread

A simple idea that's great for fine-motor skills!

Use small twigs as needles and tie a piece of string to the end. Simply thread petals and leaves onto the string.

Can be used for necklaces, a garland or crown or something else!

[Link for more](#)

LEAFY HAIRCUTS

1. LEAFY HAIRCUTS

This is so easy to set up! If your egg box doesn't already have holes in it, just make some with a sharp pencil. Stuff some leaves or grass through the hole and add some googly eyes or draw on a face if you fancy!

Then let little learners practise scissor skills by giving the leafy people a haircut!

Advised age: 3+

[Link for more](#)

PLAYDOUGH WORMS

Playdough is a great place to start when practising scissor skills as it's much easier to handle and cut than paper.

Roll play dough worms and then put indentations along the body for your little learner to cut.

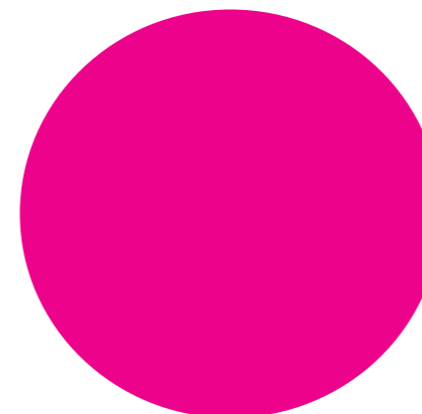
Recipe for play dough:

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (baby oil and coconut oil work too)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water (adding in increments until it feels just right)
- food colouring (optional)

[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





Sticky Scavenger Hunt

Here is a fun and easy scavenger hunt to try with your kids! This activity will help children learn nature identification right in their own backyard. Practice leaf identification in the fall and flower identification in the spring and summer! The cardboard piece is reusable for endless scavenger hunts. The perfect outdoor activity to get kids outside!

What you need

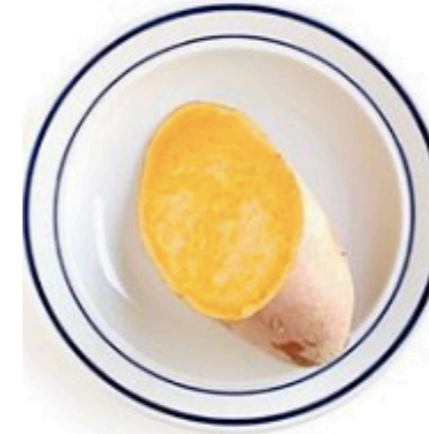
- Cardboard
- Clear Contact Paper
- Tape
- Marker
- Flowers

Method [here](#)



VITAMIN A TO FIGHT VIRUSES

Sweet potato
450-900 mcg



Pumpkin
285-575 mcg



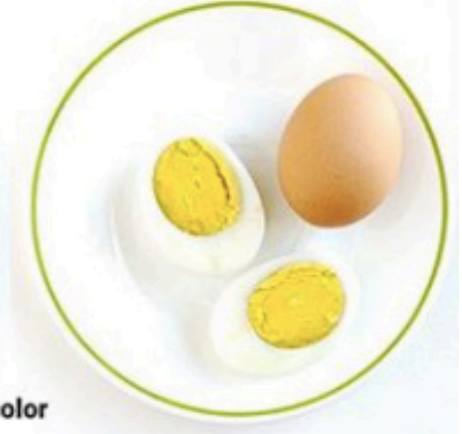
Salmon
115 mcg



Butter
97 mcg



Egg
74 mcg



Cooked Carrots
200-400 mcg



Snack Hacks

'There are a bunch of important nutrients for the immune system. Vitamin A is one. If it's low, our immune system can't function as well. Small children are often low in Vitamin A.

It's found mostly in green leafy and orange vegetables, and animal products.

Here's what kids need per day:

Age 1-3: 300-600 mcg

Age 4-8: 400-900 mcg

Age 9-13: 600-1700 mcg

Why the ranges? To explain simply, there is ready-to-go Vitamin A and Vitamin A that needs to be processed by the body. Some people don't process efficiently, so they need to eat more. Animal products have ready-to-go Vitamin A, plant products have Vitamin A that needs to be processed.' [@kids.eat.in.color](#)

[Link for more](#)






The Feeding Long Game

'Save yourself from constant snack requests! Feeding kids solid food on a schedule (or routine) is a best practice for feeding kids. It means you have meal and snack times planned out, and everyone knows when food is coming. This helps bring order to the long days coming up AND it helps kids eat the right amount of food for their body. If you don't have one, you can plan out your meals and snacks for every 2.5 - 4 hours.' [@kids.eat.in.color](https://www.kids.eat.in.color)

This is a guide to map out a day of eating, but every family is different! This picture is meant to demonstrate a schedule, not amounts.

[Link for more details here.](https://www.kids.eat.in.color)

USE YOUR SCHEDULE

<p>Breakfast 7:00 am</p> 	<p>Snack 9:30 am</p>  <p>@kids.eat.in.color</p>	<p>Lunch 12:00 pm</p> 
<p>Snack 3:00 pm</p> 	<p>Tide Me Over 5:15 pm</p> 	<p>Dinner 6:45 pm</p> 

HOW TO TEACH KIDS TO TRY A NEW FOOD



<p>Put it in another food</p> 	<p>Put it in a drink</p>  <p>@kids.eat.in.color</p>	<p>Try a new shape</p> 
<p>Add a fun utensil</p> 	<p>Make it an activity</p> 	<p>Try a new flavor</p> 

6 Tips for trying new foods

WANT YOUR CHILD TO EAT A NEW FOOD? Getting kids to try a new food can be tricky! Let's use the example of BEETS, but of course these tips work for all fruits and veggies!

1. Try giving a food, like pancakes, a flavor of the beets, by putting beets in it. I like to include my kids on this, when I'm making it, so they know what's going in the pancakes.
2. Smoothies or juice are a great way to introduce flavor.
3. Try a new shape!
4. Add a fun utensil to snack or lunch!
5. Make it an activity. Use your cookie cutter to make beet-apple puzzles!
6. Try a new flavor variation of something, add lemon for some tang!

[Link for more](https://www.kids.eat.in.color)

<p>Won't eat it</p>  <p>"Mommy, dis yucky!"</p>	<p>Will eat it</p>  <p>"Mommy, Rudof!!!"</p>
---	--

@kids.eat.in.color

