

Play-based learning schedule

Week one: General ideas

This is an example of a play-based learning schedule for families.

Activities are suggestions and can be moved around depending on your time availability, what works for your family and the age of your child.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Play outside:</u></p> <p>Try hide and seek, a play picnic or play with outside toys.</p>	<p><u>Play with words:</u></p> <p>Retell a story from yesterday's activities & ask questions about the story.</p>	<p>Do an online virtual museum or zoo tour together:</p> <p>Try Lone Pine Koala Sanctuary.</p>	<p>Listen to Kinderling radio live or choose a favourite station such as Sing-A-Song.</p>	<p>Get active:</p> <p>Try dancing while listening to the podcast Let's Pretend.</p>
Break time				
<p>Listen to a podcast:</p> <p>Try Story Time.</p>	<p>Make lunch together:</p> <p>Try Veggie-ful Tuna Pasta Bake.</p>	<p>Play outside:</p> <p>Try ribbon sticks and dancing.</p>	<p>Play with hands:</p> <p>Try creating a sensory bin or giving the toys a bubble bath.</p>	<p>Screen time:</p> <p>Watch Little J and Big Cuz.</p>
Lunch time				
Rest time or sleep time				
<p>Play with numbers:</p> <p>Try counting numbers, playing with dice or board games, or a counting song.</p>	<p>Do arts and crafts:</p> <p>Make masks or sock pockets. Download the Storypark app for videos with art and craft ideas.</p>	<p><u>Play with words:</u></p> <p>Practice simple sentences and sentence building.</p>	<p>Play with numbers:</p> <p>Try online maths games like Apple Catch.</p>	<p>Make afternoon tea together:</p> <p>Try making Cake in a cup on the Storypark app.</p>
Snack time				
<p>Draw or colour in together while talking about the colours, the characters, or the activities from the day.</p>	<p><u>Get active:</u></p> <p>Try making an obstacle course, or playing with stretching and dancing.</p>	<p>Read a book from home or an online book such as Berry Pinkwad's Lumpy Dumpty Sand Sculptures.</p>	<p>Imaginative play:</p> <p>Try dress-ups, make a blanket fort, play picnic or house.</p>	<p>Kids choice:</p> <p>Ask your child about their favourite activity and do that activity together.</p>