

Term 3, week 8

Experience 1



Food Preparation

This activity involves food; so, you will start by washing your hands. We are going to Make traffic light skewers with Simone from Sunningdale Preschool. These are a nice healthy snack for you eat. Eating fruit helps build a strong immune system and supports brain function.

This will help your child

Hands on cooking activities help children develop confidence, following a recipe teaches them to follow direction and develop independence skills. It also assists with fine motor and language development.

Keywords to use

Traffic lights, skewers, colours, scooping, hygiene, healthy choice and threading.

Resources

Watermelon
Cantaloupe
Green grapes
Skewers
Teaspoon

[Simone shows us how to](#)

Questions to ask

What will we need to make this?
Can you name the fruit?
What colours can you see?
What are traffic lights for?
What is an immune system?

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Experience 2



Read along with Allison

Watch video presentation of story “Bubble Trouble”.

Make your own bubbles. Take a drop or two of dish washing soap on a plate. Add a little water and mix it slowly until small bubbles or suds start to form. Ask the kids to dip the straw into the suds and blow gently and slowly. Just watch as a big bubble starts to form on the plate.

This will help your child

Reading for joy helps children explore and understand early literacy skills.

About the book

Bubble Trouble is written by Oakley Graham, illustrated by Jenny Poh and published by Little Hippo Publishing.

Resources

Read along to [Bubble Trouble](#)

Questions to ask

Ask your child where in the world they would like to explore floating in a giant bubble.

Some bubbles float, and others fall to the ground, I wonder why that is?

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Experience 3



Cooking with Dad – Father’s Day Special

Aziz’s daughter Alex is a preschool teacher at Bluebird Way Preschool in Roxburgh Park. This week Aziz shares his recipe for Ful Mudamas (Fava Beans), a popular Egyptian street food.

Method:

Open can of fowl and place onto stove on medium to high heat. When the fowl has been brought to boil remove it from the stove and pour out the remaining liquid. (Leave a small amount of liquid inside to enhance flavour). Place fowl into a bowl, add diced tomatoes and Tahini. Squeeze half a lemon inside the bowl, add cumin. Crush garlic and mash all ingredients together. Add oil and serve with chopped parsley (optional). Serve with Pita Bread

Ingredients

- 1 can of “fowl” (from supermarket in international food section)
 - ½ lemon
 - 1 tomato diced into cubes
 - ½ tsp cumin
 - 2 cloves of garlic
 - 3 tbsp oil
 - 2.5 tbsp Tahini (optional)
 - Pita Bread to serve
- [Aziz is in the kitchen](#)

Questions to Ask: What makes the fowl bubble? How can we cut our lemon to make it “half”? Count “how many” spoons of ingredients you are using and encourage your child to touch each item, put emphasis on the final number.

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Experience 4



Worry Doll

Let's make a doll that we can tell our worries to before going to bed. Using craft items, we can construct and decorate the doll any way we like and then have the perfect friend to take your days worries away to allow you to have a peaceful sleep through the night.

This will help your child

By talking about their feelings including worries, children learn to identify what they are feeling, name the emotion and deal with it appropriately. Worrying can prevent children from sleeping so by "sharing" their worries, children can rest through the night.

Keywords to use

Feelings, Emotions, Worry, Comfort, Sharing.

Resources

2 Sheets of paper, scissors, glue, stapler, pieces of newspaper to scrunch, coloured textas, craft materials (wool, buttons, eyes) optional.

[How to with Maxine](#)

Questions to ask

What makes you feel worried?

What has been the worst/best thing about today?

How does your body feel when you are worried?

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Experience 5



Read Along

Read along with Riley!

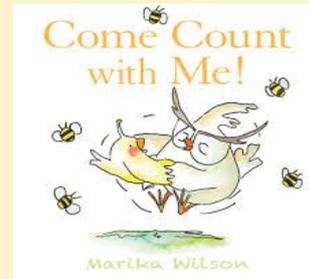
This will help your child

Featuring a warm and loving relationship between a little chick and her grandma, this sweet and playful story is great fun to read aloud as well as a terrific way to introduce numbers and the concept of counting to the very young.

About the book

Come Count with Me was written and illustrated by Marika Wilson and published by A&U Children's books.

Resources



[Come Count with Me!](#)

Questions to ask

Is Nana still learning to count?

Can Little Chickee help Nana count?

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Experience 6



I'm Your Biggest Fan - Card

We are creating a card special for someone special. It might be for your Dad for Father's Day, a grandparent for being so amazing or your parents for being so kind. Perhaps you would like to make one for a friend. You can pick anyone.

This will help your child

During art and craft experiences, children play to experiment in a fun way and a relaxed environment. Working with textures teaches them about shapes and colours and supports skills such as hand-eye coordination and fine motor.

What's next?

Engage in discussion about why this person is special to you. What are some other ways you can show them you care, cook breakfast, or read a book?

Resources

[Simmi shows us how to](#)

You will need:

Paper

Glue stick

Stapler

Pencils or Textas

Questions to ask

Who is special to you?

What is it that makes them special?

What does it mean to be a fan?

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Experience 7



Gratitude Jar

Isolation can be a stressful time for many of us. Not only do we need to look after our children, but we also need to look after ourselves, and that includes our own health and wellbeing. There are many ways that you can relax and support your own wellbeing while not leaving the house. Practicing gratitude is a great way to get started.

This will help your child

By taking some time out for your own wellbeing you are teaching your child the benefits of emotional wellbeing and resilience, while having some fun-alone or together-along the way.

Key concepts

Gratitude, wellbeing, mental health, family time, relax.

For the Family

[Melanie's Gratitude Jar](#)

Empty jar or container with lid
Paper and pencils/pens

Relaxation techniques:

Breathing exercises
Playing soft music
Colouring in

Questions to ask

What relaxes me?
What does it mean to be grateful?
What are you grateful for?

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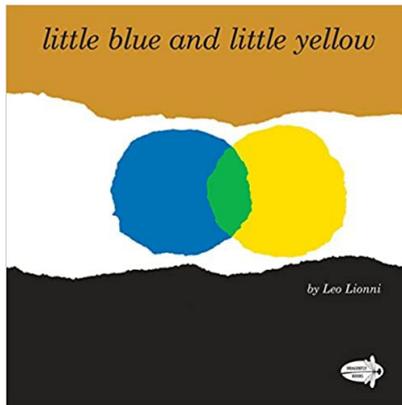
Experience 8



Read Along

Read along to Little Blue and Little Yellow. What happens when two friends come together?

This book was written and illustrated by Leo Lionni and published by Penguin Random House.



Resources

[Little Blue and Little Yellow](#)

Listen and look at the pictures, what do you think will happen next?

Questions to ask

What are the primary colours?

Can you find these colours in our house?

What happens when the primary colours are mixed? Blue and Yellow? What happens?