

## Kindergarten: Learning through play and inquiry at home

If you would like to, please feel free to share some of your learning through photos or messages on Seesaw or via our Lansdowne Post Box.

### Week 4 Day 1

#### *Strengthening the little muscles and big muscles in my body*

*Be a gymnast!* Practise some gymnastic moves such as roly-polys, cartwheels and balancing on a log toe to heel.

*Threading!* Use pasta and string to make a beautiful necklace. You might like to dye the pasta using food dye to make it fancy.



#### *Quiet quality time together*

*Listen, Feel, Smell*

Animals have excellent senses for hunting. What are yours like? Go for a short walk or into your yard and sit still, close your eyes and listen to all the different sounds. Can you feel the wind on your face and hands? What does it smell like? Feel like?



#### *The way I feel and my sense of belonging*

*Zones of Regulation*

When we are in the blue zone we feel sick, tired or sad. Can you draw a raindrop shape and illustrate some of the ways you can help yourself to feel better when you are in the blue zone?

#### **Blue Zone**



#### *The way I interact and connect with others*

*Sensory Writing*

Fill a small tub or dish with rice, sand, flour or dirt. Practice writing letters with your finger. Can you draw straight lines? Squiggly lines? Swirly lines?



#### *My brain making new connections*

*An Inquiry into Change – why does it change?*

*Why do we change?*

Find some photos from when you were younger. Perhaps you could find some of other family members when they were younger too.

Can you create a book drawing a picture for each year of your life? What changes do you notice in yourself?



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### Week 4 Day 2

#### ***Strengthening the little muscles and big muscles in my body***

*Follow My Body!* Put on some upbeat, lively music and have one person lead the movements and anyone else who is playing follows the leader's movements.



*Hanging the washing out!* Lend a helping hand by pegging the washing out on the clothes line.

#### ***Quiet quality time together***

##### *Cloud Breath*

Lie on your back imagining you are on a very soft and cosy cloud. Breath in and out as deeply as you can – in through your nose and out through your mouth. The deeper you breathe the lighter your body and the cloud will become.



#### ***The way I feel and my sense of belonging***

##### *Zones of Regulation*

When we are in the red zone we are angry/mad, out of control, hitting, pushing and yelling.

Create a **RED** artwork. How does the colour red make you feel? What other describing words can you use?



#### ***The way I interact and connect with others***

Listen and watch Michael Rosen read his famous book

##### ***We're Going on a Bear Hunt***

<https://www.youtube.com/watch?v=0gyI6ykDwds>

Make sure you engage with the actions.

Perform the story with your soft toys or family members.

Focus on positional language e.g. over, under, around

*Can you build the cave where the bear is hiding?*



#### ***My brain making new connections***

##### ***An Inquiry into Change – Why does it change?***

*Look up to the sky!*

What do you notice? How is it changing?

Draw or paint a picture of the sky.

*Why is the sky forever changing?*

To find out more listen to a 'But Why Podcast' titled *What's What with the Weather*

<https://app.kidslisten.org/ep/But-Why-A-Podcast-for-Curious-Kids-Whats-What-With-The-Weather>

*What new discoveries did you make?*

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### Week 4 Day 3

#### *Strengthening the little muscles and big muscles in my body*

*Ball or bean bag toss!* Practise throwing a ball or a bean bag to another person. Try catching with two hands at the centre of your chest.

*Weaving with natural materials!* Use anything you have on hand to create a natural weaving loom. This might be a fence or gate, tree branches or a kitchen cooling rack. Weave natural materials such as leaves, ferns and bark through to create a beautiful artwork.



#### *Quiet quality time together*

*Mindful Breathing - Smelling Flowers and Blowing Candles*

Cup your hands to smell the flowers (breathing in through your nose) and then make candles with your index fingers to blow out through your mouth. Repeat 5-10 times.

*Parents: Have a conversation with your child about using this technique when they are in the 'red zone'. Deep breathing is magic!*



#### *The way I feel and my sense of belonging*

Feeling a whole range of emotions, even unpleasant ones, is a natural part of life. There are lots of things we can do to bring ourselves back from these feelings to the green zone (happy, calm and focussed). What helps you to feel calm and happy? Is it something active or something quiet? Take the time to do that today!



#### *The way I interact and connect with others*

*How many things can you count in a day?*

e.g. Count the teddies in your room, clothes on the line, steps from your bedroom to the kitchen, books on your bookshelf, feet in your house. Have a go at recording some of your discoveries.



#### *My brain making new connections*

*An Inquiry into Change – Why does it change?*

*Exploring seasonal changes*

The weather is getting cooler in Hobart. I wonder why? Record any questions or wonderings you have about the seasonal changes taking place.



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