

Activity Ideas Newsletter Week 2 September 2021

Dear Families,

Welcome to our second edition of our activity Ideas Newsletter! The team has once again come together to share activities and experiences for your child's enjoyment.

We would love to see receive some photos of your child enjoying the activities.

We miss you and hoping you are all ok during these difficult days.



Acknowledgement of Country

Every morning at group time the educators and the children preform an 'Acknowledgement of Country'.

In last week's newsletter we added the acknowledgment of country that we use with the children that is easy to use across all our age groups and abilities.

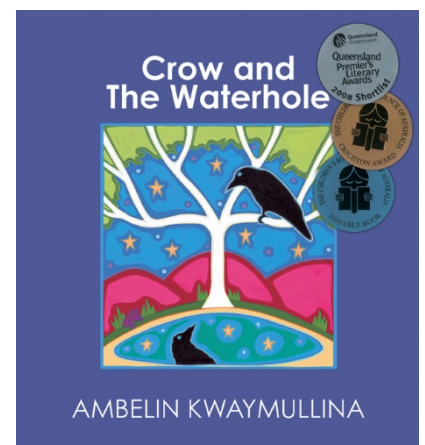
Sandybeach would love to see the children continue with this practice whilst at home and even teach their families.

Grandpa Honey Ant Story Time "Crow in the Waterhole" by Ambelin Kwaymullina

This story tells the tale of Crow who lived in a tree by a waterhole and gazed into the water each morning at another wonderful crow staring back at her. Wishing to be like the black beauty in the water--one so special she could surely change the world--Crow flies far away, helping others, until she ultimately discovers that her inspiring feathered friend is actually her own reflection.

Featuring vivid, jewel-toned illustrations based on indigenous paintings, this uplifting tale of self-perception conveys the importance of realizing one's self-worth and individual strengths.

Watch Grandpa Honey Ant's story time [here](#) on ABC iView



Aboriginal Children's Song Heads, Shoulders, Knees and Toes

Try singing along to the YouTube Video below with your family!

<https://www.youtube.com/watch?v=xYThN5HC64c>

"Balang ganha bungangbu burrami"
(Translated from Wiradjuri language)

Balang ganha bungangbu burrami

(Head shoulders knees and toes)

bungangbu burrami, bungangbu burrami,

(knees and toes, knees and toes)

balang ganha bungangbu burrami

(Head shoulders knees and toes)

bungangbu burrami, bungangbu burrami,

(knees and toes, knees and toes)

Milbu wudhabu, ngaanbu, murrubu,

(Eyes and ears and mouth and nose),

ngaanbu, murrubu, ngaanbu, murrubu,

(mouth and nose, mouth and nose)

Milbu wudhabu, ngaanbu, murrubu,

(Eyes and ears and mouth and nose)

ngaanbu, murrubu, ngaanbu, murrubu,

(mouth and nose, mouth and nose)

Dhalbirra ngiyambalgali

Head, Shoulders, Knees and Toes has been translated into Wiradjuri language.

Wiradjuri is one of the traditional language spoken by the Wiradjuri people – the largest Aboriginal group in New South Wales.







The Wiradjuri people originally occupied the vast plains of central New South Wales surrounding what we now know as the Blue Mountains. The Wiradjuri people traditionally referred to this area as "the land of three rivers".

Try singing this song with your family!

Wellbeing

Yoga Exercises for Kids

Yoga studies have shown that it can improve balance and strength in children. Yoga can also improve focus, memory, self-esteem and by also reducing anxiety and stress. To get started here are some simple, child friendly yoga poses.

Tabletop Pose	Cat and Cow Poses	Child's Pose
		
Easy Pose	Downward-Facing Dog Pose	Three-Legged Dog Pose
		

Meditation Music for Kids

☀ MINDFUL KIDS ☀

As parents of small children, we have experienced how helpful and effective it is to use this music to get our kids to relax and sleep more easily - as well as having a positive and calming effect on us grown-ups. Just click the [link here](#) to play and let the soothing and relaxing tones do the work.

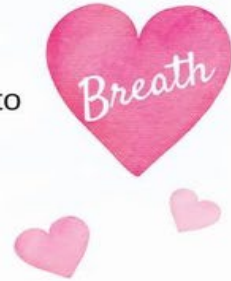


Wellbeing

1 "JUST ONE BREATH" BREATHING ACTIVITY



- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



2 CREATE A GLITTER JAR



- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



3 HEARTBEAT EXERCISE



- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



4 GOING ON A SAFARI



- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



Science

At Sandybeach one of our favourite experience at the moment is making **erupting volcanos** in the sandpit. It is a fun and easy experience with just some simple ingredients found in your pantry. Baking soda and Vinegar! Of course we always add food dye in which the children take turns in choosing which colour.

HATCHING DINOSAUR EGGS

An easy Science activity that can be extended for home is to make Hatching Dinosaur Eggs. This activity is great for all ages to get involved in some science fun.

[Here is the link to a short video on how to make them.](#)

YOU WILL NEED:

Baking soda
Vinegar
Water
Plastic wrap (optional)
Food colouring
Small plastic dinosaurs
Eyedropper, or medical syringe



HOW TO MAKE DINOSAUR EGGS

Make sure to set up this activity ahead of time as you will need to pop the dinosaur eggs into the freezer before they are ready to hatch.

STEP 1: Start by slowly adding water to a good quantity of baking soda. You want to add just enough until you get a crumbly but pack-able dough. It shouldn't be runny. You can divide the baking soda and water mixture into bowls and colour each one separately with food colouring.

Hint: We had fun with multi colours but it's just an option. Plain or just one colour dino egg will be fun too!

STEP 2: Now to turn the baking soda mixture into dinosaur eggs. Pack the mixture around your plastic dinosaurs. You can use plastic cling wrap to help keep the shape if needed

STEP 3: Place your dinosaur eggs in the freezer for as long as you like. The more frozen the eggs are, the longer it will take to melt them!

STEP 4: Add the dinosaur eggs to a large, deep dish or bucket and set out a bowl of vinegar! Let the kids squirt the baking soda eggs and watch them fizz until the dinosaurs are hatched! Make sure to have extra vinegar handy

Oobleck

WHAT IS OOBLECK?

Oobleck isn't a liquid or a solid, it's a non-Newtonian fluid. At times, it may seem like a solid or a liquid but it acts differently than a normal solid or liquid. Making Oobleck is a great science experiment to show how changes in **pressure** can change the properties of some materials.

Oobleck is a fun and messy activity. In addition to learning about science concepts, Oobleck is also great for fine motor development as children work and strengthen their little hand muscles while engaged in sensory play. It is a gooey and gooey substance that is quick and easy to make.

You will need:

- Cornflour
- Water
- Large bowl or tray
- Food colouring
- Kitchen utensils such as scissors for cutting colander, sieve, potato
- Washable toys, such as shopkins, little ponies, cars, small animals

Made from a basic mix of approximately 2 parts cornflour to 1 part water, Oobleck can teach children scientific skills of observation and prediction.

You can pull Oobleck apart, squish it, roll it knead it, stretch it, splat it, and watch it drip as it alternates between solid and liquid form

If you give Oobleck a try, let me know how you go. Have fun!



Just for fun

Cherry Blossom Art Activity

We love this time of year – as the dreary Winter gets replaced with the first signs of Spring – green shoots and blossoms start appearing. To celebrate this delicate and beautiful time of year, we are sharing some wonderful art activities with you all. The activities can be extended in many ways and even your whole family can participate.

What you need:

- Pink and/or white tissue paper cut up in small squares
- White paper/card
- Glue stick
- Ear buds
- Pink paint
- Bubble wrap
- Fresh blossom petals, leaves and sticks

Option 1: Draw a tree or branches on white paper. Have your child scrunch up the tissue paper and stick them on the card.

Option 2: dipping ear buds into paint and have your child dot all over the branches.

Option 3: Paste fresh blossom petals, leaves and sticks onto the card to resemble a tree.

Option 4: using bubble wrap drip or paint the bubble wrap and stamp onto your card.



Challenge Yourself



Learning at Home

Support

SORTING SMALL THINGS - BUTTONS, PEGS OR COINS

Ages
0-4

Learning activity



What you will need:

- muffin tin, egg carton, small bowls or containers
- pegs, coins, buttons or any collection of small items.



What to do:

1. Tip your collection of small items onto the floor, table, bowl or tray.
2. Help your child to find objects that are the same. You can group them together according to colour, shape, size, etc.
3. Get your child to put the items that are the same together in the holes in the muffin tray or egg carton.
4. Talk about why they are the same, using words like *same* or *different*, colour names or sizes.
5. Count each group to see which one has the most items.



What learning is happening:

Children are learning that things can be described as the same or different. This is the very beginning of understanding number concepts.

Children are using and building on their vocabulary with words that describe objects. They are strengthening the small muscles in their fingers and hands by placing objects into small spaces.



Links to more information:

- [Learning at home](#)¹ on the Department of Education website

¹ www.education.tas.gov.au/parents-carers/learning-at-home/