

Play-based learning schedule



This is a guide with suggestions for at home play-based learning activities for families.

Activities are suggestions and can be moved around flexibly in the day, depending on your time availability and what works for you in the home.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Play outside</p> <p>Try <i>hide and seek</i></p>	<p>Play with words</p> <p><i>Practice letters, or tell a story</i></p>	<p>Do an online virtual museum or zoo tour together</p>	<p>Listen to Kinderling radio</p>	<p>Get active</p> <p><i>Play with stretching, balls and toys</i></p>
Break time				
<p>Listen to a podcast</p> <p>Try ABC Kids Listen</p>	<p>Make lunch together</p>	<p>Play outside</p>	<p>Play with hands</p> <p><i>Play with shapes, Lego, play-dough</i></p>	<p>Screen time</p> <p>Watch Little J and Big Cuz</p>
Lunch time				
Rest time or sleep time				
<p>Read a book together</p> <p>Indigenous resource: The Deadly Tots App</p>	<p>Arts and crafts</p> <p><i>Make some craft with ABC Make & Do</i></p>	<p>Play with numbers</p>	<p>Play with words</p>	<p>Make an afternoon tea treat together</p>
Snack time				
<p>Play with numbers</p> <p>Practice counting</p>	<p>Get active</p> <p>Play with dancing or stretching</p>	<p>Read a book together</p> <p>Indigenous resource: The Deadly Tots App</p>	<p>Imaginative play</p> <p><i>Play dress ups, make a blanket fort</i></p>	<p>Do an online virtual museum or zoo tour together</p>