



Before working at Lane Cove Chiropractic, I was worked as a teacher where the focus was on preschool and primary education through the Reggio Emilia approach. This approach is a student-centered and constructivist self-guided curriculum that uses self-directed, experiential learning in relationship-driven environments.

Which ultimately means children learning through their own investigations through their natural environment. As a teacher I have learnt how to set up areas that guide children to make their own discoveries which enable them to be more engaged in learning rather than being told to sit down and count. You've probably already come across it seeing a child lining up their cars in a row, are they arranging them by size, colour, counting how many they have or are they simply intrigued by the shapes they are creating. This is analytical and cognitive learning, a simple thing to do is to spark questions that change this play into learning.

At home there are endless activities you can do without needing to go out or spend any money. I always like to set a day focus, say "*leaves*";

*Activity 1* - Ask your child to go outside and collect as many different leaves as they can (these leaves can now become the bases of the activity)

*Activity 2* - Sorting into colours – even if you have old Bunnings paint samples getting them to match the colours of leaves with the swatches.

*Activity 3* - Tracing their shapes by outlining them – They now can decorate these shapes, creating patterns inside, colouring in or making them into funny shaped people.

*Activity 4* – Arranging them in sizes, from biggest to smallest

*Activity 5* - Painting the leaves and creating prints.

*Activity 6* – Making paint from the leaves, scrunching them up and adding water. They may have to soak for a while but depending on the leaf colours create different coloured water colours for art.

That's just 6 activities from a leaf, it's all about imagination and children have a lot of it to help inspire.

The trick is to go with the flow though, if they go outside and bring back in rocks use the rocks, they're not going to engage with something they're not interested in.

A fun one is using old house paint and a baking tray with some paper lining the bottom. Put some blobs of whatever paint you may have and roll the rocks around the tray (this one can get noisy but a great way to avoid it is by setting a challenge that they have to roll the rocks around but not allowed to touch the sides).



Here are some links to some helpful websites:

[Pinterest](#) is going to be your best friend during these times too for some home inspo

[Activities and online resources for homebound](#) kids

[Time Magazine for Kids](#) – Digital Library free for the rest of the school year

[Yoga for kids](#) – Cosmic Kids Yoga Adventures / [P.E with Joe](#) – Physical activity Videos to follow along