



Vietnamese Culture

PLAYGROUP SESSION PLANNER





Play Spaces

Theme: Vietnamese Culture

The traditional culture of Vietnam has a strong focus on humanity and harmony. Family and community are highly valued among the Vietnamese culture. Food is very important to the Vietnamese people; it is considered rude not to finish your food. Vietnamese food is very healthy and always has 5 elements to it – spicy, sour, bitter, salty and sweet. In Australia we are lucky to have a large, vibrant Vietnamese community.

FACT:

The Lantern Festival, or Hoi An Moon Festival is a monthly celebration falling on the 14th day of the lunar calendar celebrating the full moon!

Creative Space

Moon Lanterns



CHILDREN WILL NEED: A4 Coloured paper, scissors, sticky tape.

INSTRUCTIONS: Fold the A4 size coloured paper in half, length ways. Make 6 cuts in the paper, leaving a couple of cm's at the end. Unfold your paper, take the two ends and bring together. Using sticking tape, stick the two ends together. Take another piece of coloured paper, preferably a different colour, and cut a length on the shortest edge of the paper, and stick to the top of the lantern, to make a handle.

EXTENSION IDEAS: Using ribbons, or patterned paper – cut lengths to go around the top and bottom borders of your lantern (as shown above) or hang from the bottom of your lantern to decorate and make your lantern even brighter.

Make multiple Moon Lanterns and attach each of them on a length of string and hang them all on display at Playgroup like bunting.



Play Spaces

Easy and fun outdoor activity!

Providing a diverse range of activities will support children's experience and whole developmental experience. Play spaces and activities can be set up as opportunities for free play.

Sensory Activity *The Taste Test!*

You will need: Sour – lime wedge, salt and vinegar chips, Greek Yoghurt; Sweet – honey, marshmallows, a sweet/lolly; Salty - pretzels, plain potato chips, parmesan cheese; Spicy – mild salsa, strong mints; Bitter – dark chocolate, wedge of grapefruit. Shallow dishes, small plates, tongs, sleep masks as blindfolds - optional.

Please Note: Check for allergies with the children's parents before allowing them to take the taste test.

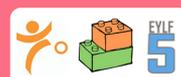
Instructions: Arrange the elements into shallow dishes, help each child to put on a blindfold or sleep mask. On each child's individual plate, place a piece of one of the elements above. Let the children try the element, ask them to describe each one, see if they can tell which one is salty, sweet or spicy. Ask them to describe what it tastes like; do they like it? You don't have to use blindfolds, you can also just show the children the 5 elements, talk about each one, and let them decide if they would like to try it, this may work better for younger children.



Outdoor Activity *Jug of War (Keo Co)*



Take a long length of rope, tie a coloured bit of fabric in the middle of it. Arrange the children into two teams. Have the teams stand at either end of the rope with the fabric piece in the middle. Mark with chalk on the ground or if on grass a cone, once both teams have a grip on the rope, signal that they are to pull on the rope as hard as they can. There will be some to and fro, the fabric will end up more on one team's side, and they will be declared the winners. The game is designed to bring unity, joy and community harmony. UNESCO recognised Tug of War as an "Intangible Cultural heritage of Humanity" Icon in 2015.



Play Spaces

How to set up your Play Space...

Baby Play



Setting up a Baby Play area can be very simple. A soft mat and some pillows are a great start. Items to include could be a mirror on the wall, treasure baskets, musical instruments, surprise box with different texture materials or scarves. Board books and some open space so that baby can explore and roll.



Quiet Corner



A sensory tent or area is valuable for children who are overstimulated and need some quiet time or space away from the group. You can include pillows, a blanket, sensory toys such as glitter wands, stress balls, bubble timers, poppits, wooden fidget toys, reversible sequins cushions, books and ear muffs.

Social Space



Social spaces include role play opportunities where children can play out scenarios such as kitchens, cafes, supermarkets, doctors, florists, bakeries, airports, work bench with tools and many others. You may provide dress ups, items for sale or production or service. This can also include playing families and home making.



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Builder's Corner



Ways to set up a builders corner include duplo, cars and train sets, loose parts play, box construction, wooden blocks, stacking and building games, cup stacking, building a fort with blankets, arranging materials on a lightbox, sand play and plasticine.

Group Time

Vietnamese Culture

Routines provide predictability for children

Activities to include in your Playgroup Routine

Welcome Song



Ninna Marni [Niina Marni]
Niina marni? Niina marni? >> Marni'ai.
Marni'ai
Wanti niina? Wanti niina? >> Wardli-ana,
Wardli-ana.

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Song Time



Please see the last page for this session planner's song.
Join in with your group.



Shared Experience



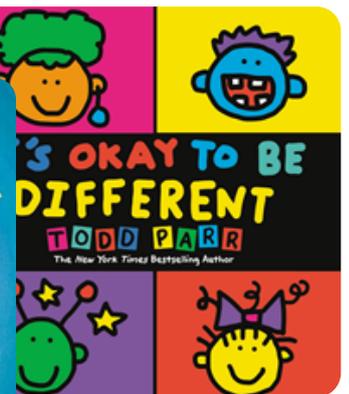
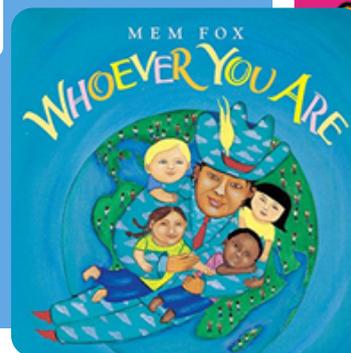
Do you have Vietnamese families at Playgroup? Ask them if they would feel comfortable talking about their Culture. If not, have a map of the world and show the children where Vietnam is. Talk a little about the culture, what the meaning is behind the Moon Lanterns. What did they prefer – the spicy or the sweet? The bitter or the sour?

Story Time



Have a look at the local library or bookstore for these books that include cultures!

Whoever you are by Mem Fox & Leslie Saub
It's OK To Be Different by Todd Parr



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Goodbye Song



Where are the children? Where are the children?
Here they are! Here they are!
We had fun at Playgroup! We had fun at Playgroup!
Bye for now, Bye for now!

Cá mập con! (Baby Shark)

Cá mập con, doo doo doo doo doo doo
Cá mập con, doo doo doo doo doo doo
Cá mập con, doo doo doo doo doo doo
Cá mập con!

Cá mập mẹ, doo doo doo doo doo doo
Cá mập mẹ, doo doo doo doo doo doo
Cá mập mẹ, doo doo doo doo doo doo
Cá mập mẹ!

Cá mập ba, Doo doo doo doo doo doo
Cá mập ba, Doo doo doo doo doo doo
Cá mập ba, Doo doo doo doo doo doo
Cá mập ba!

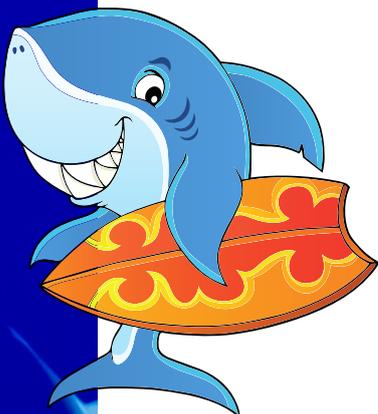
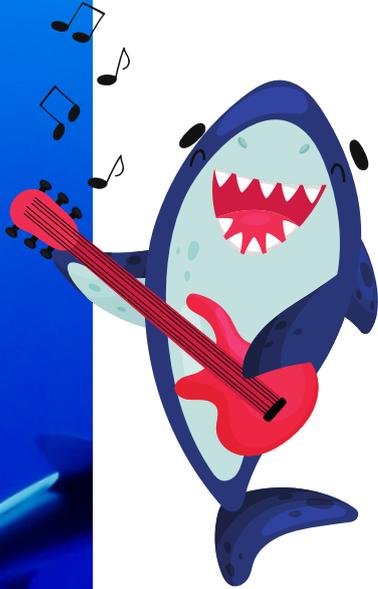
Cá mập ong, doo doo doo doo doo doo
Cá mập ong, doo doo doo doo doo doo
Cá mập ong, doo doo doo doo doo doo
Cá mập ong!

Cùng đi săn, doo doo doo doo doo doo
Cùng đi săn, doo doo doo doo doo doo
Cùng đi săn, doo doo doo doo doo doo
Cùng đi săn!

Nào Chạy mau, doo doo doo doo doo doo
Nào Chạy mau, doo doo doo doo doo doo
Nào Chạy mau, doo doo doo doo doo doo
Nào Chạy mau!

Thật là may, doo doo doo doo doo doo
Thật là may, doo doo doo doo doo doo
Thật là may, doo doo doo doo doo doo
Thật là may!

Vậy là hết, doo doo doo doo doo doo
Vậy là hết, doo doo doo doo doo doo
Vậy là hết, doo doo doo doo doo doo
Vậy là hết!



Stream on youtube to sing along, captions shown.

<https://www.youtube.com/watch?v=n8J5SDK2yAc>

Framework



Playgroup SA's Playgroup Planning Framework has been designed to ensure that there is an evidence-informed approach to the planning of activities and experiences. There are five play types drawing on Mildred Partens work, the Australian Early Development Census (AEDC) domains of development are covered, and the five outcomes in the Early Years Learning Framework. The Programming framework ensures that children attending Playgroup are engaged, are participating and have a diverse set of activities and experiences to support them to thrive. When programming we make sure there are opportunities for purposeful play, we think development and plan for outcomes.

Play Types

'Play' is synonymous with how children spend most of their time in the first few years of life. People of all ages benefit from play and play-based activities. Play is the central mechanism, providing a strong foundation for learning. When activities programmed at Playgroup align with each of the Play Types, children will enjoy a rich and diverse learning experience at Playgroup. When children interact and experiment in the Playgroup environment, they will better organise and make sense of the world around them as they play.



Functional Play



Construction Play



Role Play



Explorative Play



Creative Play

AEDC Domains

AEDC developmental domains help to provide a common language for families, and educators to understand and discuss outcomes through a developmental lens when children engage in different play-based activities. The AEDC domains can be particularly useful for reflecting on how individual children's development is progressing, and programming activities that work toward achieving optimal outcomes for each child. Understanding these domains of development can help families connect the activities and experiences that will support children to develop the skills in preparation for transitioning into the pre-school and school environments.



Physical health and wellbeing



Social competence



Emotional maturity



Language and cognitive skills



Communication skills and general knowledge

Early Years Learning Framework

The EYLF is used as the central framework in Early Childhood Education settings. The EYLF was designed to ensure that children in all early childhood education and care settings have access to meaningful activities and experiences that will support children's learning from birth through to five years. EYLF is Play-based and recognises families as children's first educators. A quality experience at Playgroup aligned with EYLF outcomes will ensure that children will have the best chance of positive experiences in the learning environment at school.



Outcome 1 Children have a strong sense of identity



Outcome 2 Children are connected with & contribute to their world



Outcome 3 Children have a strong sense of wellbeing



Outcome 4 Children are confident & involved learners



Outcome 5 Children are effective communicators