



Bedtime

PLAYGROUP SESSION PLANNER





Play Spaces

Theme: Bedtime

Bedtime is a time when we get to wind down, relax and gently drift off to sleep. A bedtime routine can help us to unwind and know what to expect. Your bedtime routine could include a bath, brushing teeth, pyjamas, a story, singing a lullaby and some snuggles. Many people also like to use relaxing music or sounds to help them drift off. Sleep is essential for all of us, for babies and toddlers sleep is essential for growth, immunity, memory and learning.

FACT:
**Babies can
sleep up to 15
hours a day!**



Creative Space

Calming Jar

CHILDREN WILL NEED: A plastic bottle (screw top lid), water, glitter, 60ml glycerin, 3 drops of food colouring

INSTRUCTIONS:

Fill 1/3 of the bottle with water

Add glycerin food colouring and glitter and stir until combined.

Top jar up with water until almost full. (Optional) Duct tape to stick jar lid down to prevent from opening and consuming mixture.

EXTENSION IDEAS: You could go even further with your glitter jar and add glow in the dark stars, small stones and shells or small plastic animals/insects.



Calming jars can be a sensory tool to encourage mindfulness, focus and calm when feeling overwhelmed or overstimulated.



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 Treasure Box

You will need: A Box with lid, fill with a variety of fabrics of different textures, include some fabrics that are rough, shiny, and different colours.

Instructions: Ask what they can see, invite them to explore and take out the fabrics. Prompt conversations about what the items feel like, colour, are they cuddly, are they scratchy etc. Would this be nice to take to bed? Which do you like best?



Children can be encouraged to use these fabrics in their doll and teddy play



Outdoor Activity High and Low Game



Active play and outside play assists children to sleep well at night.

High and low game (best to do this with the children so they can see you are having fun and can also follow your example if they do not understand your words).

- Ask children to raise hands high in the air
- While hands are in the air encourage them to wriggle fingers, wave their wrists and shake their arms.
- Ask them to put their arms down and ask them to do the same movements now that their hands are down low.
- Ask children to sit on the floor with one leg in the air.
- Ask them to wave their ankles in the air, wriggle their toes and move their legs back and forth.
- Ask them to put their legs down and do the same movements while their legs are low.



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

Bedtime

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.
© Cherie Watkins



Shared Experience

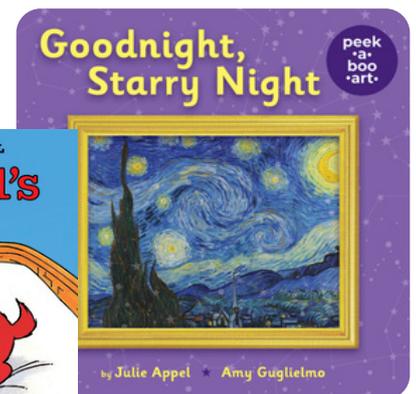
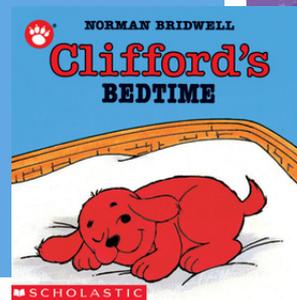


What does your family do at bedtime? Share your bedtime routine or experiences with each other. Do you have a favourite book or song to sing together? Sing a bedtime song together. What is your favourite part of bedtime?

Story Time



Have a look at the local library or bookstore for:
Goodnight, Starry Night by Amy Guglielmo
and Julie Appel
Clifford's Bedtime by Norman Bridwell



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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!

Song Time

Rock-a-bye baby

Rock-a-bye baby, in the tree top
When the wind blows, the cradle will rock
When the bough breaks, the cradle will fall
And down will come baby, cradle and all

Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star
How I wonder what you are!
Up above the world so high
Like a diamond in the sky
Twinkle, twinkle, little star
How I wonder what you are

Hush, Little Baby

Hush, little baby, don't say a word.
Papa's gonna buy you a mockingbird
And if that mockingbird won't sing,
Papa's gonna buy you a diamond ring
And if that diamond ring turns brass,
Papa's gonna buy you a looking glass
And if that looking glass gets broke,
Papa's gonna buy you a billy goat
And if that billy goat won't pull,
Papa's gonna buy you a cart and bull
And if that cart and bull turn over,
Papa's gonna buy you a dog named Rover
And if that dog named Rover won't bark
Papa's gonna buy you a horse and cart
And if that horse and cart fall down,
You'll still be the sweetest little baby in town.



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