



MONTHLY PROGRAM OUTLINE

MONTHLY PROGRAM A

How do I use this outline?

1. Choose the activities and experiences you would like to add to your weekly, fortnightly or monthly plan from the educator monthly program outline.
2. Add your choices to the Empowered Ed **blank program template** (print or save to your computer) Make sure to fill in the dates at top of the program to indicate if your plan is covering weekly, fortnightly or monthly.
3. Match the numbered activities on your plan to the **corresponding activity guides (Playful Learning Page)**.
4. Fill out the separate **organisation planner** each week if you wish to help you keep up to date with all documentation requirements including reflection, prep, observations and forward planning (optional).





EXPLORING OUR WORLD

Activity Guides to choose from:

A163 – Green Fingers

A164 – Beach Dough

Simple Suggestions to add:

Float or Sink

Collect a basket of different items to drop into a water tub (or try a glass jar with smaller items) . Sponges, pebbles, milk bottle lids, feathers, shells work well.

Ask the children if they think the object will float or sink. Take turns dropping the items in and talk about what happens. Who was right? Sort the objects into float and sink tubs or trays then let the children experiment on their own.

Seashell Sort

Set up a table with an assortment of different shells. Add some containers from the recycle bin or a few baskets help the children to touch the shells then sort by colour, patterns or size. You can also play some counting games then leave the shells out for the children to fill and empty the containers and baskets with. If you don't have shells substitute for another natural material like pebbles, leaves or sticks. You might like to add some magnifying glasses to encourage investigation.

Clean Up The Ocean

Use an old baby bath or similar to set up an ocean themed sensory tub. Keep it simple by adding some pebbles, sand, shells and a layer of water to just cover the ocean 'floor'. You might like to add some small ocean themed figurines if you have them. Before inviting the children to play add some clean 'rubbish' like tin cans, small plastic bags, small plastic drink bottles etc to the sensory tub. Ask the children to 'clean up the ocean' for you and then help them to sort into rubbish or recycling piles and take the opportunity to talk about how this rubbish hurts the sea life.



INVITING THE IMAGINATION IN

Activity Guides to choose from:

A165 – Slippery Seeds

A166 – Fizzing Ocean World

Simple Suggestions to add:

Beachside Props

Add some buckets, small scoops, stones, hats, cameras, sunglasses, empty sunscreen bottles, beach chairs, towels, shells and other items you might take to a beach to your home corner area. Add some photos or posters sea-life and different beaches around the world.

Dress up parade – going to the beach

Encourage children to use the props from your beach dramatic play area to dress up for a day at the beach then walk around in a parade to show off their creation. Talk about the different types of clothes, the weather and the props they choose. What are they used for? How would they dress differently if they were going to the snow instead of the beach?

Ice Cream Shop

Add some large pom poms in different colours, ice cream scoops, colourful bowls, cardboard tubes (for cones or make some using paper) and any items from the recycle bin that would work as props in your 'ice cream shop'. To make the ice-cream simply scrunch different colours of tissue paper or crepe paper into balls and wrap a little clear tape around them to form a 'scoop of ice cream' that will sit in a cup or cone. Make sure to add some money, a cash register and a chalk or whiteboard for the children to write up their specials!



LET'S GET MOVING

Activity Guides to choose from:

A180 – Sea life Pass the Parcel

A168 – Sand Golf

Simple Suggestions to add:

Big Muscle Moves

- Get silly with movement and music when you [play the Shark Song!](#)
- Add some blue scarves or tissue paper to flap around like waves and water as you dance.
- Can you walk like a crab? Move like a fish? Sit like a starfish?

Wet Sand Plungers

Add some water to an area of your sandpit or place some sand and water in a shallow tray then show the children how to press plungers into the wet sand and pull up to reveal a circle in the sand. What shape did you make? What sound did you hear? What happens if you add more water or more dry sand?

Yoga Fun

All ages with love this [Squish the Fish Cosmic Yoga adventure](#) - stretch those muscles, have a laugh and gain confidence!



Activity Guides to choose from:

A169 – Cup pyramid

A170 – Rubber band snap painting

Simple Suggestions to add:

Water Transfer Fun

Set up a tub down on the ground or low table with a little coloured water. Set up some different sized empty containers that will hold water around the larger water tray or tub. Now add some different tools for transferring the coloured water to the other empty containers. You could try eyedroppers, ladles, basters, spoons and sponges.

Flower Printing

Add a little cornflour paint with edicol dye or acrylic paint to a few shallow dishes or trays. Collect some flowers outside with the children or ask them to bring a favourite one in from home. Show the children how to hold the stems and press the flower gently into paint then onto paper to make a print.

Simple Sand Painting

Add a little paint to some small bowls or cups then stir in a few spoons of sand to each cup and mix well. Paint with brushes onto cardboard or thick paper and when dry make sure to come back and talk about the texture of the paintings. Does it feel rough or smooth? What is making it feel that way?



FINE MOTOR / MANIPULATIVE PLAY

Activity Guides to choose from:

A179 – Suction Science

A172 – Sandy Writing

Simple Suggestions to add:

Sandpaper Designs

Cut some different lengths of wool and set out on a table along with some squares of sandpaper. Encourage the children to choose pieces of wool and arrange them onto the sandpaper sheets to create a picture or pattern. The wool strands stick to the sandpaper but can be lifted off and rearranged as they experiment.

Cake Cooler Threading

Use some cake cooling racks as a threading board – easy enough for toddlers to try as well! Simply add some pipe cleaners (longer ones) and show the children how to poke the pipe cleaners over and under the rails of the cooling racks. You can usually find lots of different sized cooling racks in the op shop if you don't have any.

Herbal Playdough Poke

Mix up a quick batch of herbal playdough (no colours needed) [using this recipe from The Imagination Tree](#) or your own favourite. Add some twigs, gumnuts, pine needles, acorns or other small items from nature found in your local area for the children to press and poke into the dough. This one stimulates the senses as well as strengthening the pincer grip and wrist muscles.



Activity Guides to choose from:

A173 – Notepad

A177 – Souvenir Shop

Simple Suggestions to add:

Book Baskets – Ocean themed *(see book list at end of outline for suggestions – ask at your local library or perhaps go on an excursion with the children to choose some to borrow).*

Place a few baskets of ocean and beach themed books indoors and outdoors for children to explore. Try to include a range of different types of books to appeal to different ages – board books, non-fiction with real pictures to explore, pop up books, fiction.

Music Time

- [5 Jellyfish](#) – Use [this printable](#) from Picklebums to make your own jellyfish puppets to sing with.
- Younger children will [love this short music video](#) from national geographic exploring sea life in a fun way.
- Counting fun with the simple song [1,2,3,4,5 Once I caught a fish alive.](#)
- Use shells as instruments by tapping them together – can you tap fast, slow, high, low?

You Tube Aquarium Excursion

Sit down together and take a [wander through a real aquarium with Blippi](#). Talk about the animals you see, what part of the world you might find them in, if anyone has visited an aquarium or seen the same things at their local beach.



ENCOURAGING IDENTITY & INDEPENDENCE

Activity Guides to choose from:

A178– My Art Gallery

A176 – My shopping list

Simple Suggestions to add:

Mirror Me

Squirt a little shaving foam, whipped cream or just acrylic paint onto a large mirror (or a few smaller ones) out in the sun and spread across the surface until you can't see a reflection. Encourage the children to 'clean the mirror' with their hands until they can see their faces. Can they cover them up again by making a painting? Add brushes for those children who prefer not to get their hands messy.

That's My Family!

Ask the children's families to bring in a small photo of loved ones their child will recognise – you can of course use more than one photo if they have it! Laminate the photos then place on a shallow tray. Pour over a sensory material like some dry beans, rice, small pebbles or similar. The idea is to just cover the photos. If you have a big group you might like to use a large water tray tub or perhaps a couple of trays instead of just one. Using their fingers the children need to search for their family members. As they find their photos ask them about who is in the photo and use descriptive language to name hair colour, eye colour etc.

Squeeze the Sponge

This simple activity encourages autonomy and pride in completing a task. Draw a line about $\frac{3}{4}$ up the side of a small round bowl (easily picked up by toddler hands). Ask the children to go over to the sink (or water tub) and fill their bowl up to the line mark. Then they will bring the bowl back to a table set up with a variety of sponges (you can use kitchen, sea or bath- whatever you have) cut into smaller pieces. Show the children how to dip their sponge into the bowl of water to fill, then transfer to the empty bowl and squeeze the water from the sponge until the water bowl is emptied and the other bowl full.



INTENTIONAL TEACHING SUGGESTIONS

Keeping it Simple:

- What lives in the ocean?
- What is suction and how does it work?
- How can we look after our beaches and oceans?
- Is that empty or full? Basic measurement and volume concepts.
- What makes you special? Look at different hair, eye, skin colours along with different interests and skills. Talk about families.
- Count out 5 objects. Look at the written form of numbers 1-5.
- Talk about the differences between smooth and rough textures.
- Observe pincer grip development and fine motor control.
- Extend on vocabulary by naming familiar objects using the books and beach props. Label items in the souvenir shop with prices and names to read.
- Explore the differences between hot and cold weather and the clothes we wear.
- Investigate simple scientific concepts when playing with the fizzy ocean tray.
- Demonstrate different rhythms and sounds using shells and other instruments.

What other learning did you explore?



EVERYDAY ESSENTIALS FOCUS

This page includes some optional suggestions for setting up your environment to complement this monthly program outline. *Modify* according to your space and children.... or just use your own ideas! It is completely up to you whether to use these suggestions or not.

Everyday essentials can include the *blocks/puzzles/dressups/cars/dolls/loose parts and other resources that you tend to have available each day*. Decide what you want to use this month then put everything else away as part of a toy rotation system.

Materials & Interest Areas:

Beachside Interest Area – Hands On

On a low table or shelf set up a few interesting materials found in the ocean or on the beach. Encourage children to bring in their own beach treasures, photos or books as well. Don't put too much on the table at once – just put a couple of things out that they can pick up, touch, use in play and investigate. You can change it each week to add different items as you take away others. Shells, pebbles, seaweed, coral, cuttlefish, books on sea life, a PowerPoint playing on tablet or other device or some pictures cut out from magazines and laminated all make for a simple but interesting area. The idea is you want it to be hands on – not just pretty to look at!

Dramatic Play Areas – Indoors & Outdoors

Add beach holiday themed props and dressups – change around each fortnight. Set up an ice cream stall/van/shop.

On The Shelves

Add a few baskets or tubs with some simple materials suitable as self select items for the children to use and add to their everyday play. Some ideas for this month:

- A basket of shells and feathers. Add some small squares of sandpaper (fine & coarse).
- Cardboard tubes and rolls, empty shoeboxes.
- Things with suction cups – plungers, hooks, bathmats etc
- A few acrylic mirrors for looking at reflections.
- Scoops of different sizes to use in the sandpit (try the washing powder scoops, cooking scoops and measuring spoons and make a few from milk cartons).



SUGGESTED RESOURCES & MATERIALS

Books to find:

Try asking at your local library to see if they have any of these titles available. *Keep in mind these books are just suggestions and not necessary to complete your program!*

[Goodnight Ocean](#)

[National Geographic Look & Learn – Ocean Creatures](#)

[National Geographic Look & Learn - Patterns](#)

[Nat Geo - First Big Book of the Ocean](#)

[A Hole in the bottom of the sea](#)

[All the water in the world](#)

[I can save the ocean](#)

[What lives in a shell?](#)

[Mister Seahorse](#)

[A House for Hermit Crab](#)

[The Pout-Pout Fish](#)

[I'm the biggest thing in the ocean](#)

This Month's Activity Materials

Items to add to your regular craft & play resources include:

Cardboard boxes	Bicarb Soda & Vinegar	Mirrors (real or acrylic)
Shaving foam	Kitchen sponge	Scoops/spoons/ladles
Basters/eye-droppers	Sea life pictures	Shells/feathers/stones
Sandpaper	Cake Cooler Racks	Crepe/Tissue paper
Plungers & suction hooks	Sand & Water	Plastic cups
Basil or chia seeds	Newspaper	Alfoil