

# ACTIVITY TIME

## My First Aussie Birds

Gordon Winch and Stephen Pym

### Birds Fly Up and Down

Imagine birds fly in the sky, moving through air.  
Use this beautiful book to enjoy time together and introduce new concepts.

**Key words:** Up, Down, High, Low, In front, Behind.

#### What to do:

Gather something lightweight like a kitchen paper towel, small scarf, or tissue.

- Set up a relaxing spot where baby can lie or sit facing you.
- Choose a time when baby is engaged.
- Describe the item you are using and explain you will be moving it through the air.
- Use the word 'up' and 'down' as you move the item in corresponding ways.
- Repeat the word as you play, 'up, up, up' and 'down, down, down'.
- Check in with baby, looking for communication clues, eye contact, coos and smiles.
- Respond to babies' communication with smiles and repeating sounds in a serve and return style.
- Touch baby (if they are ok with touch) using the item and name the places you touch or cover over. Eg: "Down to your toes, Up to your nose".
- Older babies may enjoy using more words like high/low, fast/slow, in front and behind.

#### Sing:

##### Here we go

Here we go up, up, up,  
Here we do down, down, down,  
Here we go backwards and forwards,  
Here we go around and around.

##### Up To The Ceiling

Up to the ceiling, down to the ground,  
Backward and forward, round and round;  
Dance, little baby, and mother will sing,  
With the merry chorus, ding, ding, ding!

**Key message:** The Best Learning Happens in Nurturing Relationships



**Adult supervision is essential. Involve and talk with your child as much as possible.**

