

# Family Guide

The School of Play:  
Kindergarten Curriculum



# Welcome to The School of Play Kindergarten Curriculum

**Dear Families,**

*Your child is about to begin an exciting, play-filled journey with The School of Play Kindergarten Curriculum!*

Your child's kindergarten will soon be taking part in a fun, imaginative, and developmentally supportive **20-week play-based well-being program** created for three and four-year-old learners.

This program is designed to help your child grow socially, emotionally, physically, and creatively, all through *play*, which is how young children learn best.

Below is everything you need to know about the curriculum and how you can support your child at home.

**Warm regards,**



**Dale Sidebottom & Paul Campbell**  
Directors, The School of Play



# What's the Program About?



## The Program

The School of Play Kindergarten Curriculum focuses on helping children develop:

1. Confidence and communication
2. Social and emotional understanding
3. Kindness and teamwork
4. Creativity and imagination
5. Early movement and coordination
6. A strong sense of belonging
7. Life skills such as resilience, gratitude, courage, and problem-solving

The program uses play, storytelling, movement, imagination, and connection to support your child's well-being.

There are 20 weeks of activities, divided into two parts:



## **WEEKS 1–10: Play, Connection & Social-Emotional Learning**

The first ten weeks help children:

1. Build friendships
2. Learn to share and take turns
3. Manage emotions
4. Participate in group play
5. Use kind hands and kind words
6. Feel safe, included, and supported
7. Explore their creativity
8. Develop early communication and listening skills

These weeks create the foundation for a fun, connected, and joyful kindergarten community.

## **WEEKS 11–20: The Playful Astronaut Planets**

The second half of the program is built around the children's picture book *The Playful Astronaut*.

Each week, children:

1. Hear a chapter from the book
2. Learn about a new life skill
3. Explore a themed planet
4. Complete fun play-based activities that bring the life skill to life

Examples of life skills explored include:

1. Courage
2. Kindness
3. Resilience
4. Gratitude
5. Teamwork
6. Curiosity
7. Responsibility
8. Problem-solving

These themes make learning magical, imaginative, and meaningful.



# How Long Does It Run?



## Duration

The program runs for 20 weeks, with one themed activity week supported by:

1. Instructional videos
2. Play-based lesson plans
3. Visuals and resources
4. Easy-to-follow routines

Your child's kindergarten team has everything they need to deliver a joyful, supportive experience.



# What Will My Child Experience?

# This curriculum has been carefully crafted to help children:



## ONE Feel Positive Emotions

Joy, pride, wonder, confidence, empathy, and gratitude.



## TWO Build Movement and Coordination

Through fun, safe, imaginative physical play.



## THREE Strengthen Social Skills

Sharing, turn-taking, listening, cooperating, and building friendships.



## FOUR Grow Emotionally

Recognising emotions, expressing feelings, using calming strategies, and celebrating their efforts.



## FIVE Explore Imagination & Curiosity

Through games, stories, characters, planets, and play-based missions.



## SIX Develop Early Learning Foundations

1. Early literacy (storytelling, vocabulary, describing)
2. Early numeracy (counting, shapes, patterns, movement sequences)
3. Creative thinking and problem solving



# What Are the Long-Term Benefits?



## Benefits

Early years programs like this are linked to:

1. Stronger self-regulation
2. Increased independence
3. Better communication and listening skills
4. Improved emotional resilience
5. Healthier peer relationships
6. Greater confidence and joy in learning

By the end of the 20 weeks, children feel more connected, supported, and confident, both at home and at kindergarten.



# How Can You Support Your Child at Home?

Family involvement plays a decisive role in your child's growth and well-being. Here are simple ways to support the learning journey:



## Talk About the Weekly Activities

1. "What was your favourite game today?"
2. "Can you show me how you moved like a rocket/astronaut/planet?"

Even if your child uses gestures or single words, small conversations build confidence and connection.

## Read Together at Home

If your kindergarten shares *The Playful Astronaut* pages or summaries, read them with your child, or talk about what they remember.

## Try Some Activities as a Family

Many of the games can be played at home:

1. Movement challenges
2. Imaginative play
3. Simple counting or memory games
4. Emotion cards or check-ins

These moments strengthen bonds and help build life skills.

## Use the Same Language They Hear at Kindergarten

1. "Kind hands."
2. "Safe bodies."
3. "My turn, your turn."
4. "Big feelings are okay."

Consistency helps children feel secure.

## Celebrate Their Efforts

Acknowledge the small things:

1. Sharing toys
2. Asking for help
3. Trying something new
4. Calming down after a big feeling

These moments matter.

## Stay Connected With Your Kindergarten Team

Educators can share the weekly theme so you can support the learning at home.



# A Shared Journey

**We are  
honoured to  
share this  
journey with  
your child.**



**The School of Play  
Kindergarten Curriculum  
has been designed to:**

1. nurture well-being
2. build life skills
3. strengthen friendships
4. support emotional growth
5. celebrate imagination
6. and create joyful childhood memories

If you would like more information about weekly themes or ideas for home, please get in touch with your child's educator, we love partnering with families.

We look forward to an incredible 20 weeks of play, imagination, and growth!



# The School of Play

Play today,  
thrive tomorrow

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