

Day and Night

Episode 1



PRESENTERS

Alex Papps – Jay Laga'aia

PIANIST

Peter Dasent

STORY

How To Catch A Star, Oliver Jeffers, Harper Collins Children's Books, © 2004 Oliver Jeffers.

FILM

Early Morning Baking Bread

(Play School, ABC)

IDEAS FOR LATER

- Visit a bakery and buy some bread rolls for lunch.
- Wake up early to see the sunrise.
- Make a star from cardboard and foil. Hang it over your bed to sparkle in the night.

SONGS

What Shall We Do?

Composers: Peter Dasent & Mark Barnard
Publisher: Origin/Control

Moon, Moon

Composer: Traditional German folk tune
Publisher: Origin/ABC Music Publishing

Garbage Man Song

Composer: Val Donlon
Publisher: ABC Music Publishing

Five Current Buns

Composer: Traditional
Publisher: Origin/ABC Music Publishing

When I Grow Up

Composers: Vanessa Johnston & Karina Johnston
Publisher: Jingle Jam Pty. Ltd.

Twinkle, Twinkle Little Star

Composer: Traditional
Publisher: Origin/ABC Music Publishing

The Animals Wake Up

Composers: Satis Coleman & Alice Thorn
Publisher: ABC Music Publishing



MAKE AND DO



How to Make a Sunrise Salt Painting

You will need:

- A large piece of firm paper
- Red and yellow food colouring or water paint
- Water
- Small bowls to mix the paint in
- A paintbrush or a small sponge and a peg
- Salt
- A kitchen scourer
- Blue or green cardboard
- Safety scissors
- Paste
- Yellow and black tissue paper

Create red and yellow paint by combining water and food colouring, or water and water paint, in small bowls.

Paint prepared colours onto a large piece of firm paper using a paintbrush. Alternatively, create a small pad with a sponge and a peg, as pictured above.

Sprinkle salt over your painting and set aside to dry.

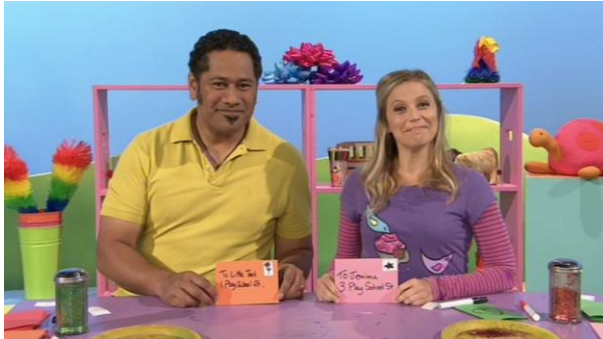
Once your painting is completely dry, use a kitchen scourer to brush off all of the salt. The salt will have absorbed some of the paint leaving a pretty, crystal pattern.

Cut a hilly horizon from blue or green cardboard and paste to the bottom of your painting. Scrunch yellow tissue paper into a round sun and paste above the horizon.

Tear a few small pieces of black tissue paper and twist them in the middle to create birds. Paste them to your painting.

To make a pond painting, follow the instructions above using blue and green paint. Once dry, add green tissue paper lily pads and orange tissue paper goldfish.

Episode 2



PRESENTERS

Rachael Coopes – Jay Laga'aia

PIANIST

Peter Dasent

TOLD STORY

The Very Clever Postie

(A story told by the Play School team)

FILM

Walking Bus

(Play School, ABC)

IDEAS FOR LATER

- Write a letter or draw a picture to send to someone special. Post it in the post box.
- Squeeze some oranges to make fresh juice for breakfast.
- Make a book with pictures of all the things you like to eat for breakfast. You could draw the pictures or cut them out from supermarket catalogues that come to the letter box.

SONGS

The Super Supper March

Composers: T. Geisel & E. Poddany

Publisher: A & C Black

Look What I Can Do

Composer: Chris Harriott

Publisher: ABC Music Publishing

Hey! Good Morning

Composer: Evan Jones

Publisher: Fable Music

Bikeling

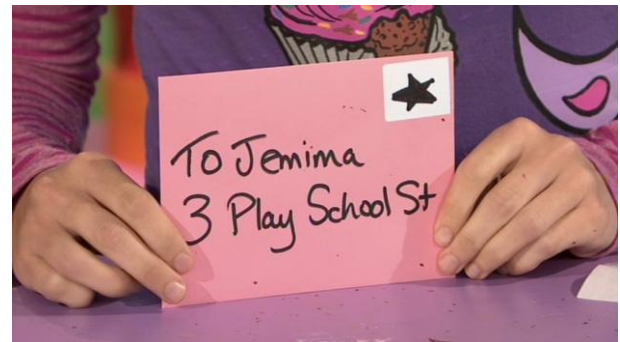
Composer: Jay Laga'aia

Publisher: ABC Music Publishing

Walk and Stop

Composer: Traditional

Publisher: Origin/ABC Music Publishing



MAKE AND DO



How to Make French Toast

You will need:

- 2 eggs
- ½ cup of milk
- 2 thick slices of bread - plain bread for a savoury snack, raisin bread for a sweet snack
- Butter
- Toppings - cherry tomatoes and parsley for a savoury snack, fresh strawberries, banana and maple syrup for a sweet snack

Break eggs into a large mixing bowl. Add milk and whisk well.

Tip egg mixture into a flat baking dish.

Dip each slice of bread into the egg mixture, coating each side.

Melt a teaspoon of butter in a frypan. Carefully transfer the bread into the frypan and cook for approximately 2-3 minutes on each side, until golden brown.

When cooked, remove from frypan to a serving plate.

Add tomatoes and parsley for a savoury snack.

For a sweet treat use raisin bread and serve with fresh fruit and maple syrup.

Enjoy!!



How to Make Glittery Cards

You will need:

- A4 coloured cardboard
- Safety scissors
- Cookie cutters in different shapes, such as stars, flowers and hearts
- Craft glue
- A recycled plastic lid or plate
- Glitter
- A large plate or bowl to catch unused glitter

Cut a piece of A4 coloured cardboard in half.

Fold each half in half again to make cards.

Pour some craft glue onto a recycled plastic lid or plate.

Select a cookie cutter and carefully place it in the craft glue.

Press the cookie cutter onto the front of the card to leave a craft glue shape.

Sprinkle the card with glitter.

Tip off the excess glitter into a large plate or bowl. The glitter should stick to the glue shape to create a glittery card.

Make lots of cards using different shaped cookie cutters.

Episode 3



PRESENTERS

Rachael Coopes – Alex Papps

PIANIST

Peter Dasent

PIANIST

Peter Dasent

STORY

Carrum Sailing Club

Author: Claire Saxby

Illustrator: Christina Booth

Windy Hollow Books, 2011.

FILM

Succulent Garden

(Play School, ABC)

IDEAS FOR LATER

- Visit a nursery or park to see all the different types of plants.
- Build a house of cardboard boxes. Can you find a spot for your toys?
- Visit a fruit shop and smell the various fruit, vegetables and herbs.

SONGS

Do You Plant Your Cabbages?

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Snail, Snail

Composers: Roberta McLaughlin & Lucille Wood

Publisher: Chambers Harrap Publishing

Going to Rest Now

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Listen

Composers: Henrietta Clark & Warren Carr

Publisher: ABC Music Publishing

Little Shell

Composer: Roberta McLaughlin & Lucille Wood

Publisher: Bowmar

Build it Up

Composer: Peter Charlton

Publisher: ABC Music Publishing

Here's a House

Composers: John Fox & Warren Carr

Publisher: ABC Music Publishing



MAKE AND DO



How to Make Recycled Plants

You will need:

- Recycled containers such as the bottom half of a milk carton, a strawberry punnet or a yoghurt container
- Gardening gloves
- Potting mix
- Pieces of succulent plants
- Runners of plants such as strawberry plants or mint
- Watering can

Turn the recycled containers upside-down and ask an adult to make some small holes in the bottom of each container for water to drain out. A cake tester is ideal for this.

Put on a pair of gardening gloves.

Fill each container with potting mix.

Sprinkle water on potting mix to dampen.

Take a small piece of a succulent plant or a runner and plant in each container.

Water gently and place in a sunny position.



How to Make Feathery Birds

You will need:

- Small craft feathers
- Tac
- Small pine cones

Use a small piece of tac to attach two feathers to the top of the cone for wings.

Poke some extra feathers into the end of the cone for tail feathers.

Fly your bird around the garden.

Episode 4



PRESENTERS

Leah Vandenberg – Alex Papps

PIANIST

Peter Dasent

STORY

Can We Lick the Spoon Now?

Author: Carol Goess

Illustrator: Tamsin Ainslie

Publisher: Working Title Press

FILM

Tram Ride

(Play School, ABC)

IDEAS FOR LATER

- Play a game of soccer.
- Wash some plastic dishes in some warm soapy water.
- Make a puppet from a wooden spoon.

SONGS

Cleaning

Composers: M. Sullivan & C. Adams

Drip Drop

Composers: Robyn Mapleson & Peter Mapleson

Publisher: ABC Music Publishing

Walking in the City

Composers: Ann North & Martin Wesley-Smith

Publisher: ABC Music Publishing



MAKE AND DO



How to Make Spring Rolls

Adjust quantities according to taste and how many spring rolls you would like to make

You will need:

- Spring roll wrappers (you can buy these frozen at most supermarkets. Allow to thaw before use)
- Water
- Vegetable oil spray
- For vegetable filling:
 - Soft tofu
 - Chinese cabbage, chopped
 - Cream cheese
 - Parsley, chopped
- For tuna filling:
 - Canned tuna, flaked
 - Canned corn kernels, drained
 - Cream cheese
 - Carrot, grated

Vegetable Filling

Mash tofu with a fork in a large bowl. Add Chinese cabbage, cream cheese and parsley and mix until well combined.

Tuna Filling

Mix tuna, corn, cream cheese and grated carrot together in a large bowl until well combined.

How to Make Spring Rolls

Place a spring roll wrapper on a clean, dry workspace. Place two tablespoons of filling in the centre of the wrapper.

Gently fold the pastry over to enclose the filling. Fold over each side and roll until you reach the end of the spring roll wrapper. Use a pastry brush to dab a small amount of water along the final edge of the wrapper and seal everything together.

Lightly spray with vegetable oil and bake in a moderate oven until brown.

Episode 5



PRESENTERS

Leah Vandenberg – Teo Gebert

PIANIST

Peter Dasent

TOLD STORY

Going on a Night Walk

(A story told by the Play School team)

FILM

Fireworks

(Play School, ABC)

ANIMATION

Teddy Bear, Teddy Bear

(Play School, ABC)

IDEAS FOR LATER

- Make a bed for a favourite toy using a cardboard box and a small blanket.
- Ask a grown up to show you the stars, the moon and the night sky.
- Tell a bedtime story and sing a bedtime song to someone special.

SONGS

Twinkle, Twinkle Little Star

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Firefly

Composer: Trudi Behar

Publisher: Bowmar

We're Going on a Bear Hunt

Composer: Traditional

Publisher: Origin/ABC Music Publishing

Cuddle Up

Composers: Peter Dasent & Sophie Emtage

Publisher: Origin/Control

Teddy Bear, Teddy Bear

Composer: Traditional

Publisher: Origin/ABC Music Publishing



MAKE AND DO



How to Make a Starry Night Sky

You will need:

- A large sheet of black cardboard
- White paint
- A recycled plastic lid or plate
- A plastic scrubbing brush

Place cardboard on a large flat surface.

Pour some white paint onto a recycled plastic lid or plate.

Dip scrubbing brush into white paint. Use your fingers to pull the prongs of the scrubbing brush and flick the paint onto the cardboard to create thousands of tiny stars in the night sky.



How to Make a Firefly

You will need:

- A small torch
- Coloured cellophane
- A hair tie or elastic band
- Pipe cleaner

Twist a piece of cellophane in the middle to create wings.

Secure the cellophane to the torch with a hair tie or elastic band.

Twist a pipe cleaner around the torch and mould to create antennae.

Turn the torch on when it is dark and watch your firefly fly at night!