



Series 293: Going Out

# Going Out



Young children are curious about new experiences and opportunities. During the first years of life even the simplest places offer new adventures for sensing, investigating, moving and playing. In this series we explore some of the many possibilities that can be discovered by 'Going Out'. This includes going outside, going to school and local community places as well as far away and imagined places such as deep in the ocean and far out in space. The Play School toys and presenters are willing co-travellers on journeys near and far. In this series we visit the adventure theatre in each episode. We hope that you will enjoy sharing all these travels and adventures with us too.



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## **Episode 1**



#### **PRESENTERS**

Michelle Lim Davidson & Teo Gebert

#### **PIANIST**

Peter Dasent

#### **STORY**

#### Time For Bed

Author & Illustrator: Yasmeen Ismail Publisher: Bloomsbury Publishing

### **FILM**

#### **Posting Pictures**

(Play School, ABC)

#### **IDEAS FOR LATER**

- Go for a walk in your neighbourhood and look for flowers growing along the street or in people's houses in pots or gardens. What shapes are the petals? What colours can you see? Are the flowers up high or down low?
- Pack a bag for a picnic in the garden or at the park. Make some snacks and fill a drink bottle with water. You are ready for a garden or park adventure.

#### **SONGS**

#### Time To Go Out

Composer: Kylie Montague

Publisher: Control

#### Walking In The City

Composer: Ann North & Martin Wesley – Smith

Publisher: Control

#### I'm The Postie

Composer: Kylie Montague

Publisher: Control

#### Hey Hey Hey

Composer: Judith Keyzer & Peter Dasent

Publisher: Control / Origin

#### **Happy Dog**

Composer: Peter Dasent & Jane Lindsay

Publisher: Origin

#### **Walk And Stop**

Composer: Traditional

Publisher: Origin / ABC Music Publishing



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#### MAKE AND DO



#### How to Make Cardboard Cylinder Family

#### You will need:

- Balloon
- Cardboard rolls
- Pipe cleaners
- Fabric and paper scraps
- Coloured markers
- Corrugated cardboard
- Peas
- Curly wool or ribbon
- Small boxes
- Patty pans
- Sticky tape
- Glue stick

Select a cardboard cylinder.

Attach a partially blown balloon in one end to be the head.

Attach rolled paper for legs to the other end and add two pegs, one on the end of each leg for feet.

Add eyes, nose and mouth to the balloon face and tape curly ribbon or hair on the back of the balloon for hair.

Paste some paper or fabric scraps to the cylinder for clothes and attach pipe cleaner arms using tape.

Use different sized cylinders for different sized people in the family and add relevant accessories such as a patty case hat or box back pack.



#### **How to Make Drippy Droppy Paintings**

#### You will need:

- Edicol dye: red, blue and yellow
- Water
- Absorbent paper
- Large paint brushes
- 3 jars or paint pots

Add a half teaspoon of dye to half cup of water and mix well.

Place a brush in each jar or paint.

Dip the brush in the paint to soak up the watery paint and then hold over the paper so it drips down and spreads into the paper.

Try another colour and watch how the colours mix together.



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## **Episode 2**



#### **PRESENTERS**

Karen Pang & Andrew McFarlane

#### **PIANIST**

Peter Dasent

# TOLD STORY Good Morning Maurice

(A story told by the Play School team)

### FILM

### **NSW Mounted Police**

(Play School, ABC)

#### **IDEAS FOR LATER**

- Go on a pretend horse or pony ride using an old broom handle as your faithful horse.
   See what places you can visit or people you can meet as you gallop near and far.
- Play a different sort of matching game with plastic containers and lids or saucepans and lids. Try to find which lid is the shape and size for just the right fit.

#### SONGS

#### **Mixing Song**

Composer: Peter Dasent & Arthur Baysting Publisher: Origin / ABC Music Publishing

#### Trot, Trot, Trot

Composer: Traditional

Publisher: Origin / ABC Music Publishing

#### Hey There, What Do You Wear

Composer: Helen Martin

Publisher: Control

#### **Playing Ball**

Composer: Edna G Buttolph Publisher: Willis Music Company

#### Time To Go Out

Composer: Kylie Montague

Publisher: Control

#### **Row Row Your Boat**

Composer: Traditional

Publisher: Origin / ABC Music Publishing

#### Happy Birthday

Composer: Mildred Hill & Patricia Hill



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#### MAKE AND DO



#### **How to Make Carrot Cake**

#### You will need:

- Chopping board
- Kitchen knife
- Grater
- Mixing bowls
- Wooden spoon
- Tea spoon
- 2-3 medium carrots
- 125grams self raising flour
- 2/3 cup vegetable oil
- ½ tea spoon of nutmeg and ½ teaspoon of cinnamon
- 2 eggs
- ½ cup brown sugar

Peel or scrub and then grate the carrots.

Place in mixing bowl.

Add the oil and mix well with wooden spoon.

Add the flour, sugar and cinnamon and nutmeg and mix through.

Crack the two eggs into a separate bowl and mix with a fork then add the eggs to other ingredients. Mix well.

Place the mixture into a cake tin and bake at 180 degrees until brown and firm to touch.

#### **Cream Cheese Icing**

- Small bowl
- Wooden spoon
- Orange squeezer
- Light cream cheese
- Lemon juice
- Icing sugar
- Blueberries
- Strawberries

Place a large dollop of cream cheese in bowl and 1/3 cup of icing sugar.

Cut the lemon and squeeze out the juice using the orange squeezer.

Add the juice to the mixture and stir until smooth.

Spread the icing onto the cooled cake and decorate with strawberries and blueberries.

Cut the carrot cake, share it with your friends and family, eat and enjoy.



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## Episode 3



#### **PRESENTERS**

Michelle Lim Davidson & Teo Gebert

#### **PIANIST**

Peter Dasent

### STORY With Nan

Author: Tania Cox Illustrator: Karen Blair

Publisher: Windy Hollow Books

#### **FILM**

#### Playing In The Snow

(Play School, ABC)

#### **IDEAS FOR LATER**

- Make a set of binoculars for exploring out in the garden, in the park or the bush. Use two cardboard cylinders taped together.
   Attach a string or length of wool for a strap using masking tape.
- Visit a pet shop to see what animals or other creatures there are to see. Are there fluffy rabbits, hermit crabs or tropical fish to watch?

#### **SONGS**

#### Time To Go Out

Composer: Kylie Montague

Publisher: Control

#### **Come Along Now**

Composer: Ruth Crawford Seeger Publisher: Origin / ABC Music Publishing

#### Down To The Bottom

Composer: Chris Harriott & Simon Hopkinson

Publisher: ABC Music Publishing

#### Chubby Little Snowman

Composer: Traditional

Publisher: Origin / ABC Music Publishing

#### **Everybody Do This**

Composer: Traditional

Publisher: Origin / ABC Music Publishing

#### Walking In The Bush

Composer: Tony Strutton

Publisher: ABC Music Publishing

#### I Can Fly

Composer: Lucille Wood Publisher: Chambers Harrap

#### Heal and Toe Polka

Composer: Traditional

Publisher: Origin / ABC Music Publishing



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#### MAKE AND DO



#### How to Make a Pillow Snowman

### You will need:

- Large cushions
- Medium cushions
- Small cushions

Place the two large cushions on top of each other on a flat surface.

Then stack the medium cushions on top.

Finally, stack the smallest cushions at the very top of the cushion snowman.

Your cushions can be different shapes, sizes and colours. See how tall or small you can make your snowman.

#### How to Dress your Toys for the Snow

#### You will need:

- Firm cardboard
- Pipe cleaners
- Small strips of woolly fabric or two old socks
- Cushions
- An old white sheet

### Instructions

Create skis for each toy using lengths of firm cardboard cut into rectangles of suitable length. Attach pipe cleaners to cardboard skis using tape. Use two more pipe cleaners for ski poles for each toy. Use pieces of fabric or an old sock to create a scarf for each toy and use an old sock pulled on to the toy's head for a woolly hat. Create a mountain from a pile of cushions and cover with an old white sheet. Your snowy mountain is ready for the skiers to visit and ski from top to bottom.



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### **Episode 4**



#### **PRESENTERS**

Emma Palmer & Teo Gebert

#### **PIANIST**

Peter Dasent

# TOLD STORY The Play Date

(A story told by the Play School team)

### FILM NT Art Gallery

(Play School, ABC)

### **IDEAS FOR LATER**

- Make a stop and go sign, using two paper plates. Paint one red and one green. Ask someone to help you to write 'Stop' on the red one and 'Go' on the green one. Use masking tape to attach your paper plate 'Stop' and 'Go' signs to the end of a stick or piece of dowel. Now you can use your 'Stop' and 'Go' signs while going for a walk, or a run or jump, when riding bikes or dancing with your friends or family.
- Make a city using recycled cardboard boxes and lengths of cardboard for roads.

#### **SONGS**

#### Round and Round

Composer: Kylie Montague

Publisher: Control

#### Round and Round We Go

Composer: Colin Buchanan

Publisher: Rondor

#### The Wheels On The Bus

Composer: Traditional

Publisher: Origin / ABC Music Publishing

#### Time To Go Out

Composer: Kylie Montague

Publisher: Control

#### **Looking Song**

Composer: Arthur Baysting & Peter Dasent Publisher: Origin / Control / ABC Music Publishing

#### Rock A Bye Your Bear

Composer: Greg Page, Anthony Field, Jeff Fatt

& Murray Cook

Publisher: ABC Music Publishing



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### MAKE AND DO





You will need:

- Runny paint in squeeze bottles (acrylic paint works well)
- Table top covered with a plastic sheet firmly fixed to the table
- A3 pieces of firm card

Squeeze paint onto plastic sheet.

Use hands to move the paint all around, up and down.

Use the flat part of your hand, your fingers or just one finger.

You can move the paint around and around or up and down.

Squeeze on another colour to see the colours change as you mix them together.

To take a print carefully place paper on what you've painted and press down.

Carefully lift the paper off to see your print. Hang the print to dry.

Tip: Wash and dry your hands before taking the print.



#### How to Make a Mandarin Bag Head Sculpture

You will need:

- A mandarin or small onion bag
- Scrap paper
- Hair elastic
- Stickers
- Pipe cleaners
- Peg
- Feathers

Fill mandarin bag with scrap paper.

Secure at the bottom with the hair elastic.

Add stickers for eyes, the peg for a nose and pipe cleaner ears.

Poke feathers into the top of the head for spiky hair.



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## Episode 5



#### **PRESENTERS**

Emma Palmer & Andrew McFarlane

#### **PIANIST**

Peter Dasent

#### **STORY**

#### **Helping Little Star**

Author & Illustrator: Sally Morgan & Blaze

Kwaymullina

Publisher: Walker Books Australia

#### **FILM**

### **Messy Mural**

(Play School, ABC)

#### **IDEAS FOR LATER**

- Create a lunar landscape in a sandpit, sand tray or at the beach. Push a ball down into the sand to create a crater. Use different sized balls to create different sized craters. Find some rocks or pebbles to place as moon rocks.
- What would moon music sound like?
   Create some moon music using household objects or musical instruments.
- Create your own jungle adventure with toys or made animals.

#### **SONGS**

#### Making A Hat

Composer: Peter Dasent & Sophie Emtage Publisher: Origin / Control

#### **Zoom Zoom**

Composer: Peter Charlton & Paul Reade

Publisher: Control

#### **Rocket Song**

Composer: Peter Dasent & Mark Barnard

Publisher: Origin / Control

#### Who Can?

Composer: Bob Randall Publisher: Daki Budtcha

#### Time To Go Out

Composer: Kylie Montague

Publisher: Control

#### **Walking Through The Jungle**

Composer: Max Lambert Publisher: ABC Music Publishing

#### Friends All Together

Composer: Peter Dasent & Sophie Emtage

Publisher: Origin / Control

#### Twinkle Twinkle, Little Star

Composer: Traditional

Publisher: Origin / ABC Music Publishing



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#### **MAKE AND DO**



How to Make Toy Jetpacks

#### You will need:

- Cereal boxes
- Cardboard cylinders
- Stickers
- Foil
- Small box
- Masking tape
- Foil patty pans
- Orange and red streamers
- Shallow plastic containers
- Paper cut to fit inside the containers
- 8 Elastic bands
- Several small dishes of paint
- Paintbrushes

To start making your jet pack attach a small cylinder to the side of the cereal box using masking tape.

Add a red and green sticker for the control buttons.

Attach a lager cylinder to the other side using masking tape. This is designed to hold an empty water bottle.

Attach a small box to the back of the jet pack using masking tape. This is to hold a pretend sandwich.

Attach four patty cases to the base of the jetpack. These are the jet blasters.

Tape the coloured streamers to the patty cases as flames.

Create straps for the jetpack using 4 lengths of ribbon or fabric cut to size to fit the wearer.

Put on your jetpack and blast off to the moon. 5 4 3 2 1 0 - Blast off!