

Helping Hands



This series of Play School is all about helping hands. The concept of helping is central to how children develop; both through the help that others give them and through the opportunities young children have to help others. Children learn socially and collaboratively through interactions with others, these interactions are frequently framed as 'helping'.

Finding opportunities to help others and knowing how to seek help when it is needed are important abilities for children. These interactions make a strong contribution to children's social and emotional development, as well as driving cognitive and physical development through the activities that occur when help is given.

Helping is a common daily activity and the series presents it in many forms. However helping is always positive and rewarding, even when it is in challenging circumstances. "Helpful Humpty" faces one challenge after another in this series and he demonstrates kindness, resourcefulness and resilience as he helps others. Humpty finds helping rewarding and is "happy to help!". We encourage children to do the same!

Episode 1



PRESENTERS

Michelle Lim Davidson & Luke Carroll

PIANIST

Peter Dasent

TOLD STORY

Three Dino Friends

(A story told by Play School)

FILM

Veggie Garden

(Play School, ABC)

IDEAS FOR LATER

- Practice tying your shoelaces. Get a grown up to show you how it's done.
- Make your own dinosaur shapes and tie them onto your shoe laces and do the dino stomp.
- Ask somebody busy or upset if you can help them. That would be very kind!

SONGS

This Is The Way

Composer: Traditional

Publisher: ABC Music Publishing

I'm Going Places in My New Shoelaces

Composer: Adrian Bell

Publisher: Unpublished (APRA / AMCOS Registered)

The Dino Stomp

Composer: Judith Simpson & Max Lambert

Publisher: ABC Music Publishing

Changes

Composer: Henrietta Clark & Don Spencer

Publisher:

It's Fun To Make Things

Composer: Scott Aplin & Phil Barton

Publisher: ABC Music Publishing

Digging Digging With My Spade

Composer: Zoe McHenry

Publisher: Orient Pacific Music

Driving In The Car

Composer: Sophie Emtage &

Peter Dasent

Publisher: Control / Origin

The More We Are Together

Composer: Traditional

Publisher: ABC Music Publishing

MAKE AND DO



How to Make Stomping Dinosaur Shoes

You will need:

- Coloured foam, cardboard, or fabric
- Scissors
- Lace-up shoes

Draw and then cut two dinosaur shapes out of the coloured foam, cardboard or fabric. Try T-rex, Stegosaurus, Triceratops – any will do, ask someone to help if needed.

Cut two slits in the dinosaur and thread one of the laces on your shoe through each slit. Bring the two laces together in front of the dinosaur, put your shoes on your feet and tie a bow.

Ask an adult for a helping hand if needed!

Stomp around in your Stomping Dinosaur Shoes.



How to Make Gumboot Puppets

You will need:

- A gumboot for each puppet
- Decorations to stick on the gumboot – sticky spots, other craft.

Put your hand into a gumboot to make it a dinosaur puppet.

Use the decorations to give your dinosaur eyes, mouth, teeth, and spikes.

Use gumboots of different sizes to make a family of dinosaurs, or a group of friendly dinosaurs.

You don't need to decorate them all, you can just use your imagination. Don't forget to roar like a dinosaur.

Episode 2



PRESENTERS

Miranda Tapsell & Teo Gebert

PIANIST

Peter Dasent

STORY

Too Busy Sleeping

Author: Zanni Louise

Illustrator: Anna Pignataro

Publisher: Little Hare Books, 2015

FILM

Farm Vet

(Play School, ABC)

IDEAS FOR LATER

- Paint a picture with a friend and help each other.
- Pretend to be "Helpful Humpty" and come to the rescue of someone that needs help.
- Collect any animal toys you have, line them up and make them come alive with animal noises or a song. How many animal noises do you know?

SONGS

My Hands Are Clapping

Composer: Traditional

Publisher: ABC Music Publishing

Do You Plant Your Cabbages

Composer: Traditional

Publisher: ABC Music Publishing

Cuddle Up

Composer: Sophie Emtage & Peter Dasent

Publisher: Control / Origin

Shake Your Bells

Composer: Traditional

Publisher: ABC Music Publishing

Little Peter Rabbit

Composer: Traditional

Publisher: ABC Music Publishing

Jollity Farm

Composer: Leslie Sarony

Publisher: ATV Northern Songs

MAKE AND DO



How to Make a Handprint Mural

You will need:

- A very large piece of paper, or a large cardboard box
- A smock or apron
- Paint
- A tray or large plate
- A cloth for cleaning

A mural is a large painting, often as large as a wall.

Put the large paper or cardboard on a flat surface, or against a wall. Tape it to the wall if necessary.

Put the paint on a plate or tray.

Use your hands to print on the paper/cardboard. Handprints, handprints everywhere. Use your favourite colours.

You may need someone to help as you will have paint all over your hands!

Remember to wash your hands and help to clean up.

Episode 3



PRESENTERS

Karen Pang & Alex Papps

PIANIST

Stuart Hunter

STORY

Box

Author: By Min Flyte

Illustrator: Rosalind Beardshaw

Publisher: Nosy Crow, 2015

FILM

Rottnest Ranger

(Play School, ABC)

IDEAS FOR LATER

- Dress up as someone who has a job helping others – a doctor, a nurse, a teacher or an ambulance worker.
- Explore some bushland with your family and look for animals.
- Pretend to be an animal. First, look up some information on your chosen animal in books or online.

SONGS

Build It Up

Composer: Peter Charleton

Publisher: ABC Music Publishing

Will You Come To My Castle

Composer: Traditional

Publisher: ABC Music Publishing

Dragon Song

Composer: Don Spencer

Publisher: Unpublished

(APRA / AMCOS member)

Little Red Engine

Composer: Traditional

Publisher: ABC Music Publishing

Mary Had A Little Lamb

Composer: Traditional

Publisher: ABC Music Publishing

Der Glump

Composer: Traditional

Publisher: ABC Music Publishing

Animal Antics

Composer: Judith Keyzer & Peter Dasent

Publisher: Control / Origin

There Was A Little Donkey

Composer: Traditional

Publisher: ABC Music Publishing

MAKE AND DO



How to Make A Box Tower

You will need:

- A collection of cardboard boxes of different shapes and sizes
- Masking tape

Build up a tower with your boxes. Tape them together to make it stronger.

Or knock them down and start again!

Now try again, this time make it a castle.

How to Make Bunting

You will need:

- Coloured paper or fabric
- String (a long piece, 2 metres or more)

Bunting is the decorative string with colourful flags that you see at parties and fetes.

You can make your own by cutting out large paper, or fabric, triangles. You will need many triangles. These should be the size of small book.

Place the fabric or paper onto the string so that the points of the triangles point downward. Fold over the triangle edge running along the string and secure it with tape.

Episode 4



PRESENTERS

Justine Clarke & Miranda Tapsell

PIANIST

Peter Dasant

TOLD STORY

The Lion And The Mouse

(A story told by the Play School team)

FILM

Kings Park

(Play School, ABC)

IDEAS FOR LATER

- Try making your own diorama in a cardboard box. You could make a garden, or perhaps a town, or house. Use whatever is at hand.
- Go into a garden or park and see if you can spot some animals and insects.
- Do some cooking with your family or friends. Pears are easy to bake in the oven. Simply cut them in half, add a dab of butter and a dib of brown sugar. Taste how juicy and sweet they are!

SONGS

Stir Up The Pudding

Composer: Traditional

Publisher: ABC Music Publishing

Two Little Apples

Composer: Paula L Zajan

Publisher: EMI Australia

Doin' It

Composer: Arthur Baysting & Peter Dasant

Publisher: Origin

Animal Ride

Composer: Tony Strutton

Publisher: Control (APRA Registered)

Run A Little

Composer: Satis Coleman & Alice Thorn

Publisher: The Willis Music Co

administered by Campbell Connelly(Aust) P/L

If You're Happy And You Know It

Composer: Traditional

Publisher: ABC Music Publishing

MAKE AND DO



How to Make Vanilla Custard in a Cup

You will need:

- An oven tray or dish (with a rim so that it can hold water)
- 2 cups or ramekins
- Fork (or mini whisk)
- 2 eggs
- 2 cups milk
- Vanilla extract
- Grated nutmeg

You can make this custard in a cup or a ramekin.

Break each the egg into a cup, whisk it with a fork.

Pour milk gently in so that each cup is almost full. Mix the egg and milk together.

Add a sprinkle of sugar, add a drop of vanilla, mix again.

Grate nutmeg on top and put into a tray or dish. Add water to the tray so that the cups are sitting in water.

Get a grown up to help put the tray into a moderate oven. Bake for 20 minutes.

Enjoy!



How to Make a Lion Puppet

You will need:

- A brown paper bag
- Colourful sticky notes
- A black felt tip pen
- A strip of white paper for teeth

Take the brown paper bag and fold the top down to the half-way point.

On this folded part add colourful sticky notes around the edge. This is the lion's mane.

Draw two eyes and a triangle for a nose.

Draw a toothy zig-zag on the strip of white paper. Stick this to the folded over part for the teeth.

Now you have a lion puppet.

Roar!

Episode 5



PRESENTERS

Justine Clarke & Teo Gebert

PIANIST

Stuart Hunter

STORY

We All Sleep

Author: By Ezekiel Kwaymullina

Illustrator: Sally Morgan

Publisher: Freemantle Press, 2015

FILM

Paramedics

(Play School, ABC)

IDEAS FOR LATER

- Sneak up and surprise your family with a snappy crocodile made from egg cartons! Snap, snap.
- Help your family and friends by tidying up, like Helpful Humpty.
- Try singing a lullaby. Sing softly and gently to put all your toys to sleep. Did it work?

SONGS

Green, Green

Composer: Traditional

Publisher: ABC Music Publishing

Inanay

Composer: Traditional

Publisher: ABC Music Publishing

It's Fun to Make Things

Composer: Scott Aplin & Phil Barton

Publisher: ABC Music Publishing

Do The Cockatoo

Composer: Sophie Emtage & Peter Dasent

Publisher: Control / Origin

Pick a Bale of Cotton

Composer: Traditional

Publisher: ABC Music Publishing

Move over And Make Room For

Composer: Traditional

Publisher: ABC Music Publishing

MAKE AND DO



How to Paint a Landscape Mural

You will need:

- A very large piece of paper, or a large cardboard box
- A smock or apron
- Paint
- A sponge + a spray bottle
- A tray or large plate
- A cloth for cleaning

A mural is a large painting, often as large as a wall. They can be pictures of landscapes.

Put the large paper or cardboard on a flat surface, or against a wall. Tape it to the wall if necessary.

Put the paint on a plate or tray with the sponge. Put on your smock.

Use the sponge to paint a scene, perhaps a sky and mountains, or an ocean. Use the spray bottle filled with paint and some water to add a shiny sun or bushy tree. Add some animals.

You may need someone to help. Remember to wash your hands and clean up.

How to Make a Snappy Crocodile

You will need:

- A large egg carton
- Scissors
- Green paint or green felt tip pen.

Take the egg carton and cut it to separate the top and the bottom.

Now, trim around the edge of each piece so the cardboard looks like teeth.

Paint or colour the two pieces in green.

Now, with one piece in each hand... snap and clap them together and pretend to be a sneaky, snappy crocodile!