

## I Can Do This



*During the first five years of life young children develop from total dependency on others to active and independent human beings. This is a time of wide-eyed looking, careful listening, lots of touching, smelling and tasting and lots of moving. In a matter of a few years young children go from rolling and crawling, to sitting walking, running and climbing. In this series we celebrate the many skills and capacities that young children acquire as they explore, practice and play during this very important time in their life span.*

## Episode 1



### PRESENTERS

Emma Palmer and Hugh Sheridan

### PIANIST

Peter Dasent

### TOLD STORY

#### **The Three Little Kittens**

(A story told by the Play School team)

### WINDOWS FILM

#### **Dolls Getting Washed**

(Play School, ABC)

### FILM

#### **I Can Do This - Babies**

(Play School, ABC)

### IDEAS FOR LATER

- Create a tunnel from cardboard boxes and wriggle your way through
- Take a walk to the park to see if you can find some leaves or seedpods on the ground that you could add to your dangly decoration
- Make a cosy bed for a favourite toy using a shoe box and some fabric for a snugly blanket

### SONGS

#### **It's Fun To Make Things**

Composer: Scott Aplin and Phil Barton

Publisher: ABC Music Publishing

#### **Round and Round and Round We Go**

Composer: Colin Buchanan

Publisher: Rondor

#### **I Can Do This**

Composer: Peter Dasent & Arthur Baysting

Publisher: Origin/Control/ABC Music Publishing

#### **Do Do Do**

Composer: Vanessa and Karina Johnston

Publisher: Jingle Jam Pty. Ltd.

#### **Everybody Do This**

Composer: Traditional

Publisher: ABC Music Publishing

#### **Three Little Kittens**

Composer: Traditional

Publisher: ABC Music Publishing

#### **Warm Kitty, Soft Kitty**

Composer: Traditional

Publisher: ABC Music Publishing

#### **Splish Splash Splosh**

Composer: Peter Mapleson and Robyn

Mapleson

Publisher: ABC Music Publishing

#### **Bathtime**

Composer: June Epstein

Publisher: Allans Music Co.

#### **Cuddle Up**

Composer: Peter Dasent and Sophie Emtage

Publisher: Origin / Control

## MAKE AND DO



### How to Make Dangly Decorations

You will need:

- Patty cases
- Cardboard
- Plastic lids with a hole
- Straws cut into sections

Thread the different items on to the ribbon and hang.



### How to Make Woolly Cat

You will need:

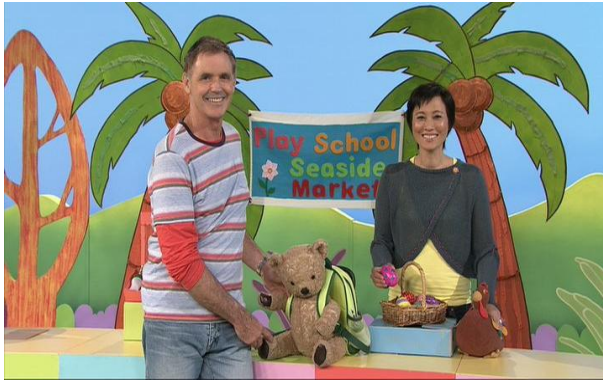
- Ball of wool
- Small stickers
- Pipe cleaners
- Narrow ribbon

Attach two stickers for the cat's eyes.

Fold a pipe cleaner to make pointy ears and thread through the ball of wool.

Use two small pieces of pipe cleaners to make the cat's front and back legs.

## Episode 2



### PRESENTERS

Karen Pang and Andrew McFarlane

### PIANIST

Peter Dasent

### TOLD STORY

#### **Blobette Goes To Daycare**

(A story told by the Play School team)

### WINDOWS FILM

#### **Mindil Beach Markets**

(Play School, ABC)

### FILM

#### **I Can Do This – 2 Year Olds**

(Play School, ABC)

### IDEAS FOR LATER

- Make your own market stall and sell some fruit and vegetables to someone in your family
- Create a sea painting with lots of blue-green waves. An old comb dragged through the paint can create some wavy shapes
- Visit a pet shop and see if there are some brightly coloured fish swimming round and round in the tanks

### SONGS

#### **I Do Like To Be Beside The Seaside**

Composer: John A. Glover-Kind

Publisher: A & C Black, London 1977

#### **Here Is The Sea**

Composer: John Fox

Publisher: ABC Music Publishing

#### **Munch An Apple**

Composer: Peter Dasent and Sophie Emtage

Publisher: Origin / Control

#### **I Can Do This**

Composer: Peter Dasent & Arthur Baysting

Publisher: Origin/Control/ABC Music Publishing

#### **Build It Up**

Composer: Peter Charlton

Publisher: ABC Music Publishing

#### **Hurry, Hurry, Drive The Firetruck**

Composer: Roberta McLaughlin & Lucille Wood

Publisher: Chambers Harrap Publishing

#### **Zoom**

Composer: Peter Charlton & Paul Reade

Publisher: Control

#### **Tugboat**

Composer: Edith Newlin & Irma Simonton

Publisher: Allan's Music (Australia)

#### **Roly Poly**

Composer: Angela Moore and Peter Dasent

Publisher: Origin / ABC Music Publishing

#### **Hey Hey Hey**

Composer: Judith Keyzer and Peter Dasent

Publisher: Origin / ABC Music Publishing



## MAKE AND DO



### How to Make Melon Boat Fruit Salad

You will need:

- Chopping board
- Kitchen knife
- Half watermelon
- Rockmelon
- Apple
- Banana
- Chopstick
- Napkin

Peel and chop the banana and rockmelon, chop the apple and chunks of watermelon.

Place the fruit in the watermelon shell.

Add a chopstick mast and a napkin sail to make a Melon Boat.

## Episode 3



### PRESENTERS

Emma Palmer and Hugh Sheridan

### PIANIST

Peter Dasent

### STORY

#### **Somebody's House**

Author: Katrina Germein

Illustrator: Anthea Stead

Publisher: Walker Books Australia, 2013

### WINDOWS FILM

#### **Community Garden**

(Play School, ABC)

### FILM

#### **I Can Do This – 3 Year Olds**

(Play School, ABC)

### IDEAS FOR LATER

- Make a spotty picture using coloured round stickers
- Make a fruit smoothie by blending some of the fruit with some ice to make it cool and crunchy.
- Take a walk to the park or the shops and see what sorts of trees are along the way. You might see pointy trees or bendy trees or great big shady trees.

### SONGS

#### **Mixing Song**

Composer: Peter Dasent and Arthur Baysting

Publisher: Origin / Control

#### **Would You Like To Be A Tree?**

Composer: Peter Casey and Carissa Campbell

Publisher: Control

#### **Dig Dig Dig**

Composer: Julian Gough, Monica Trapaga and David Basden

Publisher: ABC Music Publishing

#### **I Can Do This**

Composer: Peter Dasent & Arthur Baysting

Publisher: Origin/Control/ABC Music Publishing

#### **Toothbrush Song**

Composer: Traditional

Publisher: Origin / ABC Music Publishing

#### **Dancing Face**

Composer: Peter Dasent & Arthur Baysting

Publisher: Origin

#### **Watermelon**

Composer: Peter Dasent & Arthur Baysting

Publisher: Origin

## MAKE AND DO



### How to Make A Play Dough Face

You will need:

- Balls of different coloured play dough
- Paper plate

Roll and flatten two small balls of play dough for eyes.

Take a piece of different coloured play dough and squeeze into a long shape for a nose.

Roll a long snake shape and break in half to create two eyebrows.

Lastly, create another snake shape for a mouth; a happy, sad or surprised mouth.

## Episode 4



### PRESENTERS

Rachel Coopes and Alex Papps

### PIANIST

Peter Dasent

### STORY

#### ***The Dancing Class***

Author & Illustrator: Helen Oxenbury  
Publisher: Walker Books Australia

### WINDOWS FILM

#### ***Living at the Easter Show***

(Play School, ABC)

### FILM

#### ***I Can Do This – 4 Year Olds***

(Play School, ABC)

### IDEAS FOR LATER

- Find a safe place to do a spinning dance – round and round and all fall down
- Use a broom to make a horse to ride
- Play a table top soccer game with a friend. Create the goals from two recycled ice cream containers and the ball from a rolled up piece of paper. Use your hand to push the ball towards the goal.

### SONGS

#### ***I Like To Sing***

Composer: Peter Dasent & Garth Frost  
Publisher: Origin / Control

#### ***Come On And...***

Composer: Louie Suthers  
Publisher: Control

#### ***If You Want To Know How***

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

#### ***I Can Do This***

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

#### ***Hip, Hip Hooray!***

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



## MAKE AND DO



### How to Make Spinny Figures

You will need:

- Two body shape cut from cardboard
- Pencil
- Scraps of old wrapping paper
- Paste
- String
- List of things needed

Draw faces on the two figures.

Add clothes to the two figures by pasting on the scraps of paper.

Create a hole in the centre of each figure and thread string through.

Wind the figure round and around so that the string twists tighter and together.

When you release the figure your spinny figure will spin around and around.

## Episode 5



### PRESENTERS

Alex Papps and Rachel Coopes

### PIANIST

Peter Dasent

### TOLD STORY

#### **Joe Gave It A Go!**

(A story told by the Play School team)

### WINDOWS FILM

#### **Naidoc Festival**

(Play School, ABC)

### FILM

#### **I Can Do This – 5 Year Olds**

(Play School, ABC)

### IDEAS FOR LATER

- Half fill a small plastic bottle with rice or beans, tape the lid on securely and shake it, shake it, shake it. You have made a musical instrument
- Glue pop sticks around a favourite painting to create a picture frame.
- Create your own bean bag for balancing. Half fill a sandwich-sized plastic clip-lock bag with dried beans. Close off the open end of the bag and tape down to secure. Place the sealed bean-bag within another empty clip lock bag for added strength. Seal and tape the second bag closed. Place the bean bag on your open hand or on your head and walk slowly and balance carefully so that the bean bag doesn't fall off.

### SONGS

#### **Painting a Picture**

Composer: Peter Dasent & Garth Frost

Publisher: Origin / Control

#### **I Had A Cat**

Composer: Traditional

Publisher: Origin / ABC Music Publishing

#### **Twinkle, Twinkle, Little Star**

Composer: Traditional

Publisher: Origin / ABC Music Publishing

#### **I Can Do This**

Composer: Peter Dasent & Arthur Baysting

Publisher: Origin/Control/ABC Music Publishing

#### **New Shoe Laces**

Composer: Adrian Bell

Publisher: Control

#### **Standing On One Leg**

Composer: Graham Beebee

Publisher: PRS UK

## MAKE AND DO



### How to Make a Splattered Painting

You will need:

- Shallow plastic containers
- Paper cut to fit inside the containers
- 8 Elastic bands
- Several small dishes of paint
- Paintbrushes

Place paper in the base of each container.

Place 4 plastic bands around each container.

Use a paintbrush to paint the elastic bands.

Pluck the elastic bands with your fingers and then see the amazing pattern you have created.