



dress  
up day



# Guide to getting your playgroup involved in Dress Up Day



Choose a date to celebrate Dress Up Day during Children's Week 19-27 October 2019.



Register your playgroup for Dress Up Day at [playgroupqld.com.au](http://playgroupqld.com.au) to receive your resource kit.



Organise an event or celebration at your playgroup and encourage the entire playgroup - not just the children - to dress up.



Decide if you are going to make the costumes during playgroup or simply show up in costume on the day.



Don't forget to take photos and send them in to us!



# Pretend Play

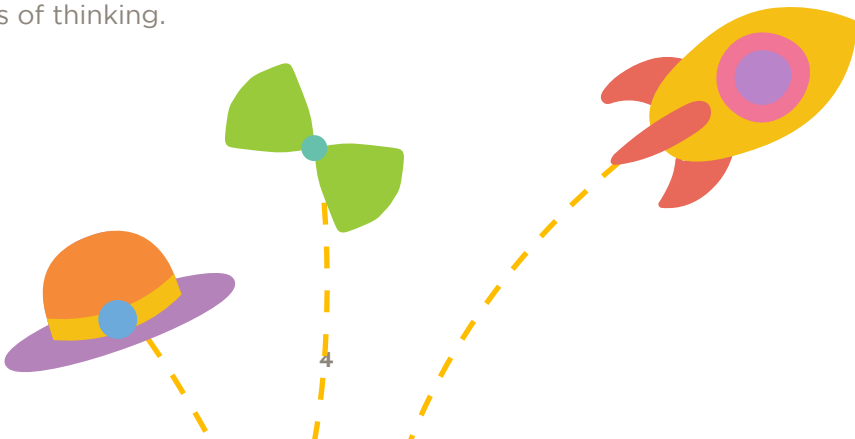
## Imagination builds confident learners

Dressing up plays an important role in a child's development. It allows for experimentation in the realms of role play and fantasy. It also enhances a child's:

- emotional aptitude
- reasoning ability
- language skills
- sensory motor skills.

When role playing, children use their imaginations. Role play encourages children to practice speech and language, share, take turns and cooperate, which contribute to developing their social skills. Imaginative play – or pretend play – lets children explore different aspects of their personalities. It better helps them understand and process their own emotions.

Younger children are open to trying out a variety of costume ideas and are not worried about gender stereotypes. Dressing up promotes independence and the best bit is when children play dress ups they are learning how to dress themselves! The stimulating environment of dress-up play pushes a child toward higher levels of thinking.









## Activity #1

# DIY Masks

### Why?

Creating their own masks allows children to use their imagination and fine motor skills. They can also be creative and make something truly out of this world.

### Instructions:

1. Choose an animal or character (we used one of our Play Pals, Ellie the Elephant).
2. Take a paper plate and cut out eye holes.
3. Use a second plate and cut out ears and a trunk (if you make Ellie!). Stick the ears and trunk on to the first plate.
4. Colour in the paper plates or paint on the animal's features.
5. Punch small holes on either side of the plate and feed the string through.

### Extension of activity:

Let your imagination go wild and create costumes from everyday objects. Children can become doctors, nurses, pirates, mermaids, cowboys, animals, space creatures, ANYTHING! What's your favourite animal? Are you feeling silly today or happy? Do you dream of flying? Create any character you like.

### What you need?

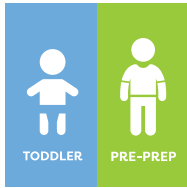
- Paper plate
- Coloured card
- Felt
- Scissors
- Sticky tape
- String
- Paint/textas/pencils
- Icy pole sticks
- Pipe cleaners

### Tip!

**Let the children create their own characters.**







## Activity #2

# The Artist

### Why?

Imaginative or pretend play allows children to act out experiences and interests while developing important communication, creativity and social skills.

### Instructions:

#### Create a sash:

1. Measure the length of the sash on your child
2. Cut sash and then cut circles of coloured cardboard proportionate to your sash
3. Glue circles on the sash

#### Create a paint palette:

1. Cut the paint palette from the cardboard box
2. Cut circles of coloured cardboard proportionate to palette or paint coloured circles onto palette and allow to dry
3. Glue coloured circles of cardboard onto the palette

### What you need?



Coat/  
Smock



Hat/  
Beret



Paint-  
brush



Scissors



Paper/  
Cloth



Card-  
board



Stapler



Glue







## Activity #3

# Animal Ears

### Why?

This activity is a great way to get children talking about what they think might exist in our universe. Allowing them to create their own animal headwear gives them an opportunity to use their imagination and use different materials to craft their creations.

### What you need?



Plastic Headband



Sticky Tape



Card-board



Coloured Card



Glue



String



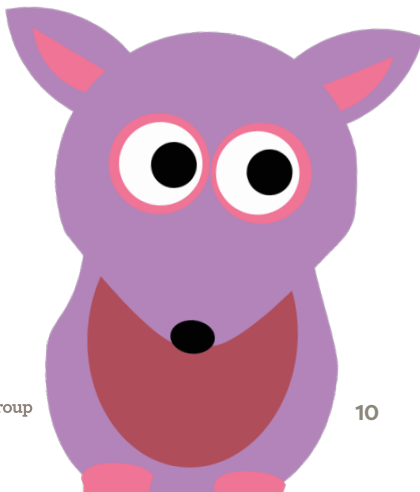
Scissors

### Instructions:

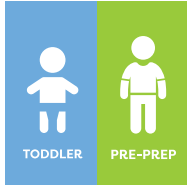
1. Cut out cardboard or felt ears in any shape you like
2. Allow your child to decorate the ears with coloured card, textas or other craft materials you have on hand
3. Stick them on to the headband using glue or sticky tape.

### Tip!

If the felt is flimsy, stick on to cardboard







## Activity #4

# The Scientist

### Why?

Imaginative or pretend play allows children to act out experiences and interests while developing important communication, creativity and social skills.

### Instructions:

1. Cut a bow-tie/tie out of cardboard.
2. Glue items on your bow-tie/tie or colour in to decorate.
3. Attach some elastic to the bow tie/tie using a stapler to fit around the neck.

### What you need?



Coat/  
Smock



Glasses



Gloves



Scissors



Textured  
Paper



Card-  
board



Stapler



Glue



Elastic

### Tip!

Be careful not to make it too tight.









## Activity #5

# Space Alien Dress Up

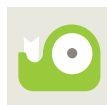
### Why?

Imaginative or pretend play allows children to act out experiences and interests while developing important communication, creativity and social skills.

### What you need?



Plastic Headband



Masking Tape



Pipe Cleaners



Polystyrene balls



PVA Glue



Black Marker

### Instructions:

1. Draw black dots on the polystyrene balls to make 'alien' eyes.
2. Dip the end of the pipe cleaners in some glue and push them into the balls.
3. Trim the pipe cleaners to make sure they are not too long to stand upright.
4. Start to wrap the tape around the headband at one end. Once you get about a third of the way along, stop to add a pipe cleaner. Continue to add more pipe cleaners as you wrap the tape.
5. Bend all the pipe cleaners into the upright position on the headband.
6. Now keep an eye out for the UFO!

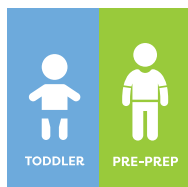
### Caution!

This activity is suitable for three years and up as polystyrene balls can be a choking hazard!

### Extension of activity:

- Get other kids to join in the imaginative activity so they can use cooperation and language to act out their roles of choice.
- Build up some space props to play with the dress ups to allow more exploration of outer space and the universe.
- Check out this page for printable props and ideas on how to make a solar system: [livingmontessorinow.com/montessori-inspired-solar-system-unit/](http://livingmontessorinow.com/montessori-inspired-solar-system-unit/)





## Activity #6

# The Astronaut

### Why?

Dressing up encourages children to be creative while also offering opportunities to learn new concepts and increase their vocabulary.

Making an astronaut costume offers children the opportunity learn about space and gravity, by exploring the solar system and learning about how an astronaut lives and works in outer space and on the moon.

### What you need?



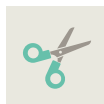
Coat/  
onesie



Glasses



Helmet



Scissors



Gloves



Textured  
Paper



Card-  
board



Cello-  
phane



Glue



Stapler



Elastic



2L Water  
bottle



Paint



Glue Gun

### Instructions:

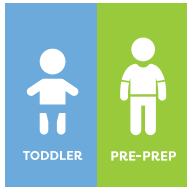
1. Cut the cardboard into a square that will be proportionate to your child's back. Attach string/ribbon/ elastic to the cardboard to form the rocket straps.
2. Paint the plastic bottles silver, or any colour you like and allow to dry.
3. Use a hot glue gun to stick the bottles to the cardboard (neck down) and allow to dry before continuing.
4. Cut flames out of the paper/cellophane and glue or sticky tape them to the bottle necks allowing some of the flame to hang loosely under the 'rocket'.





**Tip!**

Play around with  
different colours.



## Activity #7

# Little Explorers

### Why?

Encouraging children to be explorers through this activity promotes conversations about their world. It's important to let children lead the experience, and offer to incorporate items as the play unfolds. During this experience children will learn new vocabulary and how to work with other children to problem solve. An explorer costumer encourages a child's sense of adventure.

### What you need?



Collared Shirt



Brown Pants



Toilet Rolls



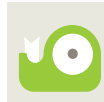
Felt



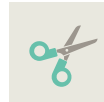
String



Coloured Paper



Sticky Tape



Scissors



Glue



Stapler



Paper Plate



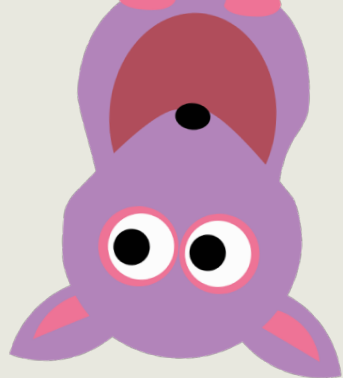
Paper Bowl

### Instructions - Hat:

1. Cut out the middle of the paper plate.
2. Place the paper bowl upside down in the centre of the plate (where you just cut out the section) and stick it together.
3. Decorate your safari hat. Add a piece of string to act as a neck cord.

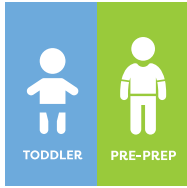
### Instructions - Binoculars:

1. Take two toilet rolls and glue pieces of felt between the rolls to keep them together.
2. On the exterior of each roll, make a small hole for stringing the twine through and creating a strap.
3. Glue items on to your binoculars or colour in to decorate.



**Tip!**

Let children pick  
the colours of the  
paper.



## Activity #8

# Rocket Costume

Why not create a space rocket costume? Make a rocket backpack and talk to your child about space travel. Let the child paint the plastic bottles. During this experience children can learn about rockets and use fine motor skills to cut, glue and paint their rocket backpack.

### Instructions - Hat:

1. Paint two plastic 2L bottles silver.
2. Cut out two sets of felt in the shape of fire. Make the red felt pieces large, the yellow medium sized and the orange small. Glue them together. Attach the pieces to the holes at the top of the plastic bottles.
3. Cut out a piece of cardboard and glue the plastic bottles to it.
4. Cut two pieces of elastic. Attach to the cardboard creating straps, just like that of a backpack.

### What you need?



2 Plastic bottles



Silver Paint



Felt



Card-board



4 Elastic Strips



Scissors



Glue

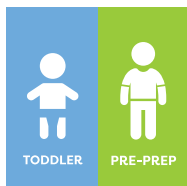
### Extension of activity:

- Paint a helmet silver and let your child wear this as part of their costume.
- Add features to the rocket like buttons made out of bottle caps.





**Tip!**  
Make sure you  
invert the plastic  
bottles.



## Activity #9

# Robot Costume

### Why?

Creating a robot dress up provides foundational learning opportunities, using fine and gross motor skills as well as creative thinking. Children also use cognitive skills in measuring and problem solving as they work towards creating their design. Using this easy guide, you and your child can make this awesome robot!

### What you need?



1 big, painted box  
(large enough to fit  
over child's body)



1 small, painted box  
(large enough to fit  
over child's head)



Long sleeve shirt  
and pants



2 empty yoghurt  
containers



PVA  
Glue



Paper  
Cone



Pom  
Pom



Sticky  
Tape



Tutu



Scissors

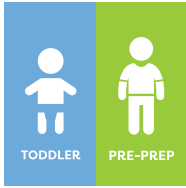
### Instructions:

1. Cut arms out of the big box and a square for the face on the little box.
2. Stick the little box to the big box using tape.
3. Stick the yoghurt containers to the sides of the small box using glue (place them where ears would go).
4. Stick the thick rolled-up cylinder on the top of the small box (this is an antenna) glue a big pom pom to the tip.
5. Decorate however you wish. Tutu/ shorts, bottle lids for buttons, alfoil, etc.
6. Put robot costume over the top of a long-sleeved top and leggings.



### **Extension of activity:**

Ask your child open-ended questions: “what noise does a robot make? What do you think robots are used for?” This gives children the opportunity to draw on their previous experiences with robots, which may be from books, songs, pictures, etc.



## Activity #10

# Space Rock Letters

### Why?

Space Rock Letters is a hands-on, fun way of learning about letters. This activity gives children the opportunity to practise letter recognition using simple materials. Children will begin to learn the alphabet represents a set of symbols that can be used in multiple ways and settings to give meaning and purpose.

### What you need?

- Different size rocks
- Chalk
- Magnetic letters
- Aluminium foil

### Tip!

Join the letters together and create rock words or numbers.

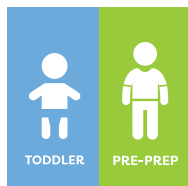
### Instructions:

1. Write the number with chalk on the rock. If a child cannot write you could dot an outline of the letter the child can trace.
2. Wrap them in aluminium foil and hide them in a garden or inside your playgroup venue (taking care not to place them in a difficult to reach position).
3. Invite the children to find them by going on a space treasure hunt.
4. You could also place the rocks on the outline of the letter to form a rock letter after writing on the concrete.

### Extension of activity:

- Before the activity, send the children outside to help find the rocks to use.
- You could also use a paint brush and some water, model the letter on the rock and invite the child to try writing the letter.
- Invite children to create letters using playdough. Use letter placemats to help with this activity.





## Activity #11

# Rocket Ship Costume

This is a great wet weather activity you can do with your child where they can pretend to fly out of this world in their very own rocket.

This rocket ship costume is a great opportunity to inspire curiosity about, the great unknown we know as 'space'.

### Instructions - Hat:

1. Roll the round piece of cardboard into a cone, use tape to hold.
2. Roll up the rectangle cardboard to create a cylinder small enough to fit inside the cone, use tape to hold.
3. Cut two holes on the side for your child's arms and one in the front for their face.
4. Place the cone on the top of the cylinder and stick using tape.
5. Cut left-over cardboard into two right angle triangles and stick on the sides at the bottom of the cylinder.
6. Stick cut-up pieces of cellophane/crepe paper to the inside of the water bottles.
7. Stick the water bottles at the front on the bottom of the rocket.
8. Paint and decorate however you wish.

### What you need?



1 rectangle piece of cardboard



1 piece of cardboard cut into a circle (keep the left-over pieces)



Cellophane/crepe paper (red or orange), cut into sticks



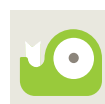
2 water bottles cut in half (only use bottom half)



Paint/  
Foil



Scissors



Adhesive  
Tape

### Tip!

Explore a day  
in the life of an  
astronaut.



### **Extension of activity:**

- Have a conversation about what things you might see if you were to fly into space on a rocket.
- Discuss the solar system, create the solar system with playdough or recyclable materials.
- Explore a day in the life of an astronaut.
- Investigate children's rocket stories (e.g., *Roaring Rockets* by Tony Mitton and Ant Parker).





## Activity #12

# Become a Play Pal!

### Why?

When children use masks in play, they are taking on another persona and moving into the world of make believe. This type of play encourages imagination and role play.

### What you need?

- Scissors
- Felt
- Sticky tape
- String
- Paint/textas/pencils
- Icy pole sticks

### Instructions:

1. Adults - cut out each face shape of the Playgroup Queensland Play Pals (see our website for pictures).
2. Decorate however you wish.
3. Punch holes in the side.
4. Attach string to the length needed to affix to the child's face.

### Tip!

**Create your own versions of the Play Pals!**

