

## Helpful resources for families in lockdown

Are you looking for high-quality media options to support your child's early learning and emotional wellbeing during lockdown?

Here are some recommended video and audio options from the Australian Broadcasting Corporation (ABC).

[Click on the hyperlinks to watch or listen.](#)

Tune into [ABC Kids listen](#) for entertaining and educational audio programs.

Visit the [FREE app](#) for collections encouraging **PLAY, MOVEMENT, DISCOVERY, RELAXATION** and **REST**.



### [Play School collection](#)

For children 2 to 6 years  
Australia's most trusted children's TV show  
informed by early childhood education experts.



### [Learn collection](#)

For children 4 to 6 years  
Supporting early literacy and numeracy development.



### [Calm Kids collection](#)

For children 3 to 6 years  
Supporting emotional wellbeing.



### [Get Moving collection](#)

For children 2 to 6 years  
Encouraging physical movement and exercise.

