


| Week | Activity (Monday) | Activity (Tuesday) | Activity (Wednesday) | Activity (Thursday) | Activity (Friday) |
|-------------------------------------|--|---|--|--|---|
| Week -1 Cognitive Development | <p>"Mr. Potato Says" (Artistic potato)</p>  <p>Help your little ones to paint a potato & play a game learning good habits. To start, all the family members sit on the floor in a circle and keep a basket in the centre filled with things like- comb, toothbrush, hanky, few fruits etc. Turn on some tunes and start passing the potato as fast as you can. When the music stops, the player holding the potato picks up any object told by Mr. Potato and tell about that object and the use of it. For example: (Toothbrush - I brush my teeth twice a day) This fun game will help the child to inculcate Good Habits in them.</p> | <p>"Rock Family Activity"</p> <p>Assist the child in collecting four or more different sized rocks or potatoes to make a family. Bring them back and paint them. Then let the children play with their family. Encourage them to make up stories about their rock/potato family. For example have them name their rocks/potatoes and tell what each one likes to do. Help them expand their stories by asking questions. Let's make this time as the best time and create some fond memories by playing with our little ones giving them the most valuable gift of time.</p> | <p>"Worksheet-1 on Myself"</p>  <p>Kids will do this worksheet which will help them to understand about their gender as a part of learning about their own self. They will make a finger puppet of the same.</p>  | <p>"Power Drink"</p> <p>Kindly ask your child to assist you while making the juice. All three of the ingredients pack a heaping amount of nutrients that will keep the kids healthy. The beta-carotene in Carrots gets turned into vitamin A. Oranges are bursting with vitamin C and Mangoes also contain both vitamins A and C. Mangoes also sweeten the juice, making it more enticing for kids. We can call all of them immunity boosters and they helps us to make this Power drink.</p> <p>What you need:</p> <ul style="list-style-type: none"> • 2 carrots, peeled • 2 oranges, peeled • 1 mango, peeled <p>This activity will help the child to understand the uses of Sensory Organs.</p>  | <p>"Let's make our own mask"</p>  <p>Discuss with your little ones about COVID-19 virus and tell about the importance of social distancing too. Make a beautiful mask at home with the help of given link.</p> <p>(https://youtu.be/gVmilweCgFU)</p> |



Week -2
Language
Development

“Worksheet-2 on Finger Printing”



Kids will do this worksheet where they will fill the basket with Apricots. The kids will make a red circle using thumb and green leaves using index finger.



“Magical creation with letter Aa”



Let's make an Angel using ice-cream sticks or Q-tips to make letter 'Aa', circle shape for making face and hand cut-outs for wings. You can refer to the above picture also.

“Letter -A Recipe & Snack”



Give your child an apple. Ask them to describe the apple using all of their senses. Then cut the apple in half and explain that they grow from seeds. Point out the various parts, ask them to count the seeds. Cut the apple into bite size pieces. Let them eat a piece and tell them to describe how it tastes. Then put the apple pieces in a bowl and ask them to sprinkle salt or chaat masala on them. And a Healthy, Crunchy Apple Chaat is ready to eat.

“Worksheet-3 on Strokes”

Children enjoy hands-on activities and the bright colours. Through this worksheet they will create patterns, swirls, squiggles and zig-zags. Children will have so much fun playing with this fine motor or learning centre activity.



Learning through Art

“Time for Treasure Hunt”

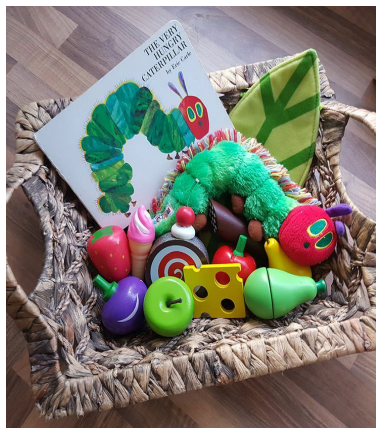


A Treasure Hunt Game for the Letter Aa involves looking for objects around the house beginning with letter Aa or finding objects that have the letter Aa on them. For example: almonds, apple, apron, any toy with letter Aa. Once you find some items place them in a box and name the box as “Treasure Box of Letter Aa”. Ask the child to talk about each object they found in the house like its name, its features and along with its phonic sound. Also ask the child to weave an imaginary story with the collected things.



Week-3
Let's
Together
make our
reading time
more
creative and
innovative

"Bringing Characters Alive in Story Basket"

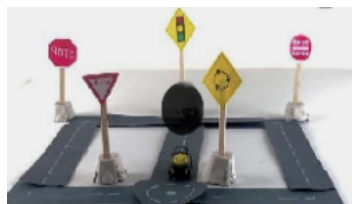


Let your child be a story teller for a day and create their own great story. Kindly provide them a basket filled with different objects/characters like finger puppets or paper cuttings etc to help kids express their feelings and emotions through a beautiful story weaved by them using those resources.

"Reading through SIGNS AND SYMBOLS"



Before a child starts reading, he starts learning from his environment through observation. These signs in our surrounding help our kids to take their first step to understand reading through signs. Let's make it more interesting and try to use few signs to make a nice hot wheel track for our little ones. The given picture will help you to make the sign language more interesting for the kids.



kids.

"Playing I spy with a Word folder"

Make a folder where the child will take pride everyday practicing the sight words in it. He will open the pockets and the words he know he will keep them in the pocket called "Words I know" and for the words he needs practice he will keep them in the pocket called "Practice words". At the end of the day the child will take an immense pride to see that there is no word which is left in the Practice words pocket. This will give sense of accomplishment and joy to the child.

"Sight Words- wind chime"



Dear Parents kindly help your kids to read & understand the sight words (she, he, my, us, we, and, in, is, on) & make a sight word wind-chime by fixing two words everyday on the ribbon/ string.

"Story Talk"

Kindly narrate a story to your little one and discuss about the characters in the story then ask them which character and scene did they liked and which part of the story they would like to change which will help them in having a brainstorming session apparently will let them be more creative and open about their own



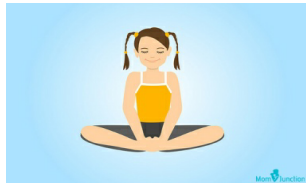
thoughts , likings and beliefs.

Tell your Dad to narrate a story to you. After hearing the story say thankyou to your Dad by making a beautiful card & wishing him "Happy Father's Day"



Week -4
Physical
Development

“Butterfly Pose
(Baddha Konasana)”



A pose that makes your kid flutter like a graceful butterfly, this is believed to offer valuable benefits.

How to do:

Sit with the spine upright and legs spread out straight.

Fold the legs so that the feet are touching each other. Hold them with the hands.

While exhaling, gently move the thighs and knees in a downward motion.

Then start flapping the legs up and down, like the wings of a butterfly.

The flapping should be slow initially and then pick up to speed.

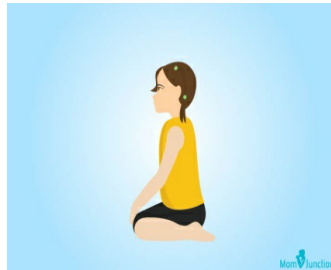
Breathing should be at a normal pace.

Slow down gradually and then stop.

Gently release the posture while exhaling.

Benefits: Stretches the

Hero Pose
(Virasana)



This pose might be the salve for the weary legs of your kids.

How to do:

Sit with the knees together and the feet hip-width apart.

Sit on the heels with the heels touching the hips.

The hands should rest on the knees with the palms facing up.

Straighten the spine and drop the shoulders down and a little towards the back.

Relax the core while taking deep breaths. Retain the posture for as long as it is comfortable.

Benefits: Stretches the spine, quadriceps, and shoulders; improves blood circulation and

“Indoor Bowling”

Create a simple bowling alley in your house and have fun. This game is also ideal for hand-eye coordination in children.

What You Will Need:

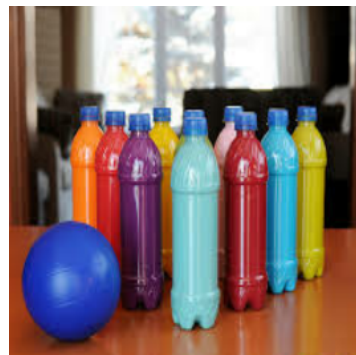
Flat floor space to play,
Ten empty bottles or cans,
Plastic ball or a tennis ball,
Tape and Marker.

How to Play:

Using the tape, create a bowling lane.

Arrange the bottles at the end of the lane. You may arrange it like bowling pins or stack them on top of each other to form a pyramid.

Ask the child to strike this arrangement using the ball.



“Sock Toss Craft”



Using some folded up socks and a bucket, you can enjoy a game of mini basketball right at home.

What You Will Need

Socks and bucket.

How to Play:

Roll up the socks into little balls and tie them. Place the bucket in one place and ask your child to move a few steps away from it.

You can then take turns to throw the sock balls into the bucket. Move further away from the bucket after each turn.



**Week-5
Emotional
and Social
connect**

thighs, knees, and hips;
regulates the intestine
and bowel movement.

“Roll & Count”

Materials required

Small items to count,
Dice,
paper to mark the playing
area and small bowls or
cups.

**Setting up the Math
Game**

Start by setting up your
playing area.
Place a bowl for each
player next to the playing
space.
Give each player 10 small
items for counting.
(beans, buttons, coins,
etc.)
**How to Play Roll and
Count**
The object of the game is
to be the first person to
get all your items in your
bowl.

relieves tiredness of
legs; improves
digestion and posture.

“Number Bingo”

Materials required

Small chits written
with random numbers
from 1 to 10 for
players
Paper to mark the
number announced.
Small bowl filled with
individual numbers(1
to 10)

How to Number Bingo

One person will
announce random
numbers from the
bowl and the players
must circle the
numbers in their chits.
A player whose grid
will be completed first
will win.

| | |
|--------|--------|
| BINGO | BINGO |
| 1 4 6 | 7 2 10 |
| 3 8 9 | 9 8 3 |
| 10 2 7 | 5 6 4 |
| BINGO | BINGO |
| 6 7 2 | 4 7 6 |
| 1 10 9 | 5 9 2 |
| 8 5 3 | 1 8 10 |

“My hand in your hand”



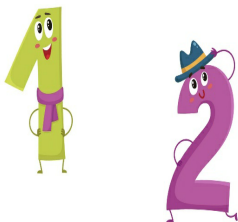
Materials required

Plain/coloured paper,
markers or crayons,
scissors and tape.

How to play

This is a fairly easy activity
for the children to do which
simply consists of:
Child tracing both hands on
construction paper. Child
(with help from parent)
labeling each hand with his
or her name and whether it
is the right or left hand. Cut
the hands drawn precisely.
So the left paper hand in left
hand and right paper hand in
right hand.Now cut few
more of these kinds of
hands of the other family
members and not stand in
two lines facing each other
holding the hands cutout.
Call out two participants
names and ask for them to
“shake paper hands” using

**“Worksheet-4 on
Numbers”**



In this worksheet, the
child will get the
opportunity to
recapitulate the concept
of number 1 and 2 along
with their associated
number values.



In order to understand
the number association,
kindly help them the child
to paste a flower cut-out
and ask them to draw a
standing line and do
thumb printing as per the
number association.



The first player rolls the die and places that many of his/her items in the bowl. Then the second player does the same thing. Play continues back and forth until one person gets all of his/her



items in the bowl!

left or right. Do this enough times for the concept of "left and right" to absorb.

Please refer to the picture for the same.





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