

Hands-on Activities

2 to 5 Years

✓ My daily chore chart

● Learning Objectives

- To sensitize and give first-hand experience about self-care and hygiene.
- To feel a sense of accomplishment and develop self esteem.

● Materials Needed

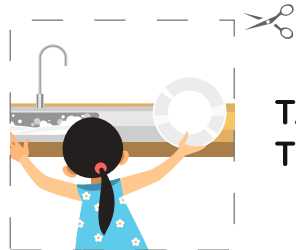
- As per activity chosen.
- Erasable marker/ Pencil

● What to do?

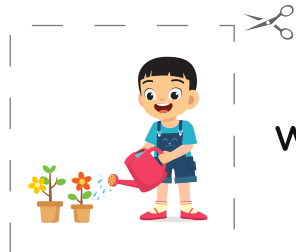
- Parents to have a family discussion about what activities are being done on a daily basis to keep the house clean and hygienic.
- Parents to discuss about self-hygiene too.
- Depending on the age of the child, you can decide how many and which activities the child can carry on independently or contribute towards chores to be done at home daily.
- Whichever chores are chosen by the child for the day, those pictures need to be cut (on page 2) and pasted in the square (on 'My Daily Chores' cards.)
- At the end of the day, the child can draw a happy or a sad face in the small circles on the cards depending on how the child felt while doing that chore.
- There is one empty space on each card for parents to add whatever activity they want.

✓ My daily chores

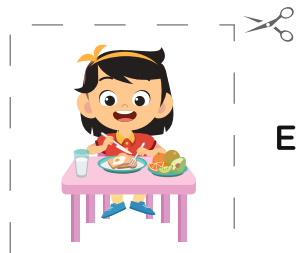
- Please take a printout of this page.
- Cut the pictures of the chores and laminate if possible so that those can be used more than once.



**TAKING A PLATE
TO THE SINK**



WATERING PLANTS



EATING MEALS



CLEARING TOYS



WASHING HANDS



**GIVING CLOTHES PINS
TO MOM WHILE
DRYING CLOTHES**

✓ My daily chore cards

- Please cut each card and laminate if possible so that it can be used more than once.
- This activity is meant to be done on a regular basis for a child to develop a healthy habit.
- Paste the chore's picture in the square (preferably with a cello tape). Ask the child to draw the happy or the sad face with pencil/erasable marker in the circle.
- An empty square is given at the end of each card for parents to write whatever additional activity they want.

✂

Monday

Paste the picture of the chore here	○
○	Paste the picture of the chore here
Paste the picture of the chore here	○
○	

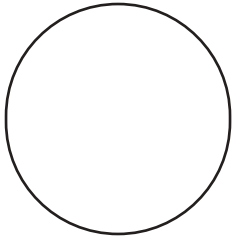
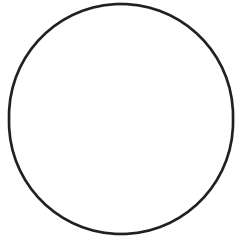
✂

Tuesday

Paste the picture of the chore here	○
○	Paste the picture of the chore here
Paste the picture of the chore here	○
○	

Wednesday

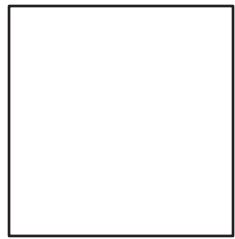
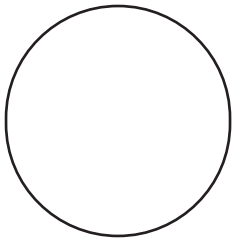
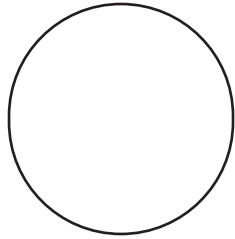
Paste
the picture
of the chore
here



Paste
the picture
of the chore
here

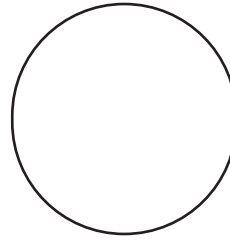
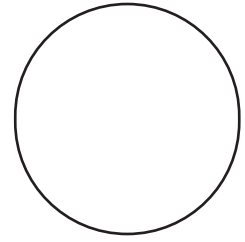


Paste
the picture
of the chore
here



Thursday

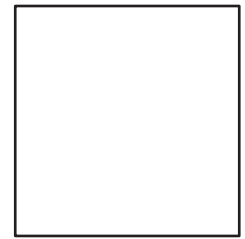
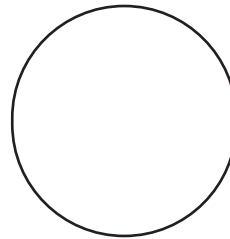
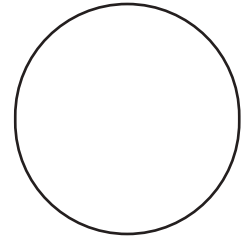
Paste
the picture
of the chore
here



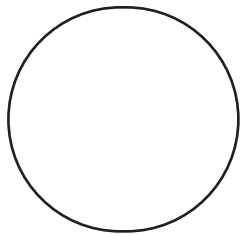
Paste
the picture
of the chore
here



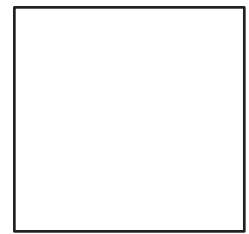
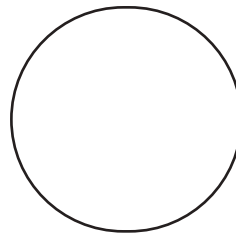
Paste
the picture
of the chore
here



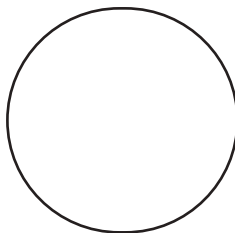
Friday



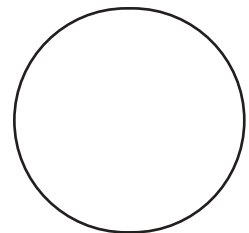
Paste
the picture
of the chore
here



Paste
the picture
of the chore
here

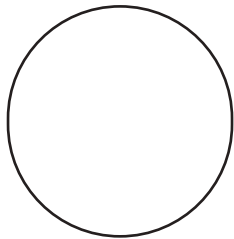
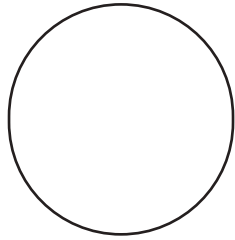


Paste
the picture
of the chore
here



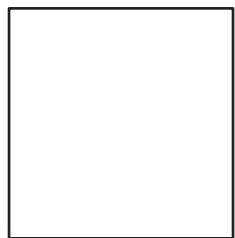
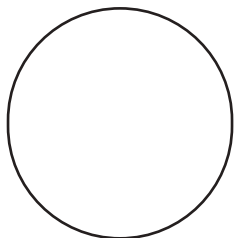
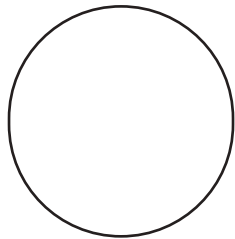
Saturday

Paste
the picture
of the chore
here



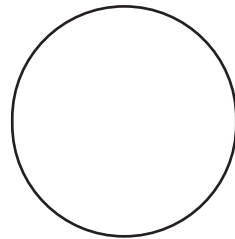
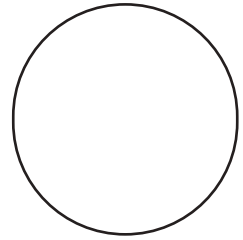
Paste
the picture
of the chore
here

Paste
the picture
of the chore
here



Sunday

Paste
the picture
of the chore
here



Paste
the picture
of the chore
here

Paste
the picture
of the chore
here

