

## Note to Parents:

- Organize every activity in neat pouches & trays.
- Ensure easy accessibility to encourage independent learning.
- Allow the child to choose the activities. These can be repeated too
- Encourage routines and procedures around pack-up and clean-up.

Dear parents,

To encourage creativity and imaginative play along with skill-based learning, here are some hands-on activity suggestions for the week

## Pick it, Drop it!

### Materials Required :

- A few yellow pom poms/ small blocks/ cotton balls/ small plastic toys
- A pair of tongs/ tweezers or clothes clip
- 2 bowls/ trays to transfer objects



### How to

- The child to identify the objects and name them.
- Encourage the child to grasp the objects one by one, with the help of tongs/ tweezers or clips and place them from one bowl/ tray to the other bowl/ tray provided.



If I cannot learn the way  
you teach me, teach me  
the way I can learn.

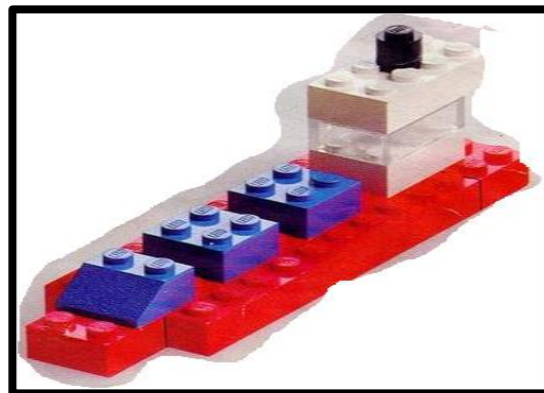
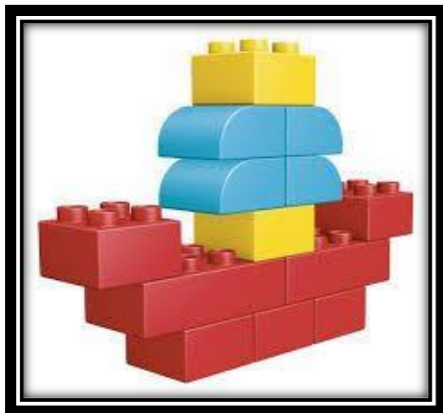
## Block Play

### Materials Required:

- Building blocks
- Picture of a ship and a boat

### How to

- Encourage the child to sort the yellow coloured blocks from the others.
- Now, show the picture of a boat and a ship.
- The child to identify the vehicles of water transport and name them.
- Encourage the child to make a water transport of his/her choice



*(Reference Images)*

## Role Play

### Materials Required:

- Costume of a sailor/ captain of a ship/ fisherman

### How to

- Encourage the child to row a pretend boat or ride a submarine.
- The child to dress up as a sailor or a captain of the ship or like a fishermen.
- The child may sing the rhyme – ‘Ships are Sailing’



*(Reference Images)*

## Y is for Yoga

### Materials Required :

- Yoga Mat / Rug



### Instructions

- Begin with slow breathing exercises.
- Encourage the child to do any of the two poses – star pose, rainbow pose, ragdoll pose and dolphin pose.
- If the child is interested, you may show the other two poses and help the child to follow the actions.
- Gently finish with breathing exercises and the lying down pose.