

LEARNING AND DEVELOPMENT GUIDE

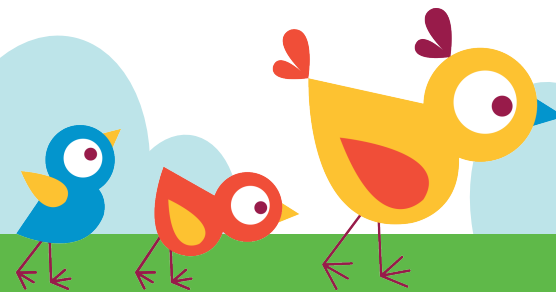
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Blue Group

Week 7



For families with children 0-18 months old
stuck at home during the COVID-19 lockdown.

About this Guide

This guide has been lovingly put together by teachers in the Earlybird network.

It is intended to provide **easy-to-implement activity ideas** in order to facilitate ongoing learning and development for children missing out on having these opportunities due to the mandated school-closure.

We aim to release new guides every Friday on a weekly basis during the school-closure period.

This guide includes two activities for each day of the week for your 0 - 18 month old child:

A sensory activity

A movement activity

These more-or-less follow the three teacher-led activity periods during our daily routine for this age group.

Each activity is aimed at supporting your child's progress in a particular "Objective for Development and Learning" or "ODL".

We have tried our best to include activities which use items commonly found at home or easily obtainable at a grocery or stationery store.

Activities should not take longer than **30-minutes to prep** and **30-minutes to implement**.

Happy Playing and Learning!





Sensory Activity

Name:	Baby Bag/Purse
ODL:	Vocabulary development
In brief:	Give your baby a bag full of safe goodies to unpack. As he/she pulls each item out, describe the way it looks and feels using short, repetitive adjectives, e.g. "shiny", "soft", "flat".



Movement Activity

Name:	Stuck-in-the-box
ODL:	Gross Motor Coordination
In brief:	If you have a large unused cardboard box, put baby in the box and let him/her take their time to climb out. You can also get them to push and carry the box.





Sensory Activity

Name:	Tugging Box
ODL:	Finger-thumb opposition
In brief:	Make holes in an old shoe box and thread pieces of lace, ribbon, elastic, and other material through the holes, tying some inside the box and leaving others so that baby has to figure out which ones he/she can pull through.



Movement Activity

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Sensory Activity

Name:	Ice Scoop
ODL:	Vocabulary Development
In brief:	All you need is a bowl of ice, a bowl of warm water, and a spoon to help your baby learn about opposites (warm and cold), prepositions (up, down, across), and water (floating, melting, liquid, solid).



Movement Activity

Name:	Crawl for the ball!
ODL:	Gross Motor Coordination
In brief:	Place a ball or other desirable object just out of babies reach to encourage them to reach / shuffle / crawl / move towards it.





Sensory Activity

Name: Fit-bit

ODL: Shape recognition/manipulation

In brief: Use an old coffee or formula tin and lid together with straws or bottle tops or wooden or plastic disks to create a 'diy puzzle-box' and challenge baby to fit the correct object in the correct slot or hole in the lid of the tin.



Movement Activity

Name: Through the hoop

ODL: Gross Motor Coordination

In brief: Use a hoola hoop or old bicycle tyre to create a cylindrical threshold for baby to crawl through as if they were entering a tunnel. Put a toy on the other side of the 'tunnel entrance' for your little one to fetch.





Sensory Activity

Name:	Lego Bath
ODL:	Position and Direction
In brief:	Place lego blocks or any other interesting floating materials in the water with baby when you bath them. Show baby how the blocks float and move with the current of the water. Try to get a block to sink down and show baby how it keeps popping up!



Movement Activity

Name:	Ribbon Waves
ODL:	Gross Motor Coordination
In brief:	Tie a handful of bright ribbons or strips of cloth to an old curtain ring or key ring. Put some music on and encourage your little one(s) to dance and wave their ribbons around making various shapes in the air.



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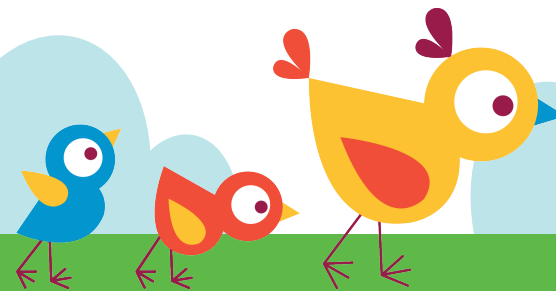
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Week 2

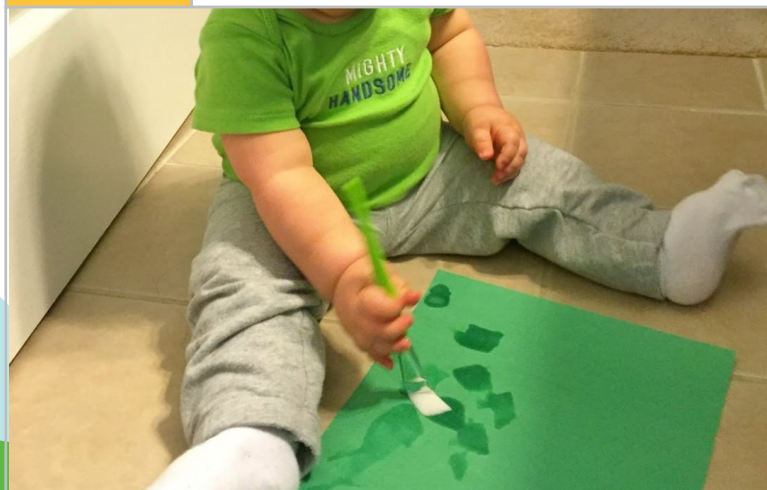


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Sensory Activity

Name:	Painting with Water
ODL:	Fine motor skills
In brief:	Using coloured paper and a thick paintbrush, let your child discover painting with water and be amazed as their brush strokes dry and disappear. Give your child creative freedom with little guidance, encourage them to wet paintbrush themselves.



Movement Activity

Name:	Sticky Circle
ODL:	Gross Motor Coordination
In brief:	With balls or any objects similar in size, create a play station about the size of a hoola-hoop. Wrap thick sticky tape around the hoop and show your child how to throw or place items on the sticky tape..





Sensory Activity

Name:	Play Dough Press
ODL:	Fine motor skills
In brief:	Roll non-toxic playdough into a ball and stick objects similar to ice cream sticks into the ball. Let your child remove the objects and replace them while moulding the playdough, experiencing the different textures.



Movement Activity

Name:	Balloon Obstacles
ODL:	Exploratory play
In brief:	Blow up a few balloons to medium capacity (to prevent them from popping). Hang them on a string within reach of your baby. Encourage your child to reach up and grab the balloons. Make different sounds for each of the different colour balloons.





Sensory Activity

Name:	Sensory Bag
ODL:	Language development
In brief:	Use strong, thick zip lock bags, stuck to flat surfaces to create various opportunities for sensory play. Try oil and water or flour and water or jelly or hair gel with food colouring to create interesting sensory experiences for your baby.



Movement Activity

Name:	Ball drop
ODL:	Problem solving and exploration
In brief:	Use recycled toilet rolls stuck to a flat surface in an upright position. Gather objects that will easily drop through roll and objects which are too big. Have your baby experiment with which objects fit through the roll's circumference and which don't.





Sensory Activity

Name:	Veggie Stamps
ODL:	Fine motor skills
In brief:	Using water-soluble paint and vegetables, have your child create interesting art patterns before washing their veggies off and eating them.



Movement Activity

Name:	Drum Circle
ODL:	Gross motor skills
In brief:	Make use of recycled tins and/or pots and pans to create a drum, circle around your child with options to hit and bang on using a child friendly object as a drumstick (such as a rubber spatula). Let them explore the different sounds each object makes.





Sensory Activity

Name:	Filled Whisk
ODL:	Fine motor coordination
In brief:	Fill a whisk with soft/flexible objects (avoid choking hazards).. Fabrics can also be used. Let your child figure out how to remove the items from inside the whisk and describe each object to them as they remove it to aid their vocabulary development..



Movement Activity

Name:	Spider Web Discovery Basket
ODL:	Visual-spatial reasoning
In brief:	Create a maze-like spider web using string and a washing basket. Place at the bottom all kinds of goodies and toys they love, have them try and remove all objects inside. The basket should be shallow enough for your child to easily reach the bottom.



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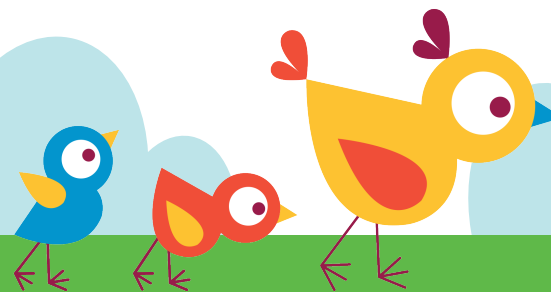
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Week 3



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Sensory Activity

Name: Homemade Guitar

ODL: Cause and Effect

In brief: You'll delight in watching your child experiment with the different sounds made from the rubber bands as your child pinches and plucks at them like strings on a guitar. Be aware of the choking hazard posed by elastic bands. Supervise your child continuously throughout this activity.

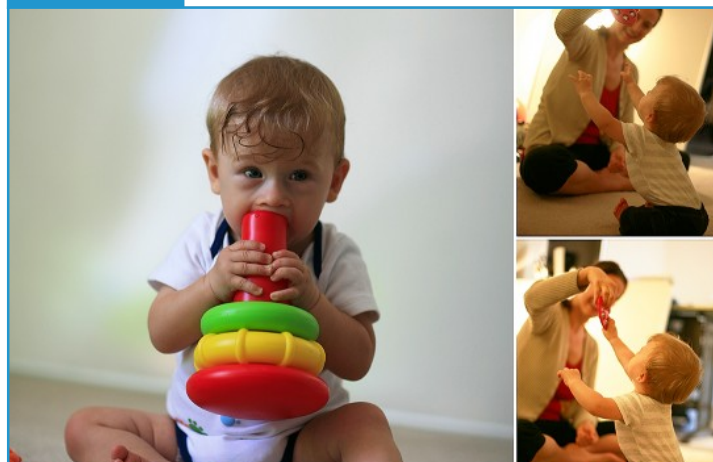


Movement Activity

Name: Tracking and Reaching

ODL: Crossing the Midline

In brief: Place toys on either side of your baby. Make sure they are within reach. Encourage your little one to reach across their body to grasp the toys. For example getting your little one to use their right hand to pick up a toy that is lying down on their left hand side. This will give them practice in crossing the midline.





Sensory Activity

Name: DIY Sensory Basket

ODL: Visual Perception

In brief: Use a laundry basket with holes in it for this activity. Look for objects around your house that are safe for your child and that fit partly into the holes of the basket. Place your baby on his/her tummy near the basket and have them pull the items through the holes.



Movement Activity

Name: Kicking/Pushing a Big Ball

ODL: Bilateral Coordination

In brief: Get your baby to lie on their back. Place either an exercise ball or a beach ball just in front of their legs. Whatever ball you decide to use, make sure it's big enough so they can see the ball move. Then see if they will kick it. If they can't, guide their legs to complete the action.





Sensory Activity

Name: Whisking Shapes

ODL: Shape recognition

In brief: Fill a whisk with choke-proof objects of your choice and let your child work on taking them out. Describe the different characteristics of each item your child pulls out, focusing on their shape.



Movement Activity

Name: Catching Bubbles

ODL: Visual Tracking

In brief: Bubbles are a fun way to help develop visual skills because they are eye-catching and slow moving they are a great way to help your little one learn to use their eyes to fix, focus-on and track items.





Sensory Activity

Name: Sound Basket

ODL: Auditory Discrimination

In brief: Collect empty juice bottles and jars and add different objects to each bottle (e.g. rice, buttons, small lego blocks) into the bottles. Your child will love exploring everyday objects to see what sounds and noises they make when he/she rolls or shakes them.



Movement Activity

Name: Sticky Ball

ODL: Gross Motor Development

In brief: Wrap masking tape on the sticky-side out around a ball in a few different directions to cover the entire ball with tape and have fun throwing and rolling it with your little one.





Sensory Activity

Name: Sensory Balloons

ODL: Tactile Stimulation

In brief: This activity requires a funnel, some balloons (or paper cups or bowls), and various items of different sizes and textures. Where possible put some of the items inside balloons. Lay everything out on a tray and supervise your little one as they explore the different shapes and textures.

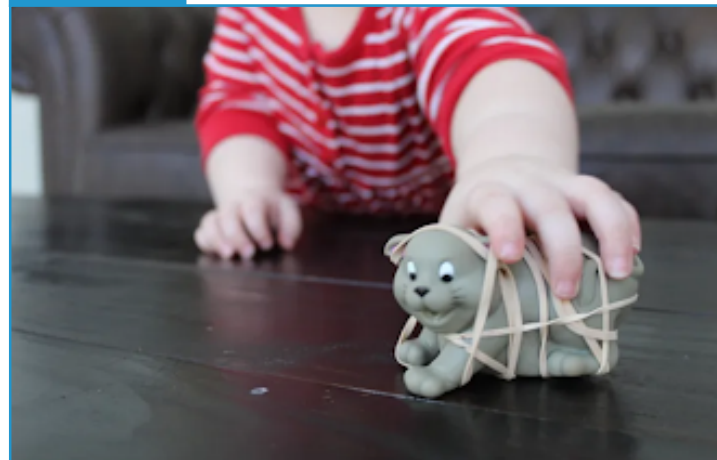


Movement Activity

Name: Free the Animal

ODL: Fine Motor Coordination

In brief: This activity is so engaging for toddlers and so simple to set up. You only need a few hair ties looped around one of their toy animals. Have your little one 'free the animal' by unwrapping the bands (keep an eye on them to ensure they don't put the bands in their mouth).



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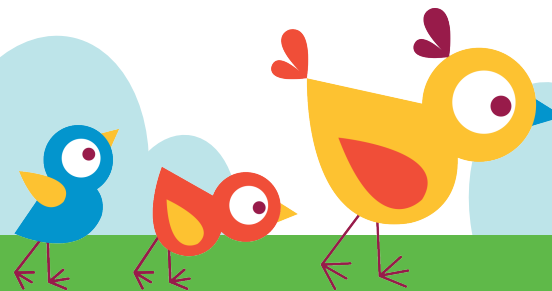
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Sensory Activity

Name: Edible Paint

ODL:

In brief:

Let baby create a mini masterpiece with edible paint.
(<https://theimaginationtree.com/homemade-edible-finger-paint-recipe/>)
You can change the canvas up to extend the activity. Take photos of baby's artwork before cleaning up to save as a keepsake.



Movement Activity

Name: Scrunching Paper

ODL:

In brief:

Use wrapping paper, newspaper, magazines etc, and encourage baby to scrunch up the paper and then open it out again, afterwards it can all be rolled into a ball shape and taped for an extra ball activity.





Sensory Activity

Name: Nature Sensory Bag

ODL:

In brief:

Autumn is the best season to spend a bit of sensory time outside with baby. The days are not too hot and there are lots of treasures lying around to explore. Collect dry leaves, twigs, stones, feathers, etc to put in ziplock bags for baby to explore. If baby is a little older, extend the activity by letting them help you collect items.



Movement Activity

Name: Go get it!

ODL: Gross Motor Skill Development

In brief:

Throw a ball for baby to go get it, and encourage them to get it back to you in different ways. (throw, kick, roll)
For crawling babies roll the ball for them to go get it.
(You can even use your paper ball from yesterday's activity)





Sensory Activity

Name: Exploring Ice

ODL:

In brief: Make colored ice in larger containers and add food colouring or paint before freezing.



Movement Activity

Name: Racing games!

ODL:

In brief: Choose a few wheeled or rollable items and let baby have a race with them, if baby is not understanding the race, encourage them by joining in. You can extend the activity by asking baby to race in different ways, rolling, crawling, running, etc





Sensory Activity

Name: Messy Play with Gel

ODL:

In brief:

Make a gel solution using Maizena and water (<https://tamthegreat.wordpress.com/2012/09/20/cornstarch-water-and-pleasure/>). Add different colour paints or food colouring and let baby play with small amounts in their high chair tray, or on a tray outside.



Movement Activity

Name: Mom and Baby Yoga

ODL:

In brief:

If you are familiar with yoga stretches and positions, try to include your baby/toddler in these movements. If not, YouTube has tutorials to enjoy with babies and toddlers. (Example <https://www.youtube.com/watch?v=FcZUiQL7N4w>)

