

LEARNING AND DEVELOPMENT GUIDE

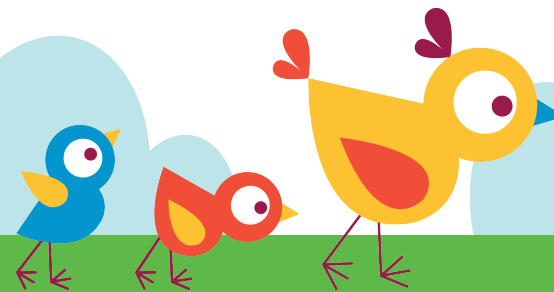
earlybird

educare@work



Green Group

Week 1



For families with children 19- 36 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 period.

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 19 - 36 month old child:

A sensory activity

A movement activity

A creative 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: Gravity in action

ODL: Position and Direction

In brief: Use glue and various cardboard items to create a vertical maze for your toddler to roll golf balls (or any small round items) down. Talk to your child about the pathway the balls follow and how they always end up at the bottom.

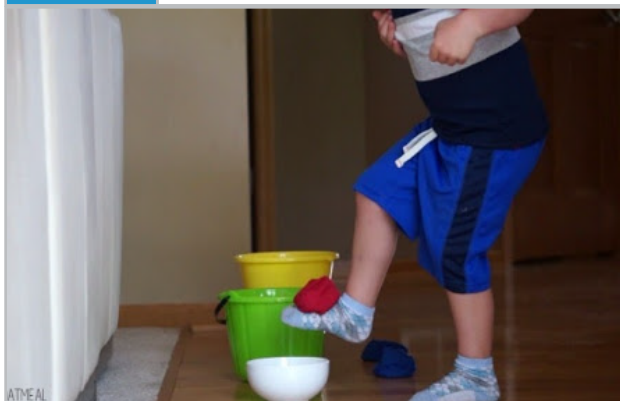


Movement Activity

Name: Bean Bag Bonanza

ODL: Gross Motor Coordination

In brief: Have your child balance a bean bag (or small ziploc filled with rice) on one foot and slowly place it into different-sized bowls. You can add a colour-sorting element to this activity to make it more challenging.



Creative Activity

Name: DIY-Stamps

ODL: Shape recognition/manipulation

In brief: Have your child help you fold and glue cardboard shapes which he/she can dip into paint and use as stamps.



Week 1 | Monday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name: Sky-scrappers

ODL: Persistence

In brief: Collect all the different-sized balls you have around the house as well as any old toilet paper or paper-towel inners. Have your child practice balancing the balls on top of the cardboard rolls.



Movement Activity

Name: Avoid the Crocodiles!

ODL: Balance

In brief: Place a flat plank on the grass or on a carpet and get your toddler to walk along the plank without stepping into the "crocodile-infested waters!"



Creative Activity

Name: Balling

ODL: Position and direction

In brief: Collect a couple of old balls or create a ball of newspaper and let your toddler dip the balls in water-based paint and roll them around inside a cardboard box to create splatter-colour art.



Week 1 | Tuesday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name: Safety Net

ODL: Planning and Reasoning

In brief: Have your child work with a sibling to carry a ball or other small light object on top of a piece of paper and place it in a target basket / bowl a few metres away.



Movement Activity

Name: Bucket Balance

ODL: Gross Motor Coordination

In brief: Set out upside-down buckets and tubs for your child to step along. Ensure they are placed a challenging distance. You can put pillows along the side of their course as a safety precaution.



Creative Activity

Name: Sticker Patterns

ODL: Fine motor skills

In brief: Use a marker to create a series of patterns on a piece of paper and give your toddler stickers (or a crayon) and have them follow the line pattern you made for them.



Week 1 | Wednesday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name: Sink or Float

ODL: Reasoning

In brief: Collect a number of heavy and light items from around the house. Give your toddler a tray and a bowl of water and have them experiment to figure out which items sink and which items float. Ask them what they notice.



Movement Activity

Name: Unlocking Fun

ODL: Twisting motion

In brief: If you have any locks around the house, have your toddler practice unlocking these. The twisting motion is a good one to practice.



Creative Activity

Name: Pizza Plate

ODL: Fine motor skills

In brief: Use a paper plate (or old pizza box lid!) and pieces of paper and scissors and glue to help your toddler 'make the family pizza for dinner' :)



Week 1 | Thursday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name: I-spy Sensory Bottles

ODL: Vocabulary development

In brief: Put as many different household items as you can fit into a bottle with some rice or sand and ask your toddler to 'spy' and describe the different items he/she can see after shaking the bottle.



Movement Activity

Name: Treasure and Tweezers

ODL: Fine motor coordination

In brief: Collect as many nature-related items as you and your toddler can carry in from outside (seeds, sticks, pebbles, leaves, grass). Bring your bounty back home and have your child 'inspect' it using tweezers to practice their pincer grip.



Creative Activity

Name: Rainbow Art

ODL: Sorting

In brief: Help your little one to draw or paint a rainbow on white paper, making sure to leave big gaps between each of the colours of the rainbow. Then have him/her sort a series of items into the different colours of the rainbow.



Week 1 | Friday

GREEN GROUP | 19 - 16 months

LEARNING AND DEVELOPMENT GUIDE

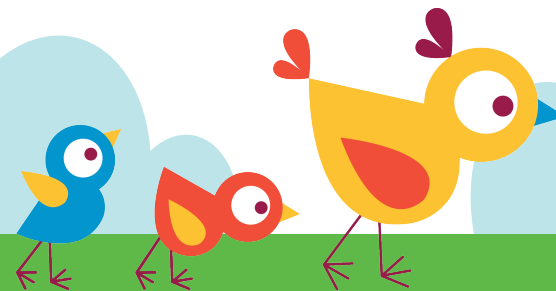
earlybird

educare@work



Green Group

Week 2



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



Sensory Activity

Name:	Cotton Ball Water Art
ODL:	Fine motor coordination
In brief:	Have your child drag, dab, and smear wet cotton balls to create art on a piece of coloured paper, encourage them to wait and witness the magic as the marks evaporate right before their eyes.



Movement Activity

Name:	Sweepstakes
ODL:	Gross Motor Coordination
In brief:	Create shapes in different parts of a room as collection points, using tape. Scatter counters, marbles, or other small objects around the room and give your child a small broom or brush and have them sweep the objects into the taped shapes.



Creative Activity

Name:	Sticky Rainbow Wall
ODL:	Colour recognition and Sequencing
In brief:	Tape a square of sticky plastic on a flat surface, sticky side facing out. Use a marker pen to create concentric crescent circles and encourage your little one to stick pieces of coloured paper in each of the crescents to create a rainbow. Cotton wool can be used for clouds.



Week 2 | Monday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name:	Wash and Dry
ODL:	Fine motor skills
In brief:	Cut spare fabric into strips or use some socks. Soak them in water. Have your child twist, press and wring out the fabric to remove excess water before having them use pegs to hang them on a piece of string/rope.



Movement Activity

Name:	Under and Over Obstacle
ODL:	Gross motor and coordination
In brief:	Create a low hanging obstacle course your child will have to crawl. You can also tape down lines for them to jump over with bunny hops.



Creative Activity

Name:	Peg Grip Sponge Painting
ODL:	Visual and spatial awareness
In brief:	Use sponge cut into smaller pieces, placed in individual saucers of paint. Have your little one grasp the sponge with a washing peg and create art on cardboard or newspaper.



Week 2 | Tuesday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name:	Threading Cardboard Beads
ODL:	Persistence and Fine motor coordination
In brief:	Cut up empty toilet roll inners and tie the first roll to one end of a piece of string to avoid slipping off, then have your child thread additional pieces of roll onto the string. Colour-code the pieces of cardboard to extend the activity.



Movement Activity

Name:	Whisking Bubbles
ODL:	Manipulation and repetition skills
In brief:	Add food colouring and a bubble bath/liquid soap mixture to container. Have your child generate bubbles using a whisk and vigorous circular wrist movements.



Creative Activity

Name:	Making Melodies
ODL:	Music
In brief:	Fill small empty bottles with objects that will produce a sound when shaken, screw the lids on the bottles and tape cardboard handles onto the bottles' necks. Sing popular children songs with your child, using maracas in each song varying the beats: hard, soft, body percussion, fast, slow etc.



Week 2 | Wednesday
GREEN GROUP | 19 - 16 months



Sensory Activity

Name: Playdough Pasta Tower

ODL: Concentration and fine motor coordination

In brief: Have your kiddo roll a playdough base and stick straws into it, ensuring they are stable and stand upright. Then, let them thread penne pasta pieces over the straws or spaghetti pieces into the upstanding straws.



Movement Activity

Name: Balancing Colours

ODL: Balancing and classification

In brief: Lay out four different colour pieces of wool or string and have children collect the associated colour pieces of paper / shapes / other items and place them in the correct bucket at the end of a particular coloured string. They may only step along the string, not on the floor space.



Creative Activity

Name: Egg Roll Paint

ODL: Hand eye-coordination and curiosity

In brief: In a shallow box or container place a sheet of paper, roll plastic eggs or boiled eggs in paint, let your child scoop the eggs out of the paint roll them on the paper sheet, using different angles of movement to create different shape paths across the sheet..



Week 2 | Thursday
GREEN GROUP | 19 - 16 months



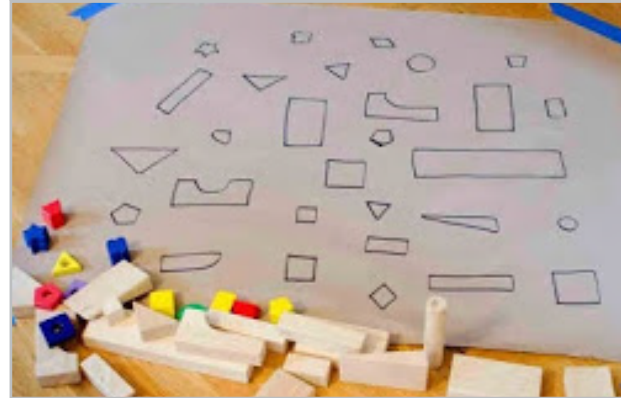
Sensory Activity

Name:	Feeding Woolly Worms to Birds
ODL:	Fine motor coordination
In brief:	Cut pieces of string/wool to resemble little worms, have your child use tweezers/tongs to pick up the 'worms' and feed them to little toy birds.



Movement Activity

Name:	Shape Trace & Match
ODL:	Shape recognition and critical thinking
In brief:	Any toy in the form of a shape can be used for this activity., Place shapes on brown paper or newspaper and and trace their outlines before putting them to the side. Have your child work through the shapes, placing them over their correct outline.



Creative Activity

Name:	Playdough Cutting
ODL:	Fine motor coordination
In brief:	Use blunt (safe) small scissors and playdough to have your child practice their cutting skills. They can roll shapes and snip them into even-sized bits. You need to supervise them throughout the time they have access to the scissors!



Week 2 | Friday

GREEN GROUP | 19 - 16 months

LEARNING AND DEVELOPMENT GUIDE

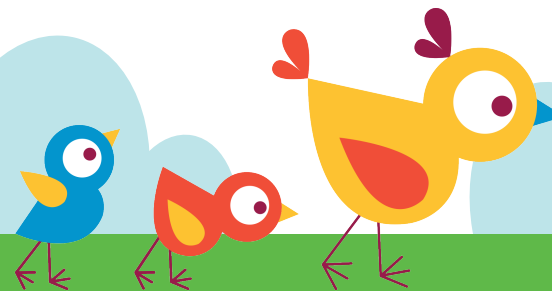
earlybird

educare@work



Green Group

Week 3



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



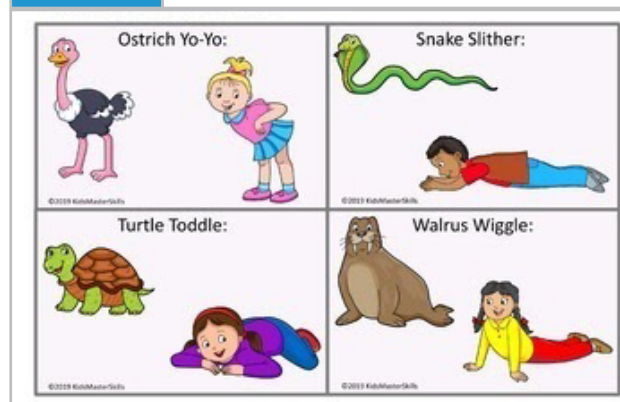
Sensory Activity

Name:	Pom Pom Mirror Drop
ODL:	Fine motor skills
In brief:	Use pom poms (or any other similarly-sized item), a pair of tweezers, and a mirror. Have your child pick up the pom poms using the tweezers and drop them onto the mirror. You can say the colors of each pom pom as they go.



Movement Activity

Name:	Animal Walks
ODL:	Gross motor coordination
In brief:	This is great for little ones to use their imaginations and pretend to be animals they have seen in books, videos, the zoo or a national park.



Creative Activity

Name:	Sponge Painting
ODL:	Creative arts
In brief:	Cover a tabletop with newspaper to give your child a full canvas to paint on. Cut sponges into quarters and attach a clothes peg to each. Add a few squirts of paint or toothpaste into the middle of the table and have them create patterns with their sponge.



Week 3 | Monday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name:	Sand Exploration
ODL:	Problem Solving
In brief:	You can use play dough toys, cookie cutters, cups, or storage containers of different shapes and sizes for this activity. Find a patch of sand outside (or some flour inside!) and have your child make shapes in the grains. Ask them to describe the shapes they've made.



Movement Activity

Name:	Kick the alphabet cup
ODL:	Balance and Coordination
In brief:	Write a letter on each plastic cup with permanent marker. Line the cups up in a row on the floor. Allow your child to kick a ball at each of the cups and make the sound associated with each letter as the ball hits it.



Creative Activity

Name:	Paper Tearing
ODL:	Creative Expression
In brief:	This recycled art project is a great cooperative project that you can do with your child. Draw the outline of an image of your choice on a piece of paper. Give your child scrap paper and glue. Encourage them to tear the scrap paper into pieces and stick the pieces of paper within the image bounds.



Week 3 | Tuesday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name:	Frozen pom-pom
ODL:	Fine motor skills
In brief:	Put your pom poms into a small sensory bin or plastic container that will fit into your freezer, add water and let them soak. 10-15 minutes should be enough. Encourage your child to try and free the pom poms.



Movement Activity

Name:	Up and down the stairs
ODL:	Gross Motor Skills
In brief:	Let your child walk up the stairs slowly. Encourage your child to slide down the steps backwards, feet first. Stay behind your child in case they stumble.



Creative Activity

Name:	Brush Painting
ODL:	Creative Self-expression
In brief:	Provide your child with cleaning brush, paint and paper. Encourage your child to dip the brush in the paint and freely express his/her creativity as they desire.



Week 3 | Wednesday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name: Scoop and Transfer

ODL: Hand-eye coordination

In brief: You need two containers for this activity. The larger container should be empty and the smaller container should be filled with water. Put plastic toys into the water-filled container and have your toddler transfer them across to the empty container with a slotted spoon.



Movement Activity

Name: Hopscotch

ODL: Numeral Recognition

In brief: This game can be played indoors or outdoors. Use cardboard/chalk to create a hopscotch pattern on the ground. Create a diagram with eight sections and number each of them. Call out the numbers as you hop on them.



Creative Activity

Name: Shape Patterns

ODL: Patterning

In brief: Collect toilet rolls and create shape stamps. Use the toilet roll shape stamps to create easy patterns that your child can easily recognise, copy and extend.



Week 3 | Thursday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name:	Snap, crackle, pop
ODL:	Gross Motor Skills
In brief:	Paint some bubble wrap with different colours and lay it on a piece of paper with the wet paint side down. Allow your little one to dance on top of the the bubble wrap plastic.



Movement Activity

Name:	Walk the line
ODL:	Balance and Coordination
In brief:	Create long lines of tape (zig-zag, curvy, straight) and have your child walk on the tape without touching any other part of the ground.



Creative Activity

Name:	Rainbow Windsock
ODL:	Fine motor coordination
In brief:	Punch two holes in a paper roll, push the string into the holes and tie it up. Draw a cloud shape on white paper and cut it out. Glue the cloud onto the toilet paper roll. Cut long strips of coloured paper and have your little one stick them inside the toilet paper roll to create a windsock to hang outside.



Week 3 | Friday

GREEN GROUP | 19 - 16 months

LEARNING AND DEVELOPMENT GUIDE

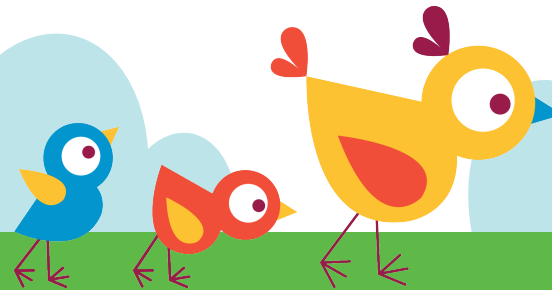
earlybird

educare@work



Green Group

Week 4



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



Sensory Activity

Name:	Dough mixing
ODL:	Fine motor skills
In brief:	Use dough of different colours. Children will choose different colors they want and make different shapes.



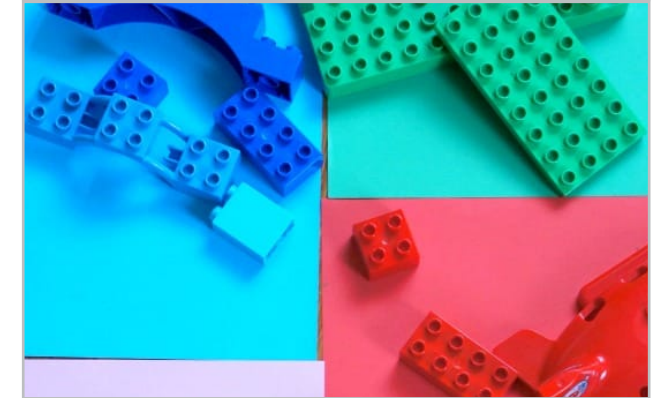
Movement Activity

Name:	Skipping
ODL:	Gross motor and coordination
In brief:	Firstly demonstrate to the kids how to use the skipping rope. Afterward, allow them to try on their own.



Creative Activity

Name:	Colour Matching
ODL:	Colour Recognition
In brief:	Provide your child with colour paper and blocks show how you match colours using blocks and colour paper.



Week 4 | Monday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name: Sand Exploration

ODL: Problem Solving

In brief: Bury some cookie cutters in the sand when your child finds them, encourage them to make shapes in the sand.



Movement Activity

Name: Music and Movement

ODL:

In brief: Firstly demonstrate to the kids how are they going to use their instruments. After you have done they can play them self whilst you will be singing with them



Creative Activity

Name: Tracing

ODL: Fine motor skills

In brief: Using a few circle shaped



Week 4 | Tuesday

GREEN GROUP | 19 - 16 months

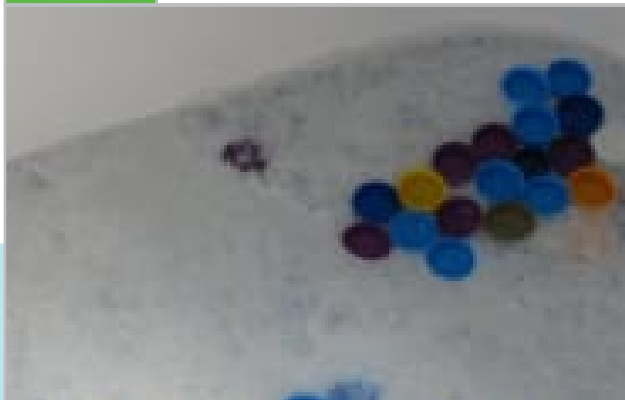


Sensory Activity

Name: Bubble Bath and Bottle Tops

ODL:

In brief: Children will love creating bubbles with foam bath. They will start searching for the bottle tops as they disappear amongst the bubble foam.



Movement Activity

Name: Playball

ODL: Ball Skills

In brief: Play a time game like soccer or netball with your little ones to get them to exercise at the same time build their ball skill confidence.



Creative Activity

Name: Butterfly Painting

ODL:

In brief: Fold a paper in half and let your little one paint one side, fold it over again and rub over the paper, open to reveal a butterfly.



Week 4 | Wednesday

GREEN GROUP | 19 - 16 months



Sensory Activity

Name: Jelly Mix

ODL:

In brief: Make jelly in different colors. Put in sensory tray .let the child play with it and mix colours.



Movement Activity

Name: Dancing

ODL:

In brief: Children will sing and dance along with music. Shaking their body, clapping hands, touching their body parts.



Creative Activity

Name: Body Art

ODL:

In brief: Using a large piece of paper (newspapers stuck together) trace around your little one and let them add clothing, facial features, etc.



Week 4 | Thursday

GREEN GROUP | 19 - 16 months