

LEARNING AND DEVELOPMENT GUIDE

earlybird

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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.



Monday



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

Name:	Stuck-in-the-box
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Tuesday



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.



Wednesday



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.



Thursday



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.



Friday

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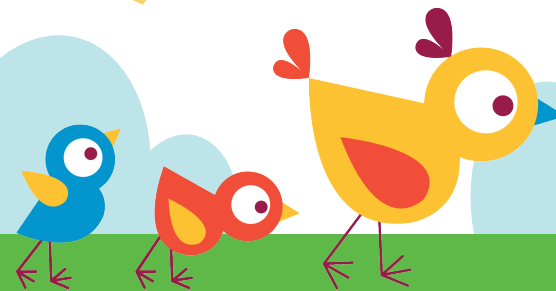
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Week 2



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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..



Monday



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.



Tuesday



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.



Wednesday



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.



Thursday



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.



Friday