

LEARNING AND DEVELOPMENT GUIDE

earlybird

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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.

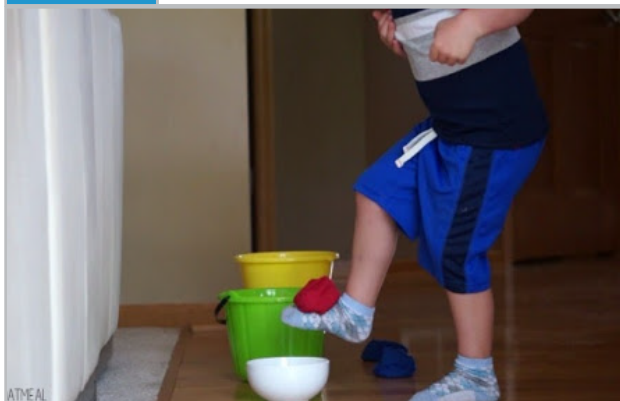


Movement Activity

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.



Monday



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.



Tuesday



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.

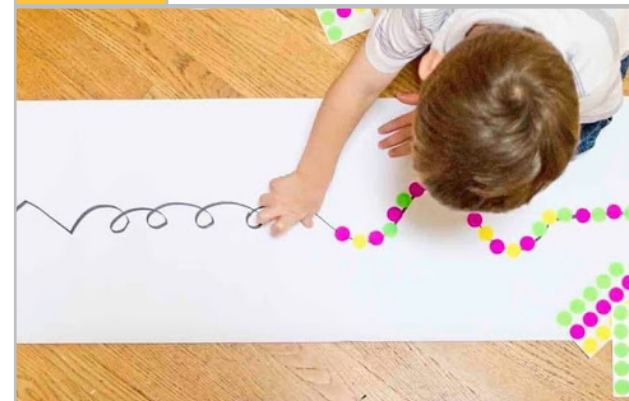


Creative Activity

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.



Wednesday



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' :)



Thursday



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.



Friday

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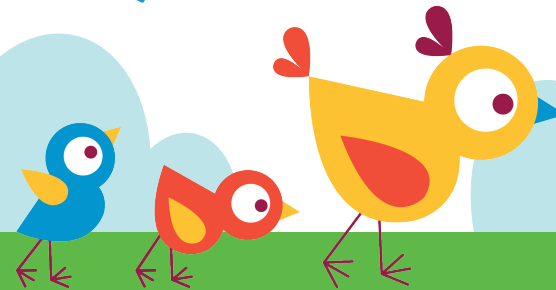
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Week 2



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.



Monday



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.



Tuesday



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.



Wednesday



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 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..



Thursday



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.

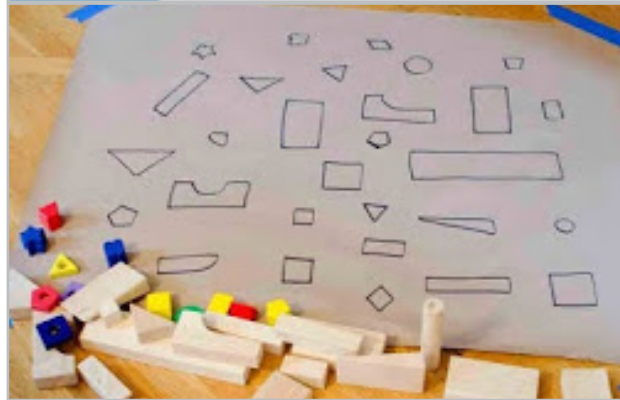


Movement Activity

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 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!



Friday