

ACTIVITY

1

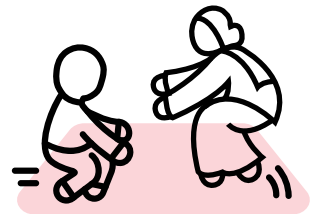
Let's make an animal



90 minutes

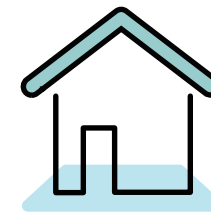


Paper, Glue, Recycled Materials (bottle caps, buttons etc.)



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, **"Today we will play a fun activity of making animals with paper, glue, bottle caps, buttons etc."**
- Now show them how to roll a paper to make a big paper stick, a few small paper sticks by rubbing their palms together and roll a paper to make the animal's head.
- Attach the head with glue to one end of the big paper stick. Make legs, horns or tail with the small paper sticks and make or draw eyes, mouth with crayons, bottle caps or buttons and decorate as you like.
- Divide the mothers and children into small groups and give paper, glue, and crayon and tell them to make any animal they like.
- Move around the groups and help them if needed.
- After making the animal sit in a circle with everyone and ask the mothers and children-
 - What is your animal's name?
 - What sound does it make?
 - What do you want to do with it?
 - What other elements can be used to make animals?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Play is an important tool for a child's development. Children learn important skills like- stress management, social & emotional skills, motor skills and language skills through play. There is no cost to play, for play you have everything around you.



ACTIVITY

2

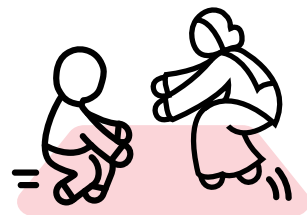
Our Pretend Journey



90 minutes

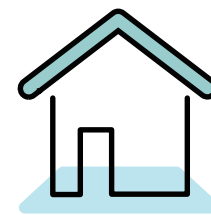


Mat or Bed Sheet, Socks, Cloths etc.



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming to the play lab and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, "**Today we will play a fun activity of pretending a journey with mat or bed sheet, socks, cloths etc.**"
- Now place a mat and spread socks and cloths.
- Tell the mothers and children to sit around the mat and to imagine the cloths and socks as clouds and mountains.
- Tell them, "Imagine you and your mother are walking through a place far away, where there are clouds and mountains. In that place there are also a lot of fairies/monkeys/elephants."
- Now act and show them what a fairy/monkey/elephant does in a fun way and ask them to act in the same way.
- After the activity is over, ask the mothers and children–
 - Where did you go?
 - What did you see there?
 - Where do you want to go next?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Children need to have playful learning opportunities every day. You are an important part of children's lives and for their development. Play with your children anywhere, anytime.



ACTIVITY

3

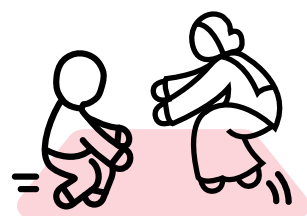
My Tea Stall



90 minutes

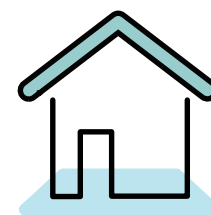


Cup-saucer set, Box, Pots and Pan set, Mat, Used Paper Cut Ups etc.



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, **"Today we will play a fun activity of running a tea stall with cup-saucer set, box, pots and pan set, mat, used paper cut ups etc."**
- Now place a mat and arrange the toys like a tea stall.
- Ask a mother and child to sit in front of the stall and act like one will make and sell a cup of tea, the other will buy with paper as money and drink a cup of tea.
- Now give each mother and child a chance to act in turn and help them if needed.
- After the activity is over, ask the mothers and children –
 - How do you like the game?
 - How do you like to have tea in the store?
 - What do we need to make tea
 - What is your favorite drink?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Children learn important social values, sharing, caring, and respecting others through play. Involve your children in the play activities to develop social values in a safe and fun way.



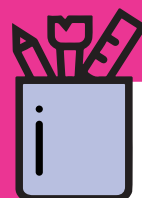
ACTIVITY

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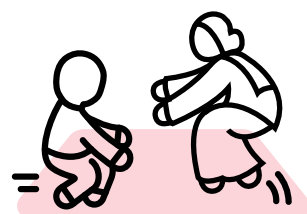
Let's Wash Our Hands



90 minutes



Soap, Water, Mug, Bucket.

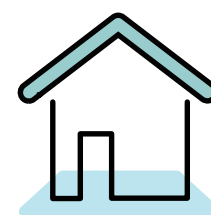


HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming to the play lab and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, **"Today we will play a fun activity of hand washing by using soap, water, mug and bucket."**
- Now say the kabbya below and act like rubbing top of the hand, on the palm and between the fingers.

Sa Sa sadong kua
Lasse jaya may
Lay go chin chin se
Semarene e uiea de
Tuppe piyo tuppe piyo
Tamim sabo may may k
Masse k
Lasse ja jo n
Hay lasse ja jo n
Tuppe pio tuppe pio

- Now tell everyone the kabbya and encourage them to act to wash their hands.
- In the same way do the activity few times with the mother and child.
- After the activity is over, ask the mothers and children –
 - Why did you like this kabbya?
 - Could you say any more kabbya while washing your hands?
 - When do we need to wash our hands?
 - Why washing hands is good for us?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Children learn important life skills through play, such as washing hands. You can do everyday activities in a playful manner like- washing hands, singing songs/kabbya, telling stories, etc. Involve your children in the play activities in a safe and fun way.



ACTIVITY

5

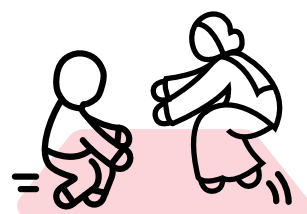
Let's Stay Healthy



90 minutes



Mat, Clothes, Doctor's kit.



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, "**Today we will play a fun activity of staying healthy with mat, clothes and doctor's kit.**"
- Now place a mat and put the doctor's kit on it. Hang a rope and make a house with cloth on it.
- Ask a mother and a child to sit inside the house and tell the child to act as a doctor and the mother to act as a patient. Ask everyone else to sit beside the mother and act as a patient.
- Then ask them to act as they are doing health test by using some tools from the doctor's kit. Encourage the mothers and children to play in turn.
- At the end of the performance, ask the mother and children –
 - Why do we go to the health center?
 - How can we stay healthy?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Children learn important life skills through play, such as staying healthy. Play can be used as a tool for children's learning such as- visiting a medical center, taking care of their health, etc. Children can develop skills through pretend play like- visiting a health center, act like a sick person, and asking for support from the caregiver.



ACTIVITY

6

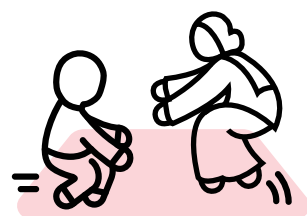
Let's compare



90 minutes



Household items (ex: boxes, bottles, dolls, buckets, glasses or mugs etc.)



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, **"Today we will play a fun activity of sorting and arranging household items from small to big."**
- Now place a mat and put some small and big things on it.
- Ask the mothers and children, 'which of these things are small and which are big?' Then sort the household items from smallest to biggest.
- Now divide the mothers and children into small groups. Give materials to each group and ask them to arrange the household items from smallest to biggest.
- Ask mom and child at the end of the game –
 - How else could the household items be arranged?
 - Which of these household items do you like and why?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Children learn important math skills through play. Play can be used as a tool to develop children's math skills such as identifying shapes (like circles, squares, and triangles), count objects in your environment. Learning math skills can be fun for both boys and girls!



ACTIVITY

7

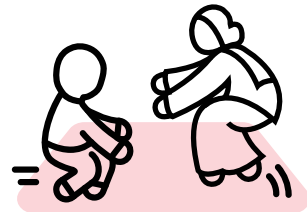
Say the Name of the Color



90 minutes

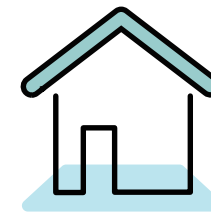


Any Object of Favorite Color



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, **"Today we will play a fun activity with any object of your favorite color"**.
- Place some toys of different colors in the middle of the circle and say "My favorite color is red and I like to draw a flower with it".
- Ask the mother and child next to you "What's your favorite color name and what do you like to draw with it?"
- Ask the mother and child next to you to tell their favorite color in the same way and tell them to pick a toy of that color. And ask – "If you like to draw it, which color you will use?"
- In this way all the mother and child will play in turns.
- After the activity is over, ask the mothers and children –
 - What is your favorite color?
 - Why is this color your favorite?
 - What do you like to draw with this color?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Art helps children to develop creativity skills and to learn the names of the different color. Children learn new things about themselves and the world around them through art.



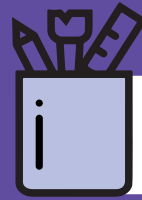
ACTIVITY

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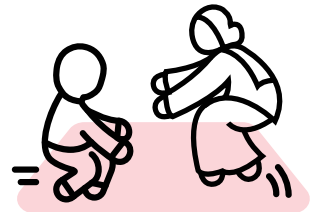
Let's Play and Have Fun



90 minutes

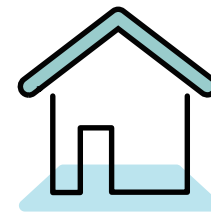


Three Small Bowls and a Small Piece of Stone



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, "**Today we will play a fun activity with bowls and a small piece of stone.**"
- First take three bowls and one small stone then ask a mother and child to come forward. Place the stone under a bowl and ask, "Where is the stone?"
- Now move the bowls to the right, to the middle and to the left and ask the mother and child to find out which bowl has the stone.
- Divide every mother and child into two groups and give them bowls and stone. Ask them to play in the same way.
- After the activity is over, ask the mothers and children –
 - How did you remember which bowl had the stone?
 - What could we use to replace the stone?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

When children play rule- based activities with friends, siblings and caregivers they develop numeracy, social- emotional, cognitive and spatial skills. They learn about sharing, taking turns and understand others perspectives.



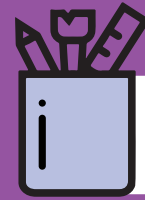
ACTIVITY

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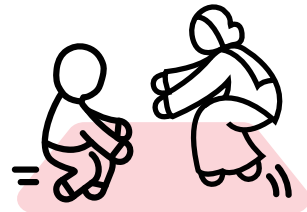
Let's Draw a Picture



90 minutes

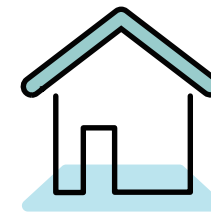


Sticks and Sand/Soil



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, "**Today we will play a fun activity of drawing a picture on sand with sticks**".
- First draw a circle with a stick in the sand with lines as like a sun around it and show it to the mothers and children.
- Then draw a triangle in the sand and a square below it to make a house.
- Ask mothers and children to draw as they wish with sand and stick.
- After the activity is over, ask the mothers and children –
 - How many shapes have been used in the picture?
 - Which shape is your favorite?
 - Also, what else could you draw?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Children develop important math skill through Art. Children learn new things, express their emotion and try activities in different ways to support their creative development.



ACTIVITY

10

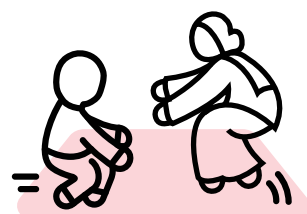
Let's move our body and play



90 minutes

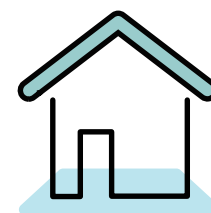


Not needed



HOW TO PLAY

- Sit in a circle with the mothers and children with the flipchart. Greet and thank them for coming and say, "How are you all doing? Are you well?"
- Show them the picture of the flipchart and say, **"Today we will play a fun activity of counting by moving our body parts."**
- First, raise both your hands and ask every mother and child to raise their hands. Count from 1-5 and ask the mother and child to clap their hands four times at the same time.
- Now count 1-5 by moving head right and left. Ask every mother and child to say 1-5 and move head right and left along with you in the same way.
- Similarly, play with different movements or voice tone (such as closing or opening eyes three times, count loudly four times or count two times in a low voice).
- Now divide the mothers and children into small groups. Ask them to play by counting and moving their body parts and voice tone as they wish.
- Ask the mothers and children at the end of the game –
 - How do you like to move your body?
 - Which body part was the easiest for them to move?
- Ask every mother and child how they enjoyed the activity and praise everyone by clapping.



KEY LEARNINGS FOR FACILITATOR TO DISCUSS WITH CAREGIVERS

Physical activity plays an important role for children's motor development. Physical exercise keeps children mentally and physically healthy. It is also important for helping with managing children's stress, depression and anxiety.

