

BIRLA VIDYA NIKETAN

New NURSERY & KG

Session 2020-21

Dear Parents,

One of the biggest challenges for you all under the lockdown is to keep the children engaged and suitably occupied. Which is why the focus needs to be on their mental well-being, amidst rising anxiety and isolation. Please find below few suggested activities and links that will help to keep your child entertained while promoting learning outcomes across all the developmental domains.

Age Appropriate Suggested Activities

(These activities can be done under parent supervision)

DEAR TIME (Drop Everything and Read)

DEAR is a time that can be set at home for both parents and children to 'drop everything and read.'

Parents are requested to encourage their children to do picture reading from any book of their choice.

MOM'S LITTLE HELPERS

- Buttoning of shirts, tying laces, folding of clothes.
- Shelling peas or peeling the skin of boiled and cooled potato. (Fine motor development)
- Laying the table for lunch /dinner...counting the plates, spoons, forks.

- Making labels for the rooms with the help of any adult.
- Making a telephone directory of the family.
- Sorting of pulses and grains and putting them in different containers.
- Watering plants

PLAY AND LEARN

- Learn to identify sounds of letters in your name.
- Play board games like snakes and ladders, ludo, carom board etc.
- Count different objects at home.
- Family discussion on hygiene and keeping mother earth clean.
- Have fun - Zumba Session at home.

Salt Tray Letters Activity



Aa

Letters/Words

P

Preschoolers
2.5 - 4 years

This activity will help your little ones practice their fine motor skills with their fingers as well as letter, number and word recognition!

Learning Outcomes

Domain:

Literacy & Physical

Skills:

Letter Recognition
Fine Motor

Indicator:

Using fingers to trace letters

Identifying phonological sounds of each letter and word



Materials

- A baking tray or shallow bin (preferably one with a larger lip to avoid spills)
- A medium the children can manipulate with their fingers such as salt, sugar, sand...
- Index cards/post it notes with letters/shapes/numbers/words etc written on them by you or an older sibling



Instructions

Step 1: Pour your medium of choice (salt, sugar, sand, etc) in the shallow bin/pan

Step 2: Next, place the card in front of the bin and have your child use their finger to copy the shape/number etc in the sand or salt etc.

Step 3: Have the child practice writing the letter several times until they're comfortable to move onto the next letter in the deck.

Step 4: While the child is drawing the letters, ask them what word starts with that letter

Playful Questions

- Which hand or finger do you like using best for this activity?
- What does the medium (salt, snow etc) feel like in your hands and on your finger?
- Can you draw your own shape or letter not listed on a card?
- What word starts with the letter 'A'?

Suggested Links

Phonic song -

<https://vimeo.com/106231366>

Dish soap and pepper activity-

<https://drive.google.com/file/d/1csIXDtH-bYUyxvmYZhF5jsi6p094IIVS/view?usp=drivesdk>

Story Time-

<https://youtu.be/XFQZfeHq9wo>