

#### What to do:

- 1. Ask your child to communicate with you only through written dialogue for at least half an hour everyday.
- 2. Choose an appropriate time when the child is not tired and is relaxed.
- 3. Write the first entry yourself to set the tone of the discussion. It is a good idea to ask a question.
- 4. Keep it short and simple and as close to real life as possible. Once the child starts responding, he/she will get into the flow soon.
- 5. Allot no more than 5 minutes for each entry.
- 6. At the end of the exercise, make sure to appreciate the child's effort. A small reward will go a long way in motivation too.

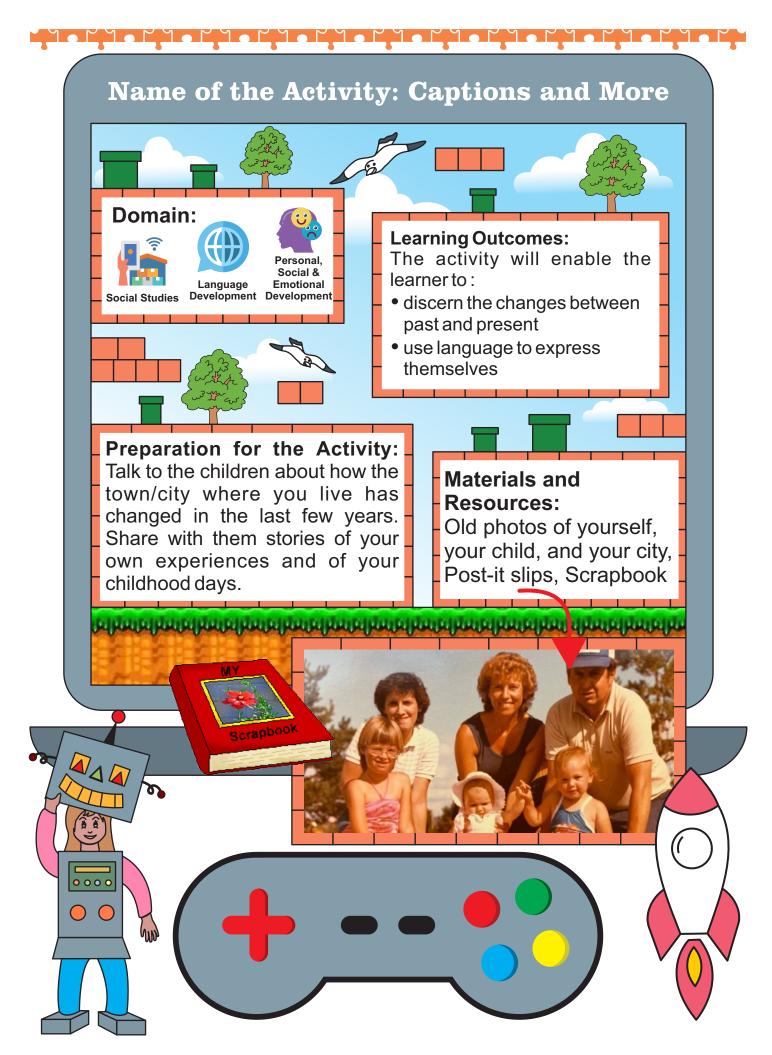


#### What can parents do:

Invite children to take up small writing tasks like making shopping lists. They can soon be asked to write the dialogue for a particular story that they enjoy.

#### How will it help the learner:

The learners will be able to express themselves in writing. They will practise answering and asking questions. They will improve their grammar and punctuation too.





- 1. Encourage the child to go through old photo album.
- 2. Tell her/him about where you were, what you were doing, etc. in each picture.
- 3. Tell the child to choose a few photos that he/she finds most intersting.
- 4. Let the child paste these photos in a scrapbook or else let them be in the photo album but select a few and paste the post-it slip under them.
- 5. Now ask your child to write a caption under each of them. 'Tina riding a bike' or 'Grandma watering plants' are a few examples of simple captions your children can create.
- 6. Encourage them to be observant and call attention to things that have changed.
- 7. Let her/him connect the past and the present.



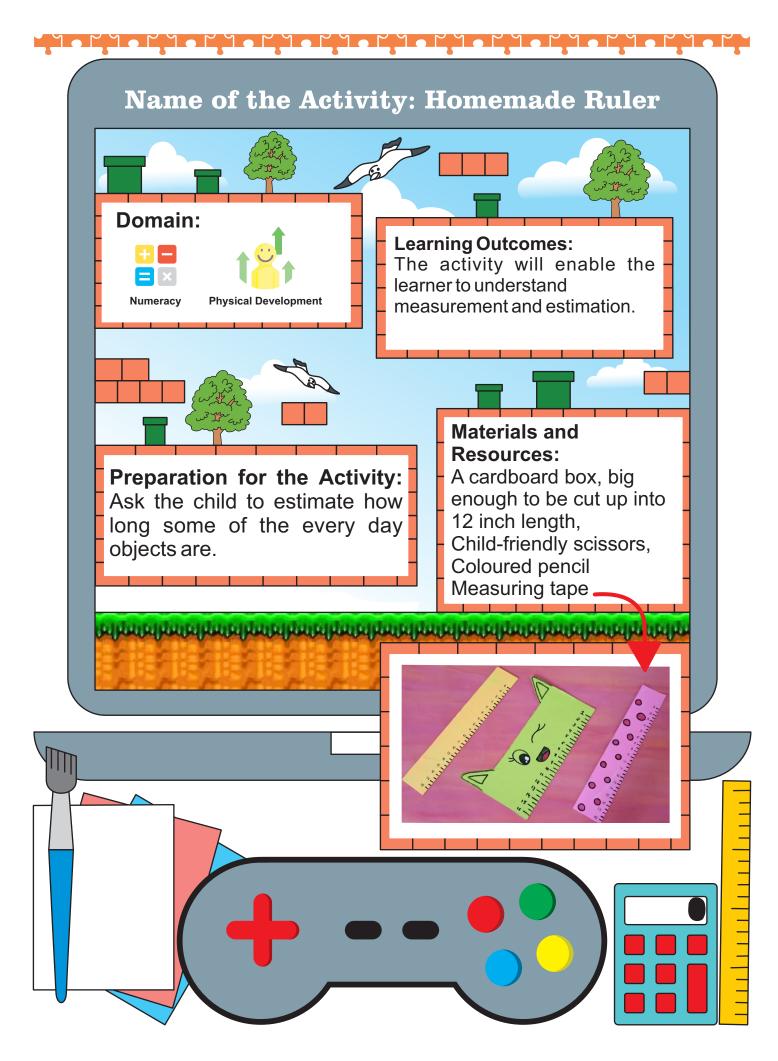


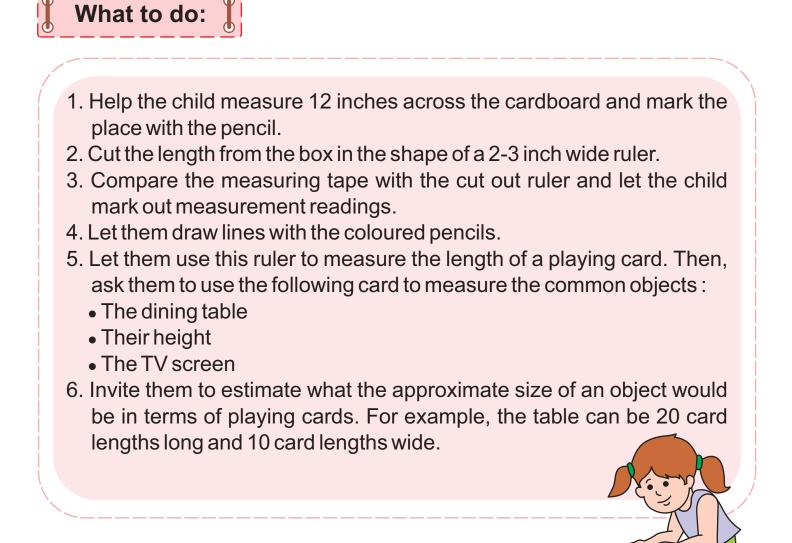
What can parents do:

Keep having conversations with the children about the history of your family, your city, or our country. If possible, plan visits to museums.

#### How will it help the learner:

The learners will *establish a connection between the past and the present*. They will strengthen their composition and *creative writing skills*.



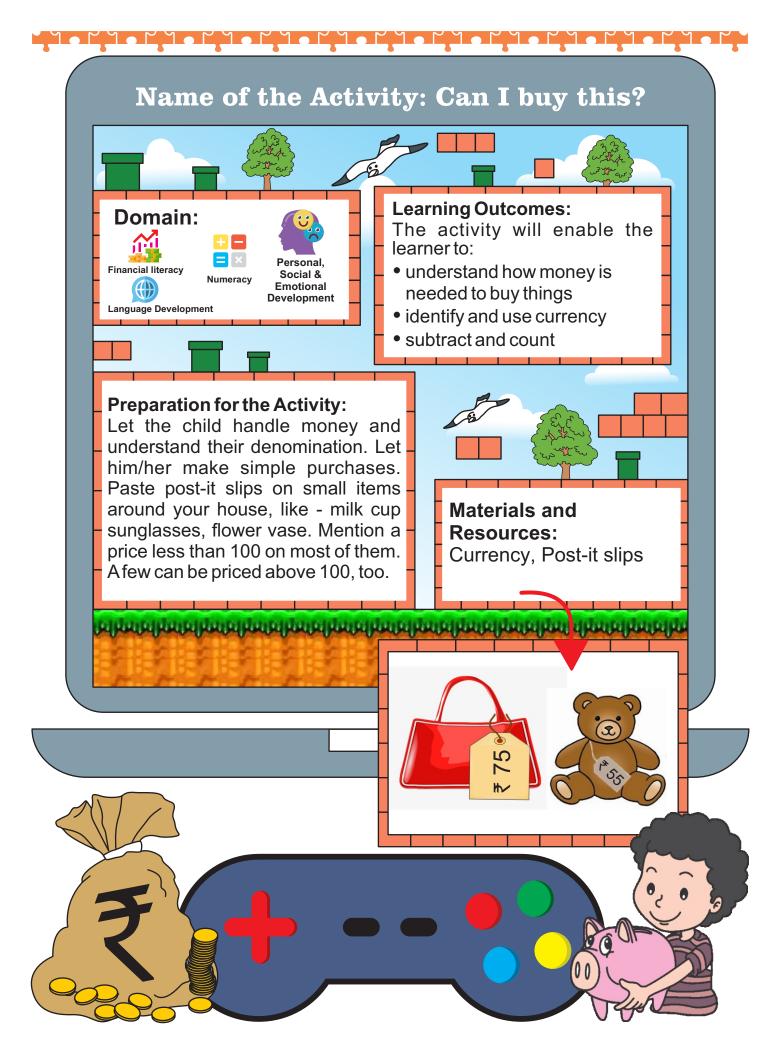


What can parents do:

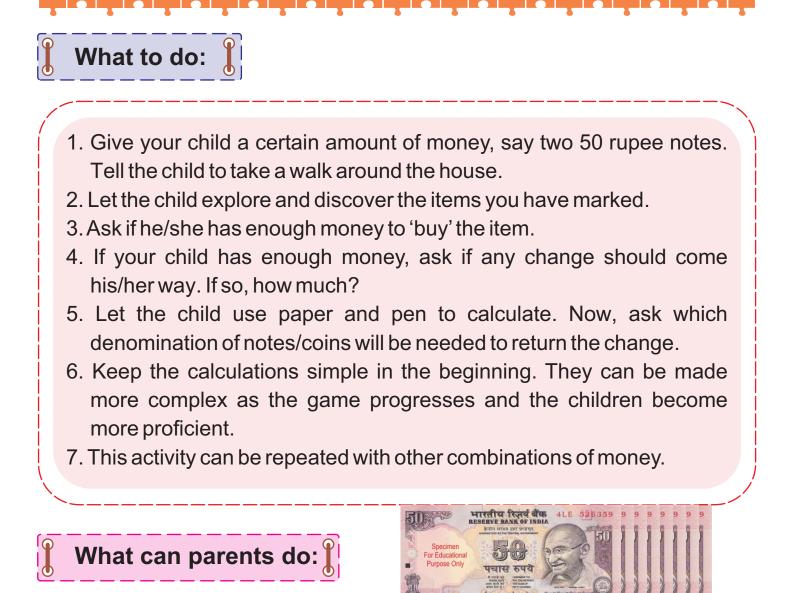
This is not only a math activity – it's a simple activity that will teach your kids about reusing and recycling too. Encourage young learners to explore counting and measuring with a simple craft that has a little bit of math and social skills!

How will it help the learner:

The learner will understand how to *measure* the length and width of different objects and will be able to *make better estimations*.



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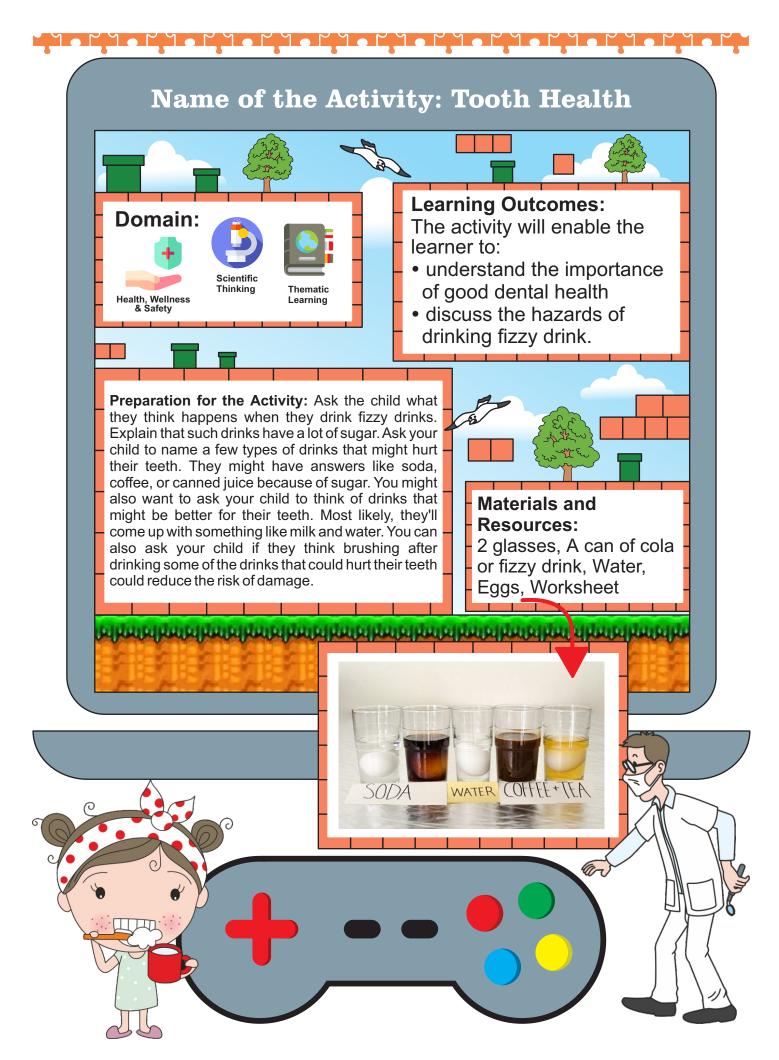


This fun activity is a make-believe shopping expedition. Both you and your child can have fun. It is a good way for the children to exercise their Math skills too. Usage of correct vocabulary will enrich the activity further.

#### How will it help the learner:



The learners will understand how money is needed to buy things and will identify and use currency. They will also be able to subtract and count. They will understand the concept of budgeting and saving up to buy things they want.



## What to do:

- 1. Boil the eggs, making sure that you have a few extra in case some of them crack while you boil them. A cracked shell will change the results of the experiment.
- 2. Help your child fill one cup with cola or fizzy drink and another one with water.
- 3. Once the eggs have cooled, have your child put one in each cup and leave it overnight.
- 4. Ask your child to check the eggs the next day. You may need to pour the liquid out of the cup to see how each egg has been affected. Most likely, the eggs in the cola have been stained by the liquid overnight.
- 5. Discuss the changes you see in each egg and ask your child what he/she thinks happened. Then, ask what he/she thinks can be done to "help" the eggs that have been immersed in soda get back to their original state (no stains).
- 6. Give your child a toothbrush and some toothpaste to see if he/she can brush the stains off the eggshell.
- 7. As a variation, you might also want to boil a few extra eggs and add cups with clear soda, orange juice, and coffee for comparison.
- 8. Print the worksheet (attached at the end). Play the game with your child. Discuss why some food types are good and others are bad for the teeth.

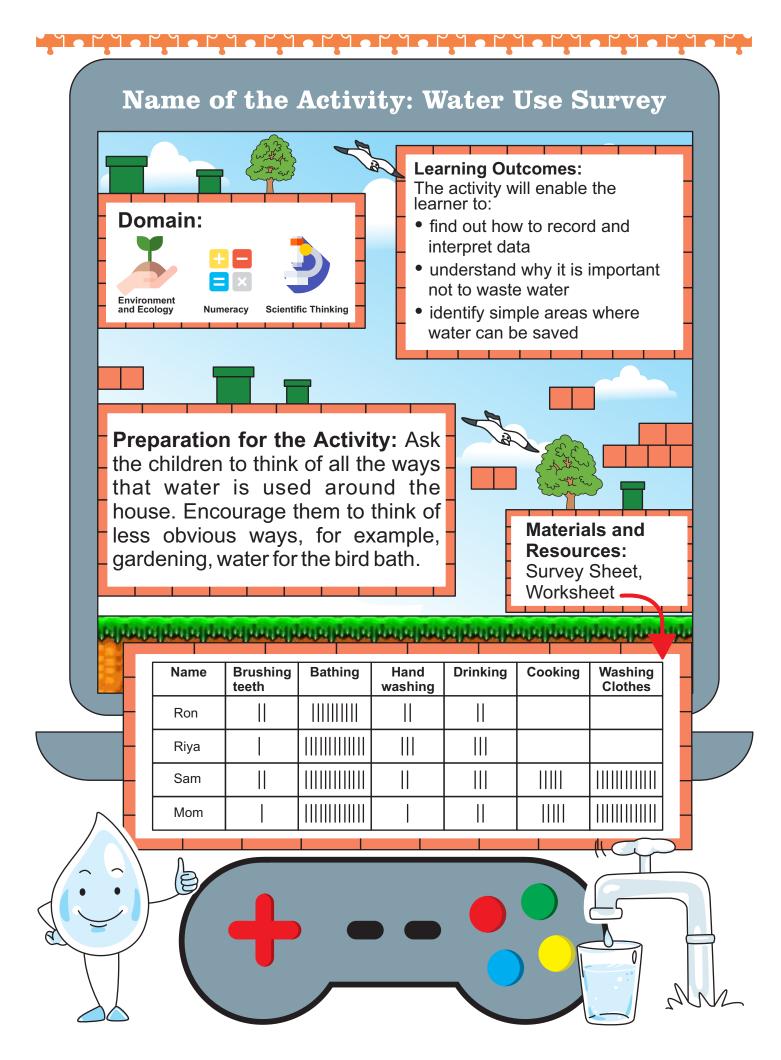
#### What can parents do:

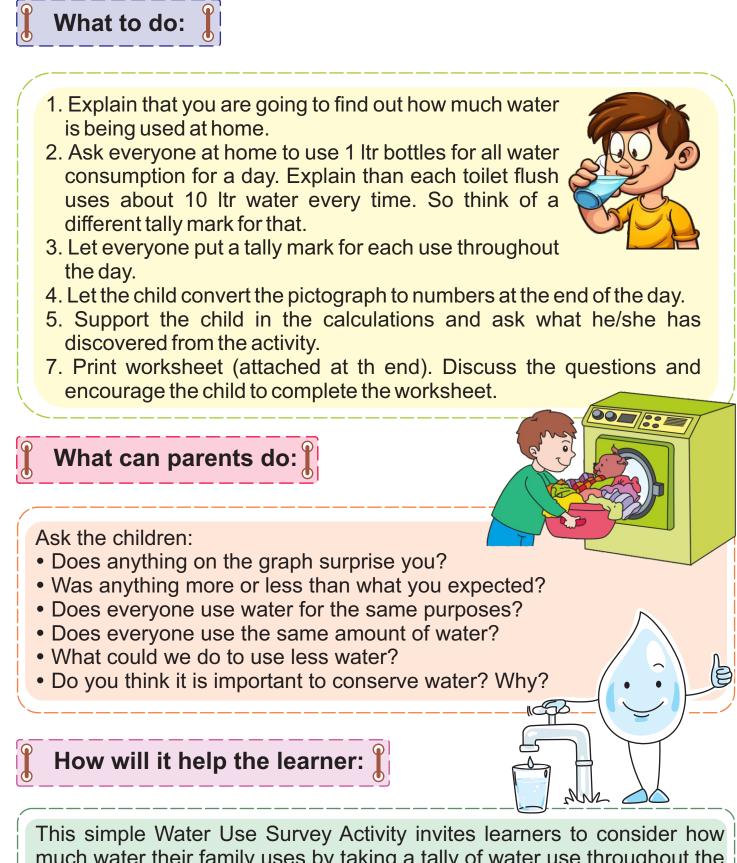
Instill good dental habits in your children. Ensure that they brush their teeth regularly and carefully. Print out and play this board game with your child.

#### How will it help the learner:

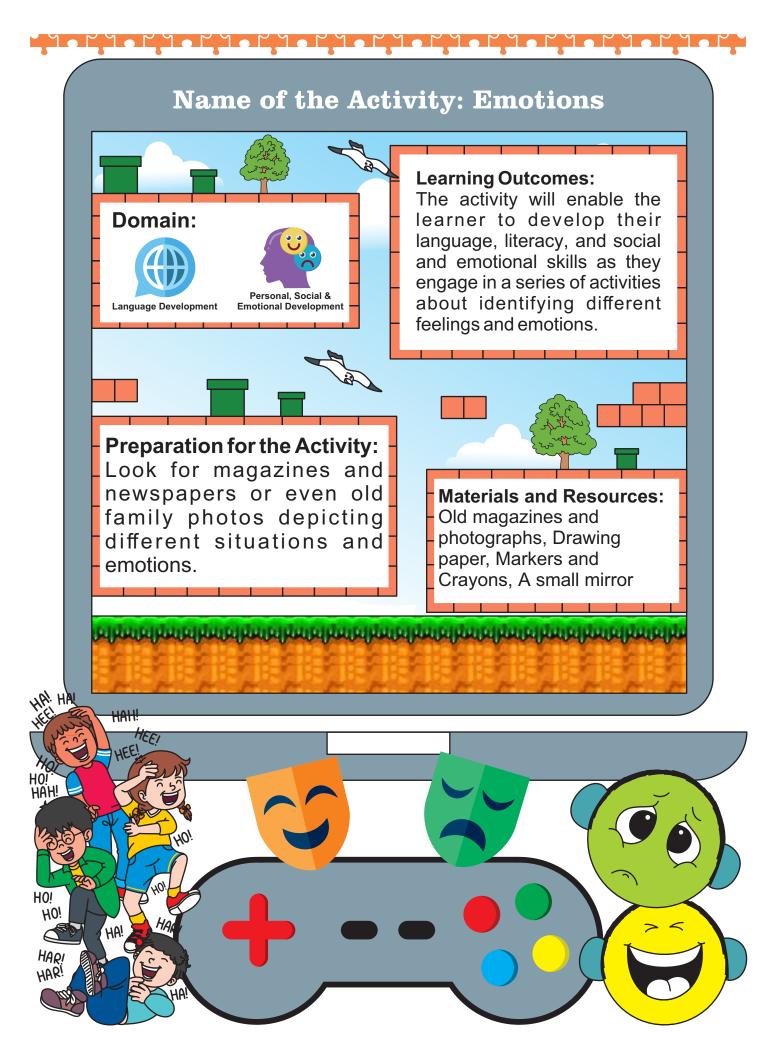


The learners will understand the importance of good dental health. They will also understand the hazards of drinking fizzy drinks and improve their eating habits.





much water their family uses by taking a tally of water use throughout the day. This practical lesson will give the learners a chance to be detectives for water usage and wastage. It will help them focus on where they think water could be saved.



#### What to do:

- 1. Let the child cut out photographs from magazines that depict people expressing different types of emotions. Use old family photographs that depict different emotions or look through magazines with the children for pictures.
- 2. Ask them to paste the pictures on separate sheets of paper.
- 3. Share the collection of photographs with children and ask them to identify the emotions they see in each picture.
- 4. Use the pictures to involve them in oral storytelling activities. Choose an interesting picture and invite them to make up a story about it.
- 5. Invite them to think of an emotion and to create a facial expression that depicts that emotion. Use a small mirror so that children can see their expressions. Discuss how the parts of their faces move differently when displaying different emotions.
- 6. Explain that they will create self-portraits that show a variety of emotions.
- 7. Appreciate their efforts.

#### What can parents do:

Have a conversation about their favourite moment in life. Let the child elaborate why it is the favourite. Also ask how it makes them feel to remember it.

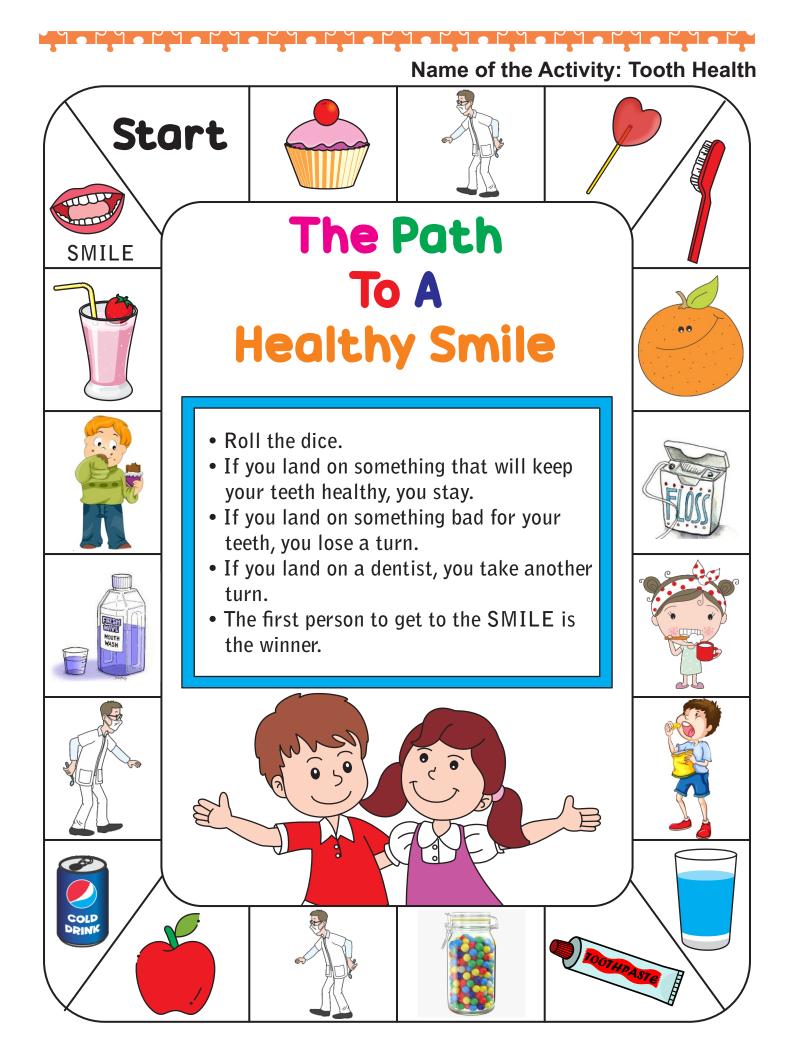
#### How will it help the learner:

It is important for learners to be able to understand and *express their emotions and to empathize* with others. This would improve their social and emotional skills.

Ho)

Expressing

Yourself



Others				
Washing Clothes				
Cooking				
Drinking				
Hand washing				
Bathing				
Brushing teeth				
Name				

# **Survey Sheet**

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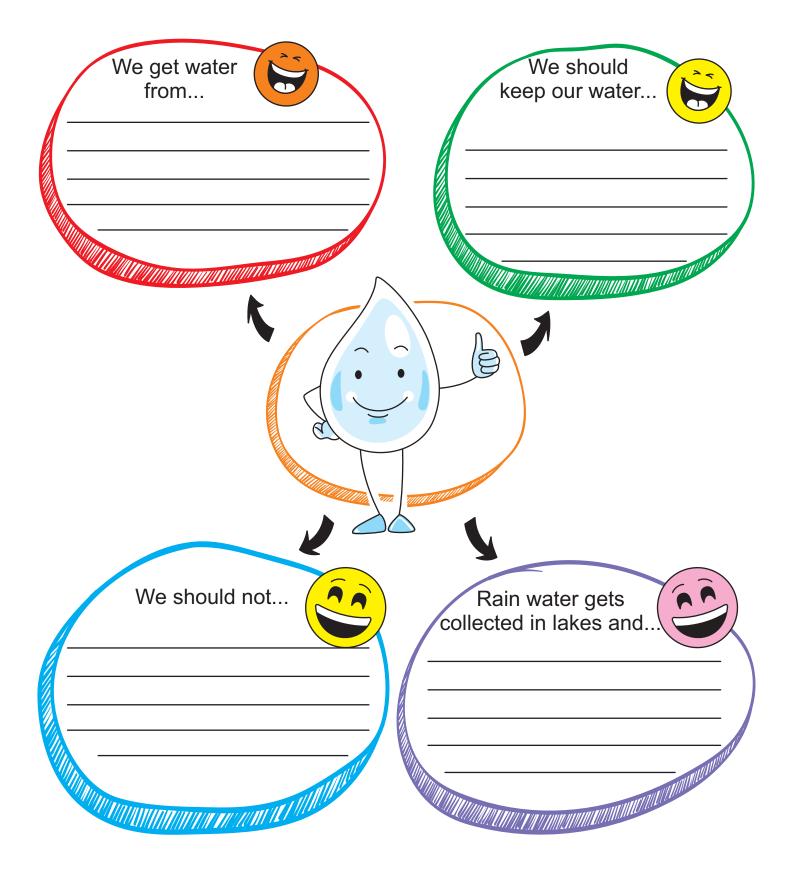
#### Name of the Activity: Water Use Survey



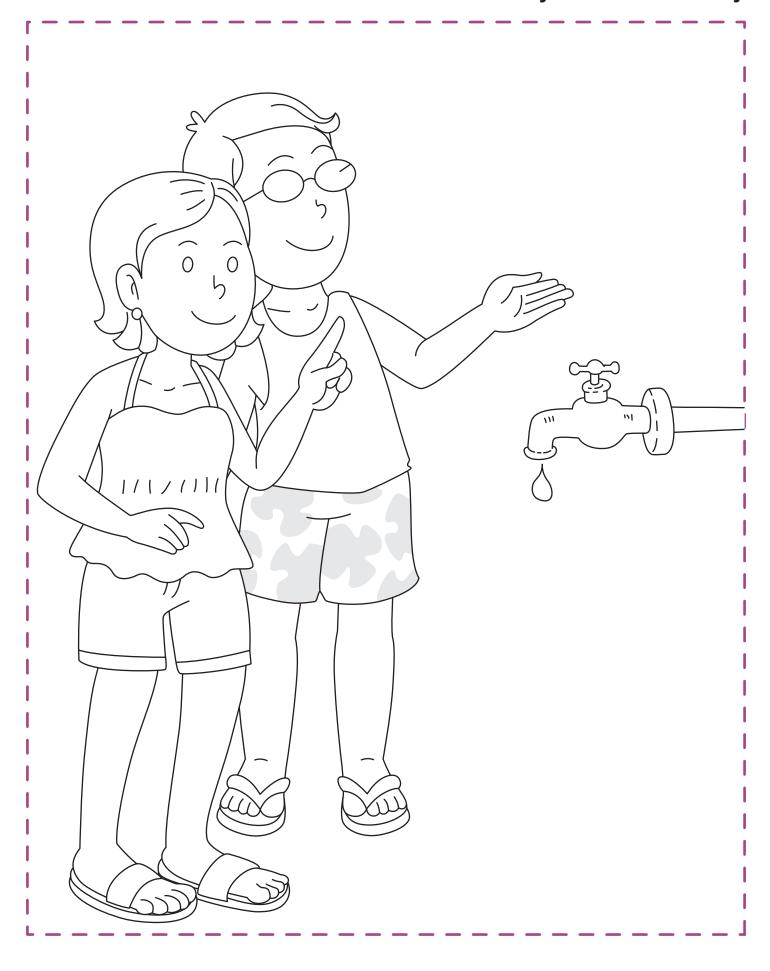
Name of the Activity: Water Use Survey

#### Water Water Everywhere!

Now, complete the concept map and colour the sheet with the dripping tap.









Name of the Activity: Emotions

#### **Catch Your Memories**

### IF YOU HAD A NET TO CATCH A FAVOURITE MOMENT IN YOUR LIFE, WHICH WOULD IT BE?

Draw and colour the scene.

