

## Home-Based Activities

This set of home-based activities provides opportunities for you to engage your child in play and exploration at home. Carrying out the activities and playing the games with your child help to promote family bonding and support your child's learning and development at home.

We encourage you to try as many activities as you would like with your child. We hope you and your child will have an enjoyable time doing these activities!

## What can you do with your child?

### Let's Stretch

*Explore this simple yoga activity with your child at the start of the day to warm up their bodies, or do it after long periods of close screen time or table work time.*

**Through this activity, your child will be able to...**

- **Demonstrate control, coordination and balance**
- **Recognise and form letters of the alphabet with their bodies**

Materials: Comfortable attire, small mat, device to stream YouTube

### Activity:

- Get your child into a comfortable attire for stretching.
- Assign a personal space for your child. You may provide a small mat for him/her.
- Stream the following video and follow the actions together.  
<https://www.youtube.com/watch?v=E0RUN0e3ZGY> (Duration: 9 minutes 13 seconds)
- Help your child to pay attention to the body parts used for the different poses.
- Take a picture of your child forming the first letter of his/her name with her body and share it with the class teacher.
- Parents can repeat this activity with this video on another day:  
<https://www.youtube.com/watch?v=O0Bb5T2-b1A> (Duration: 1 minute 34 seconds)

### Breakfast for My Family!

*Breakfast is the most important meal of the day. Children need to know that eating a healthy breakfast will give them a good start to their day. This cookery activity will give your child an opportunity to explore healthy recipes for breakfast and show his/her appreciation for the family.*

**Through this activity, your child will be able to...**

- **Observe and talk about the changes to an ingredient before and after cooking**
- **Show appreciation for a family member**

Materials: Recipe (e.g. <https://www.eggs.ca/recipes/cat/16/for-kids>), pan, frying spatula, eggs

### Activity:

- Share with your child that he/she can show his/her love for the family by making breakfast.
- Start preparing the breakfast using the selected recipe.
- Guide your child to observe that the egg is watery before cooking and hard after cooking.
- Invite your child to serve the breakfast to the family and tell them "I love you."
- Take a photo of the breakfast and email your child's teacher! They can have a conversation on it during their next phone call!
- If a family member is allergic to eggs, you may find other suitable recipes.

## Let's Peg 5

*The children were introduced to the part-whole relationship during our HI-Light lesson. This activity reinforces their understanding in the different combinations that make up the number "5".*

**Through this activity, your child will be able to...**

- **Understand part-whole relationship**
- **Practise fine motor skills**
- **Practise writing numerals**

**Materials:** 1 shirt card with number '5' on 1 clothes hanger (**Annex A**), 10 pegs in 2 colours (5 pegs in each colour), activity sheet (**Annex A**)

### Activity:

- Give your child 10 clothes pegs.
- Ask him/her to peg the colour pegs on the hanger to make a total of 5.
- (Optional) Tell your child to record what they have pegged by colouring the blank pegs in the activity sheet.

## Number Plate

*The children were introduced to the part-whole relationship during our HI-Light lesson. This activity reinforces their understanding in the different combinations that make up the number "6".*

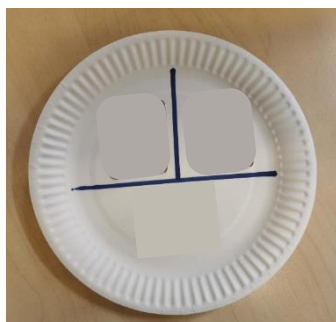
**Through this activity, your child will be able to...**

- **Understand part-whole relationship**
- **Write the numeral 6**

**Materials:** Paper plate (prepared like in the picture 1 below), writing tool (e.g. pencil, marker), 6 counters (e.g. 6 paper clips, 6 erasers)

### Activity:

- Share with your child that he/she will be practising different ways of making 6.
- Introduce your child to the prepared plate.
- Guide your child to write the number on the plate (see picture 2).
- Encourage him/her to put the counters to form different combinations of 6 (see picture 2).
- Invite your child to describe the combination when he/she is done (e.g. 1 and 5 makes 6).
- If your child is ready, you can repeat the activity using a larger number.



Picture 1



Picture 2

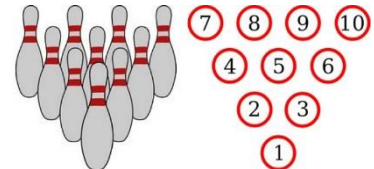
## Bowling!

*Since we can't play outdoors, let's play indoors! This is a fun activity to help your child practise his/her coordination and underarm roll skill while practising counting.*

**Through this activity, your child will be able to...**

- **Demonstrate hand-eye coordination as they aim and roll a ball**
- **Compare 2 sets of numbers by using 'more' and 'less'**

Materials: 5 plastic bottles of the same kind (e.g. Coke bottles), 5 plastic bottles of another kind (e.g. Sprite bottles), ball (can create using paper),



### Activity:

- Arrange the bottles in a triangle (see picture on the right)
- Mark out a starting line 2 metres from the first pin.
- Invite your child to roll the ball using an underarm roll (see steps below).
- Ask your child to count the number of bottles of each type that were knocked down.
- Write the number on the recording sheet (**Annex B**).
- Guide your child to say, "More \_\_\_\_\_ bottles were knocked down than \_\_\_\_\_ bottles."
- Repeat the activity, but for this round, guide your child to say, "Less \_\_\_\_\_ were knocked down than \_\_\_\_\_ bottles."

### Underarm roll steps:

1. Look at the bowling pins.
2. Hold the ball in one hand.
3. Place the opposite foot forward.
4. Swing the arm with the ball backwards.
5. Swing the same arm forward and let go of the ball.

## A Card for \_\_\_\_\_!

*This activity allows your child to express his/her feelings through art and simple writing. This activity also gives parents the opportunity to understand how your child feels during this Circuit Breaker period.*

**Through this activity, your child will be able to...**

- **Express himself/herself through simple writing**
- **Show appreciation for a loved one**

Materials: Drawing paper, writing/drawing tools (e.g. pencil, coloured pencils, crayons)

### Activity:

- Ask how your child feels about not seeing his/her friends and relatives.
- Ask what he/she would want to say to 1 person if he/she has a chance to.
- Suggest making a card for the person.
- Invite your child to write what he/she wants to say.
- Encourage him/her to decorate the card.
- Repeat the activity if your child wants to make a card for another person.
- *Optional: Mail the card to the person!*

## Handmade Musical Instruments

*Help your child understand that they can save the earth by transforming unwanted items into other items such as handmade musical instruments. You can get your child to decide on the musical instruments that they would like to invent and express their creativity through decorating their invented musical instruments.*

**Through this activity, your child will be able to...**

- **Recognise the importance of reusing**
- **Create musical instruments by reusing unwanted materials**

Materials: Recycled materials (e.g. bottles, toilet roll cores, tin cans or tissue boxes), art materials (e.g. markers, paint, coloured paper or ribbons), green beans, rice grains

### Activity:

- Show your child the following video on the importance of the 3Rs:  
[https://www.youtube.com/watch?v=OasbYWF4\\_S8](https://www.youtube.com/watch?v=OasbYWF4_S8) (Duration: 3 minutes 39 seconds)
- Talk to him/her about what he/she learnt from the video.
- Invite your child to search for unwanted materials around the house that can be reused.
- Use the materials to make simple music instruments like shakers (**Annex C**)
- When the instrument is ready for use, encourage your child to sing a song with it.
- Record a video of your child playing his/her instrument and share it with us! You can email the video to your class teacher!

## Handwashing

*Keeping our hands clean is our social responsibility to reduce the risk of infections. This activity helps your child to reinforce the eight steps to washing their hands while exploring the effects of “washing” their hands with washable paint.*

**Through this activity, your child will be able to...**

- **Explore and understand the importance of handwashing**
- **Create an artwork using different tools**

Materials: Drawing paper, darker colour washable paint (e.g. blue), soap, paper towel, drawing tools

### Activity:

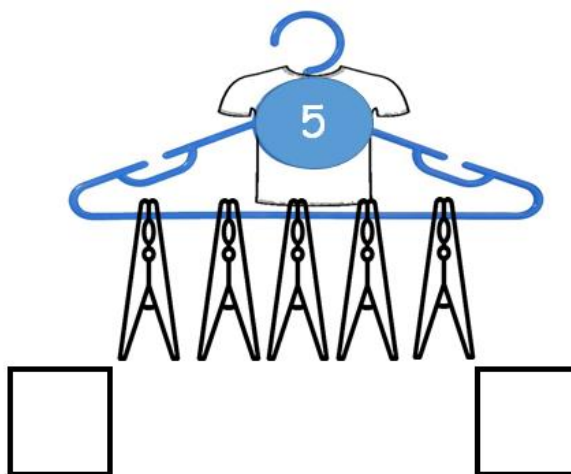
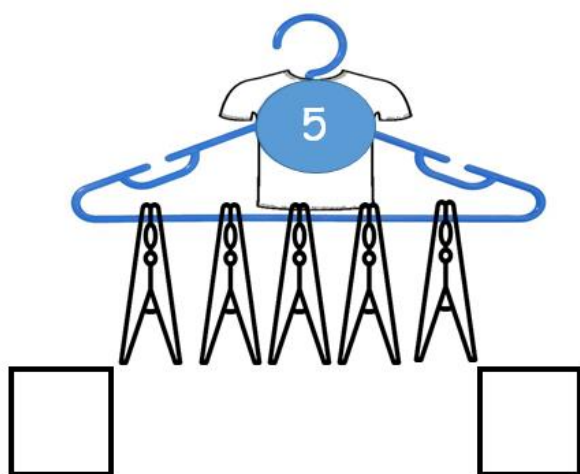
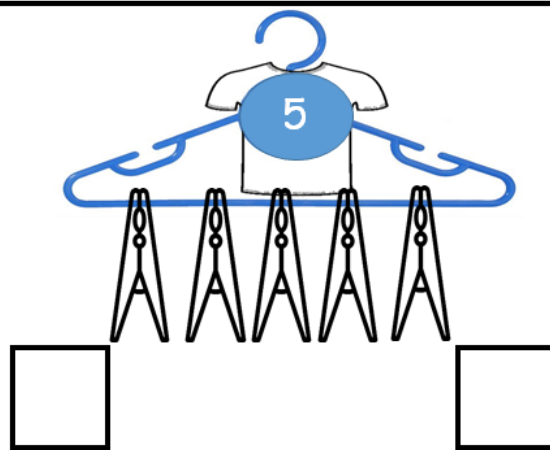
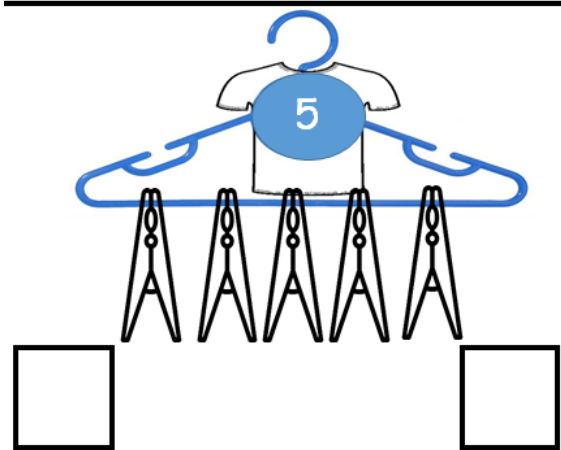
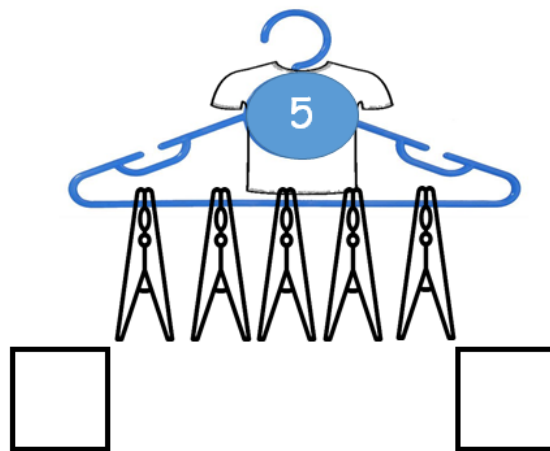
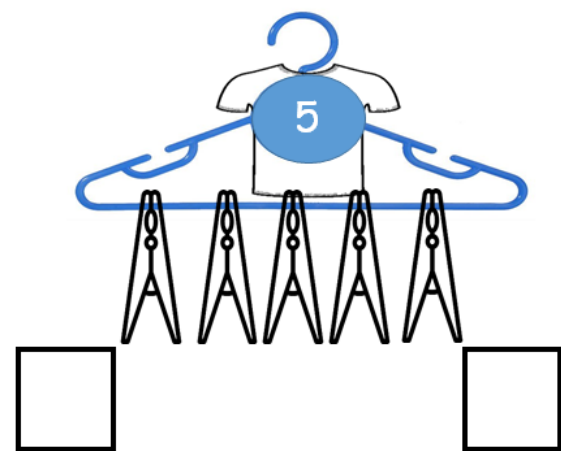
- Demonstrate to your child the first 7 steps of handwashing.  
(See video for reference: <https://www.youtube.com/watch?v=cbX0xwKORjk>)
- Explain that paint has colour so you are using it to see how the soap usually covers your entire hands when you wash them.
- Put some washable paint on your child's palm.
- Guide your child to execute the first 7 steps of handwashing.
- Ask your child to observe the areas of his/her hands that are covered in paint after each step.
- After the 7 steps, guide your child to ensure that his/her hands are fully covered in paint.
- Print his/her hands on the paper and let it dry.
- Invite your child to wash off paint with soap using the 7 steps and end the routine by introducing step 8.
- After the handprints are dried, encourage him/her to suggest what they could add on (e.g. draw, paste materials) to create an artwork. (**Annex D**)

(Annex A)[Let's Peg 5]



Shirt card with number "5"

(Annex A)[Let's Peg 5]



(Annex B)[Bowling]

Bottle (Type 1): _____	Bottle (Type 2): _____	Which type has <u>more</u> ?
e.g. 1	4	Sprite

Bottle (Type 1): _____	Bottle (Type 2): _____	Which type has <u>less</u> ?
e.g. 1	4	Red

**(Annex C)[Handmade Musical Instruments!]**





(Annex D)[Handwashing]



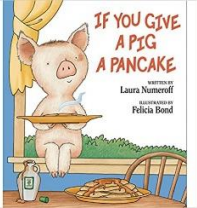

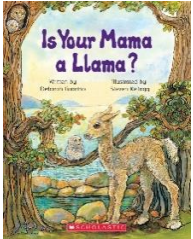
(source: <https://www.healthhub.sg/live-healthy/471/keepyourhandsclean>)



(source: <https://ferguson.serendipity14.com/handprints-pdf-handprint-art/>)

## Suggested Picture Books and Activities

Note: These URL links are accurate at the time of publishing. However, the links may be updated by the websites from time to time. Hence, do access the links first to ensure that the content displayed is as indicated in the table below. Should the links become faulty, you may search for the book titles and videos on search engines. You may also engage your child in listening to audio books by visiting the website: [stories.audible.com/discovery](https://stories.audible.com/discovery).

S/N	Details of Picture Books	Synopsis	Suggested Activities
1	<p><b>If You Give A Pig A Pancake</b></p>  <p>Written By: Laura Numeroff Book Video Link: <a href="https://www.youtube.com/watch?v=GMMKOLX-nx4">https://www.youtube.com/watch?v=GMMKOLX-nx4</a></p>	<p>This story is about an accommodating little girl who tries to keep up with the whims of a busy little pig. When reading, have your child pay close attention to the things the pig does in the story, which includes taking a bath, tap dancing, mailing a letter and decorating a tree house.</p>	<p>1. <i>If You Give a Pig a Pancake</i> is a circular story, the plot line literally comes a full circle. Get your child to draw the different events in the story and sequence them. Your child will see that the story started and ended with the pancake!</p>  <p><a href="https://www.coffeecupsandcrayons.com/letter-p-pancake-themed-activities/">https://www.coffeecupsandcrayons.com/letter-p-pancake-themed-activities/</a></p> <p>2. Ask your child to write a letter to relative or their friend. They can draw pictures or write words to share about their day. Place the letter in an envelope and you may help your child to mail them!</p>
2	<p><b>Is Your Mama a Llama?</b></p>  <p>Written By:</p>	<p>Lloyd the baby llama asks different animals if their Mama is a llama. He asks duck, cow, and seal. They give him hints of what their mom looks like. The hints help him see that their mom is not his mom. In the end he does find his</p>	<p>1. Go through the book again and pick out the rhyming words with your child. Ask him/her for more examples of rhyming words, emphasizing the sounds of the letters.</p> <p>2. Play a freeze dance game. Have your child to recall the animals featured in the book such as the bat, owl, cow, duck, kangaroo and seal. Play some music while your child mimics the movements of the animals. When the music stops, your child has to freeze and describe the animal that he/she is pretending to be. Encourage your child to describe using simple sentences e.g. I am jumping like a kangaroo.</p>

	Deborah Guarino Book Video Link: <a href="https://www.youtube.com/watch?v=S-p5rjluyNE">https://www.youtube.com/watch?v=S-p5rjluyNE</a>	mama llama.	
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**Stay Safe. Stay Home. Stay Curious**