



NAME: _____



HAVE A JOYFUL TIME DOING THESE ACTIVITIES !!!

Dear Parents

Summer vacation is synonymous with fun and frolic. Holidays are time when you can rediscover and involve yourself in many interesting activities. Here is a "Summer Vacation Activity Treasure Box" just for you. We have planned many fun filled activities to hone up your following skills:

- Communication skills
- Social skills
- Self-management skills
- > Research skills
- > Motor skills





Communication Skills



Read a picture book with your child daily.

This will enhance his/her vocabulary and develop a love for books at an early age.



Let your toddler recite a short and simple nursery rhyme with you. Let him/her learn it and recite it independently.





Ask questions that has a choice:

"Do you want an apple or an orange?"

"Do you want to wear your red shirt or your blue shirt?"

Place some objects in the box. Ask your child to take out one object at a time and let him/her tell its name and its use.

Social Skills

Let your child make a card for his/her grandparents. Their love and emotional support is very important for your child.

Please share the picture of the card.





"Celebrating House Help"
Let your child assist you in
cleaning, dusting, cooking etc.





Family Meal Time

Let your toddler pass the food at the table to other members and learn the golden words like:

"Please" and "Thank You"



Self-Management Skills



Freeze Dance

Have a dance party with your family members. As the music stops, everybody needs to freeze. This activity enhances the "Listening Skills" of the child.

Let your child hit the target with a ball. This activity helps in the development of

"Eye and Hand Co-ordination"



Give two to three containers to your little one. Let him/her transfer water from one container to the other. This activity will enhance your child's "Motor Skills"



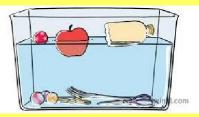


Research Skills



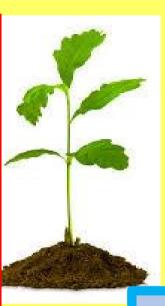


Give few items to your child. Let him/her put them in water to see what floats and what sinks.





Let your child sow a seed, (black gram or kidney beans) nurture the sapling and watch it bloom into a plant by watering it daily.

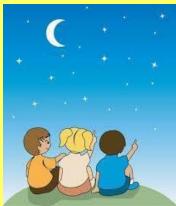


Let your child feed the birds and observe them eat.





Watch the stars and the clouds. If possible use a pair of binoculars.



Activity Time

Make your own Table Mat

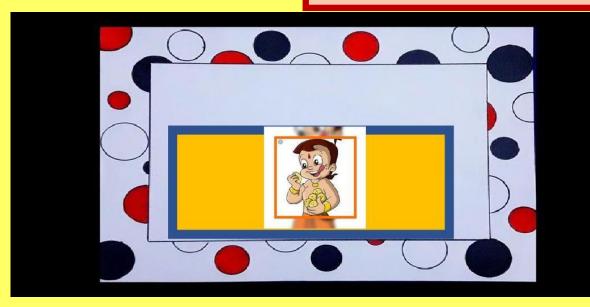
Material Required:

A3 size pastel sheet (any colour), glue, crayons, cutouts/stickers of your child's favourite cartoon character and water colours.

Step1: Make a border on the sides of an A3 size sheet by vegetable printing (any vegetable)

Step2: Paste the cutouts/ stickers of your child's favourite cartoon character on the sheet as shown in the sample.

Once made, cover it with a plastic or cellophane sheet so that it can be cleaned easily.



Chef Activity

Julius Mocktail



Ingredients:

- 1 cup mango pulp
- 1 cup milk
- 1 teaspoon vanilla essence
- 1 teaspoon sugar
 - 1 scoop vanilla icecream

Procedure:

Add all the ingredients in a blender

Blend until smooth

Pour it into a glass and serve

Make this refreshing recipe with fresh mango juice along with a generous scoop of your favourite vanilla ice cream.

Enjoy this mocktail with your family.

Getting involved in Chef Activities also help children in developing their fine motor skills and eye-hand coordination.

Click the pictures of your little ones while they are doing these activities and paste them in a scrap book to create lifelong memories.



Some "Do's and Don'ts" to be followed to stay healthy and fit:

- Wash hands frequently using soap and water for at least 20 seconds.
- Have a nutritious diet and drink plenty of water.
- Eat lots of citrus fruits such as oranges, lemons etc.
- Do not move out of the house without a mask.

Hope you enjoy doing these interesting activities. Stay home, eat healthy and stay safe.

HAPPY HOLIDAYS !!!