

DW DEVELOPMENT
WORKSHOP

Community Development
Human Settlements and Development



Home-based learning activities

(BIRTH TO SIX YEARS)



DISCOVERY BOTTLES

Home-based learning activity for 1-to- 2 year olds
with parents, caregivers or family members

How to make a discovery bottle:

- Use a recycled plastic bottle to create a toy for your child.
- You can fill it with stones, leaves or crumpled paper.
- Close the lid tightly and make sure the bottle is clean.
- Let your child play with it. They might shake it, squeeze and turn it upside down.
- Think about what other things you can put inside a bottle to create an interesting toy for your child.
- Change the objects after your child loses interest

Discovery bottles are a creative way to engage very young children in sensory play and exploration.

Sensory play helps children develop thinking skills, fine motor skills and language.

These bottles can also be used as a 'calm down' tool for children who are feeling anxious, upset or overwhelmed.



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MANAGING EMOTIONS

Support for carers of 1 to 2 year olds

Between the ages of one to two years old there will be lots of changes as your child moves away from babyhood to being a toddler. Your child will want to explore and learn new skills. There are new things to learn like beginning to walk and speaking more.

They are also learning how to deal with lots of different emotions. Children learn from parents and carers as their main role models.

Help your child begin to understand their feelings. Talk about how you think they are feeling; "I can see you're feeling sad" "

Wow, you're happy today!"



Start with simple emotions such as happy, sad and angry. In time this will give your child words to express how they are feeling. This will help them explain their feelings more easily

You could try:

- Praising your toddler when they have done something right works better than shouting at them for doing something wrong
- Talk to your child about what you are doing, feeling and seeing. This helps develop their own understanding of emotions
- Routines like bedtime and meal times help to give the day structure. This helps your child know what is happening next and what to expect, making them feel safe and secure

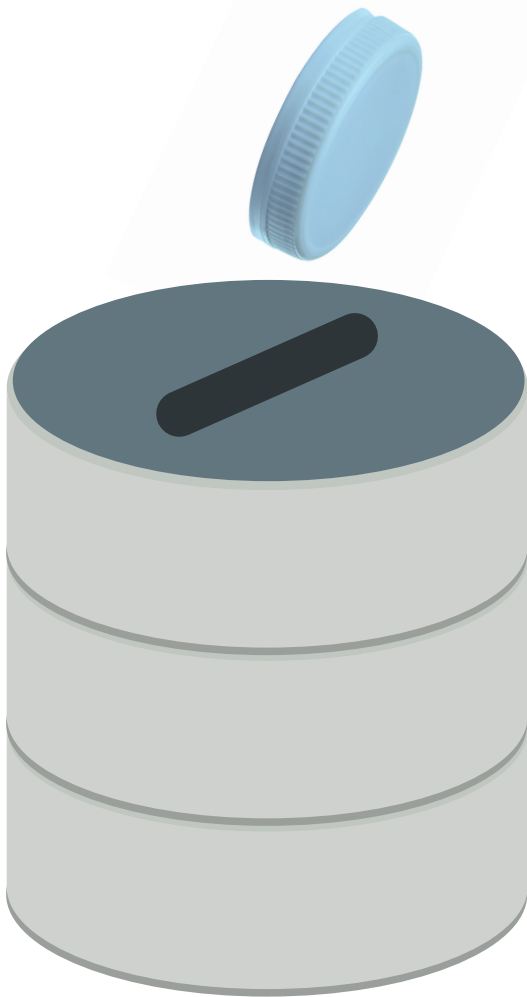
make the connection



POSTING PLAY

Home-based learning activity for 1-to-2 year olds
with parents, caregivers or family members

Around one year of age (all children develop at different rates) babies get interested in taking things in and out. This is called posting. Posting allows little ones to be curious and explore. Through posting play, they practice vocabulary like "in, out, big, small, empty, and full". It is also a very early introduction to maths skills, such as measurement, volume, and capacity.



Posting Game:

If you have a tin with a lid, cut a hole in the lid and give your child some things to put in. The smaller the hole, the harder it gets. You could give them stones, bottle caps or even spoons. If you don't have a tin you could also cut a hole in a small box or on the side of an empty bottle.

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READING TO BABIES

Home-based learning activity for 1-to-2 year olds
with parents, caregivers or family members

The more words babies hear when you talk, read, and sing, the more their brain grows. Reading aloud will give your child the skills they need to learn to read, write, and understand information as they grow. You can help your child learn to love reading.

Read together or tell stories every day

Read or tell stories to a newborn for a few minutes at a time. When they lose interest, stop reading or telling the story. As they get older, read for longer. Make this a warm and loving time when the two of you can cuddle close together. Bedtime is an especially great time for reading together. If you don't have a book you can make up your own story.

Give everything a name

You can build language skills early, even with the littlest child. Play games where you name or point to things. Say things like, "Where's your nose?" and then, "Where's Mommy's nose?" Or touch your child's nose and say, "What's this?"

Read or tell it again and again and again

Your child will probably want to hear a favorite story over and over. Go ahead and read the same story for the 100th time! Research suggests that repeated readings help children develop language skills.

Know when to stop

If your child loses interest or has trouble paying attention, just put the book away for a while. Don't continue reading if your child is not enjoying it.



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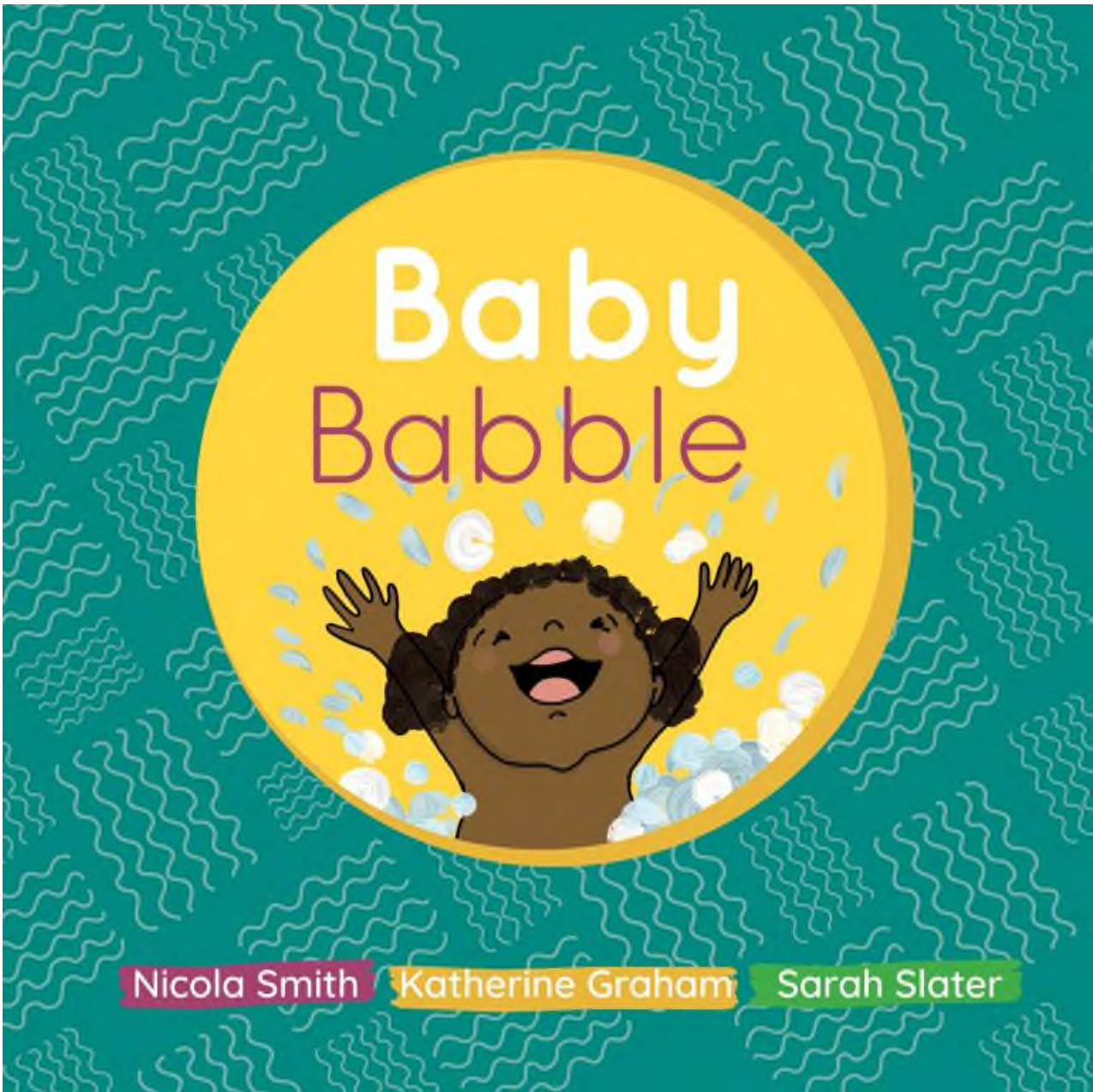
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Workshop Namibia
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Which **shoes**? You choose!

Please, please!
More **peas**!



Num-num? **Yum-yum!**

All gone! **Full tum.**



Who's there?

Teddy bear!



Where's dum-dum?
Baby **sad**.



There's dum-dum!
Baby **glad**.

Night night, **sleep** tight!



BABIES AT HOME

Home-based learning activity for 1-to-2 year olds
with parents, caregivers or family members

Creating a Safe Space for Your Children

It is a good idea to create a special play space for babies and younger children. You can even use the corner of a room. It gives them somewhere to go to and makes them feel that they matter. Children also often play for longer if they have a special place to go to. Here are some ideas for creating the kind of play space that your children will want to go to:

- Put a rug, towel or cloth on the floor so that it is warm and cozy.
- Arrange toys so that your children can easily reach them.
- If you don't have toys, find safe things from around the house and put these out for your children to play with.
- Find a space on the wall to put up pictures that your children draw.
- Keep the space clean, tidy and safe for your children to play in.



make the connection



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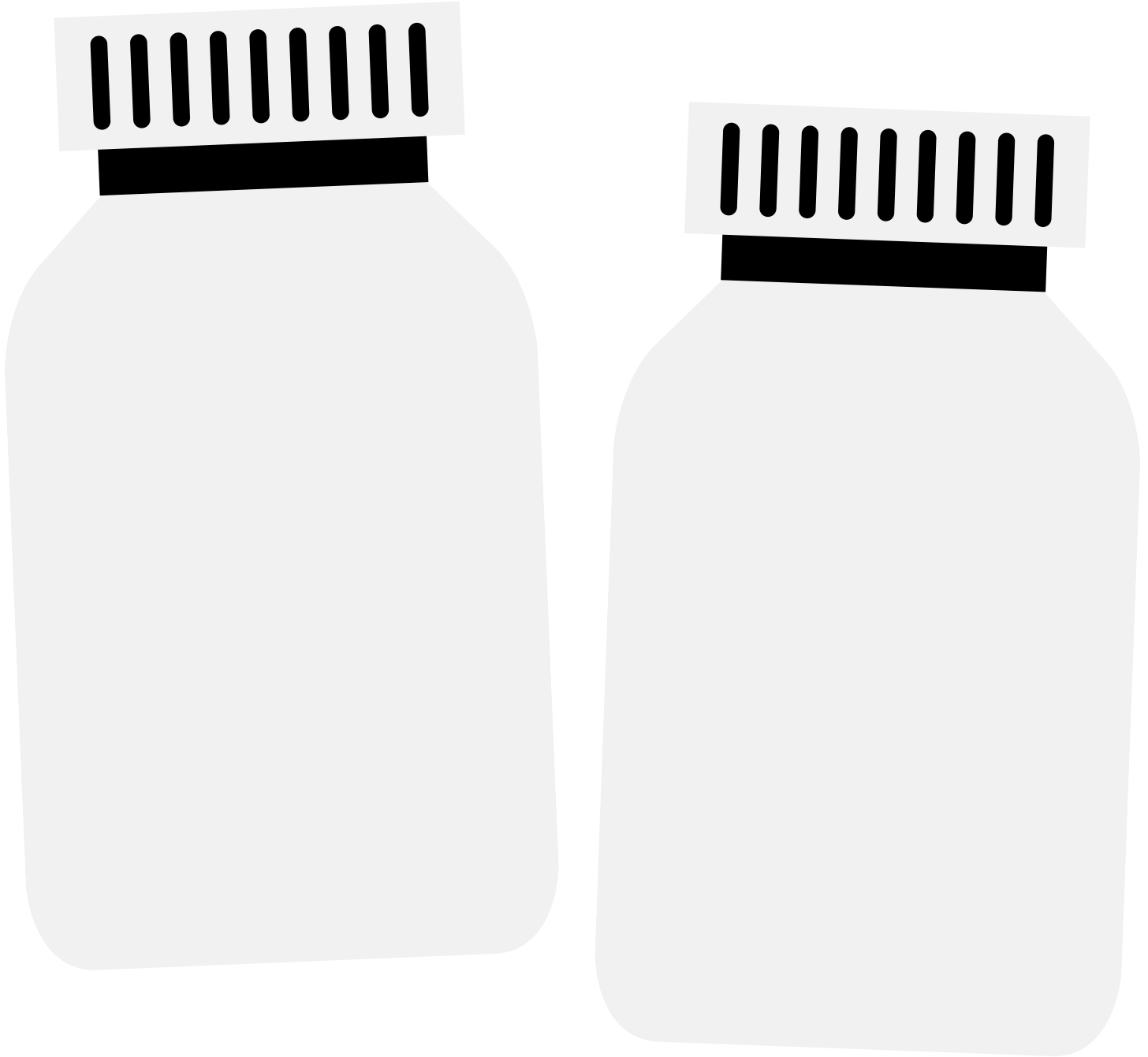
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NUMBER JARS

Home-based learning activity for 3-to-4 year olds
with parents, caregivers or family members



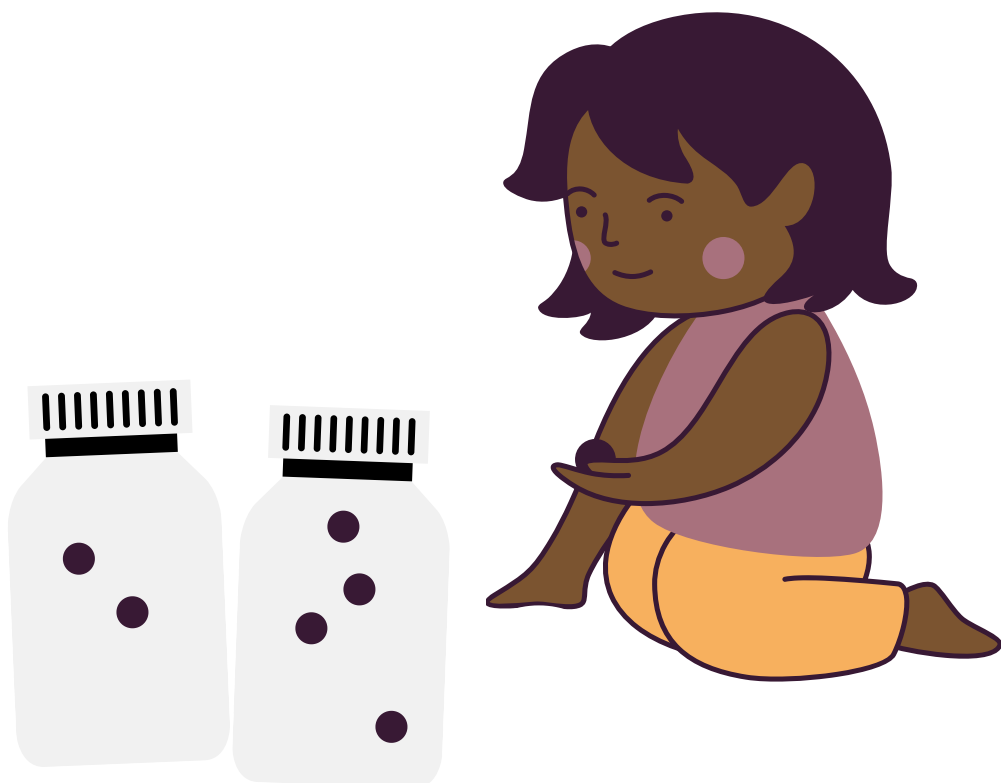
Use these jars to help your child
learn about numbers.

make the connection



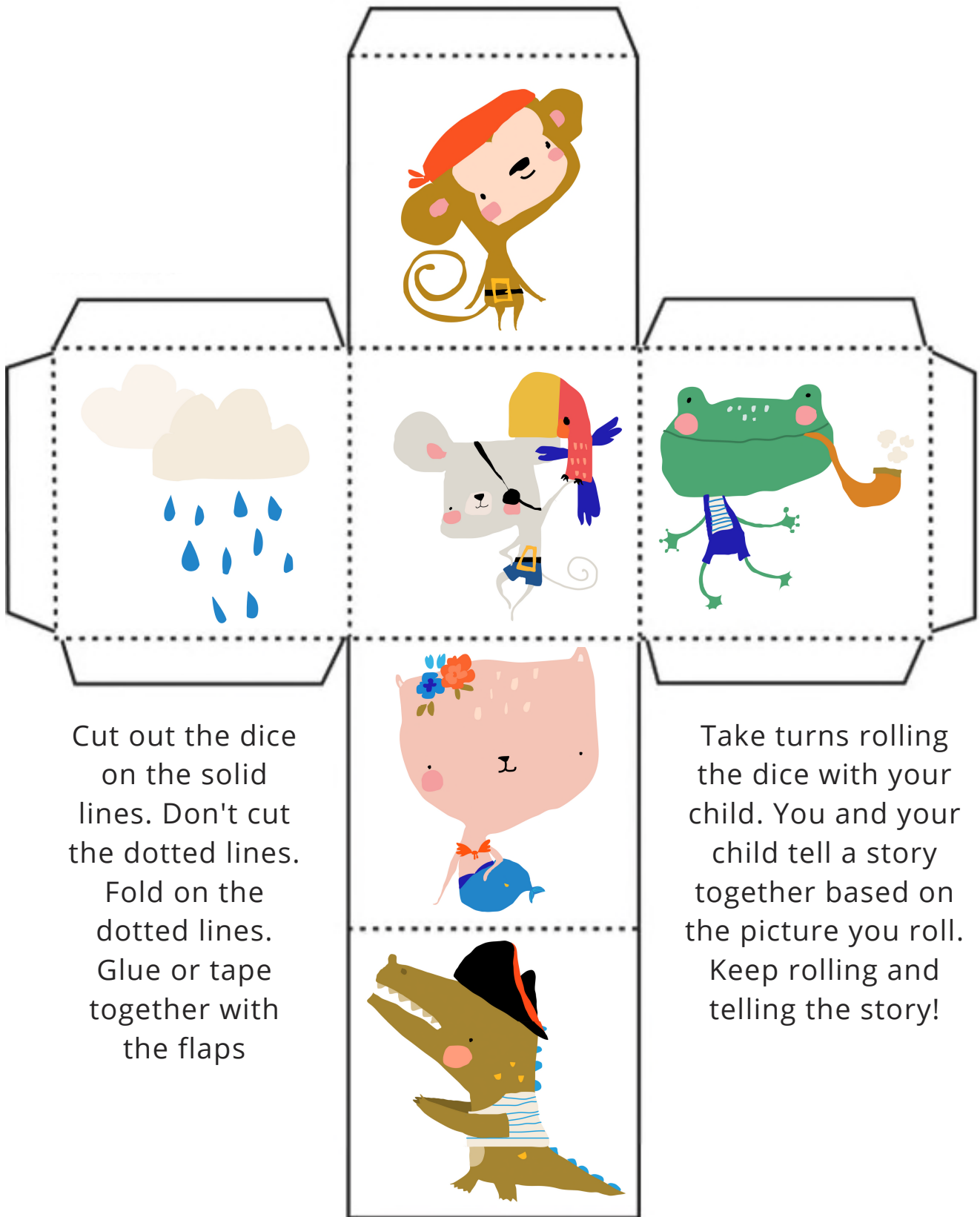
NUMBER JARS

- Find something to use for this activity like small stones, bottle lids, leaves. Make sure you have about 8 objects.
- Put 2 objects on one jar. Put 5 objects on the other jar. Ask your child to point to the one with the most. Count how many there are in that jar with your child.
- Start again, put 3 objects on one jar and 2 objects on the other. Ask your child which jar has the smallest amount.
- Start again, put 4 objects on one jar and 4 objects on the other. Ask which one has the most. Count all the objects with your child.



STORY DICE

Home-based learning activity for 3-to-4 year olds
with parents, caregivers or family members



Cut out the dice
on the solid
lines. Don't cut
the dotted lines.
Fold on the
dotted lines.
Glue or tape
together with
the flaps

Take turns rolling
the dice with your
child. You and your
child tell a story
together based on
the picture you roll.
Keep rolling and
telling the story!

make the connection



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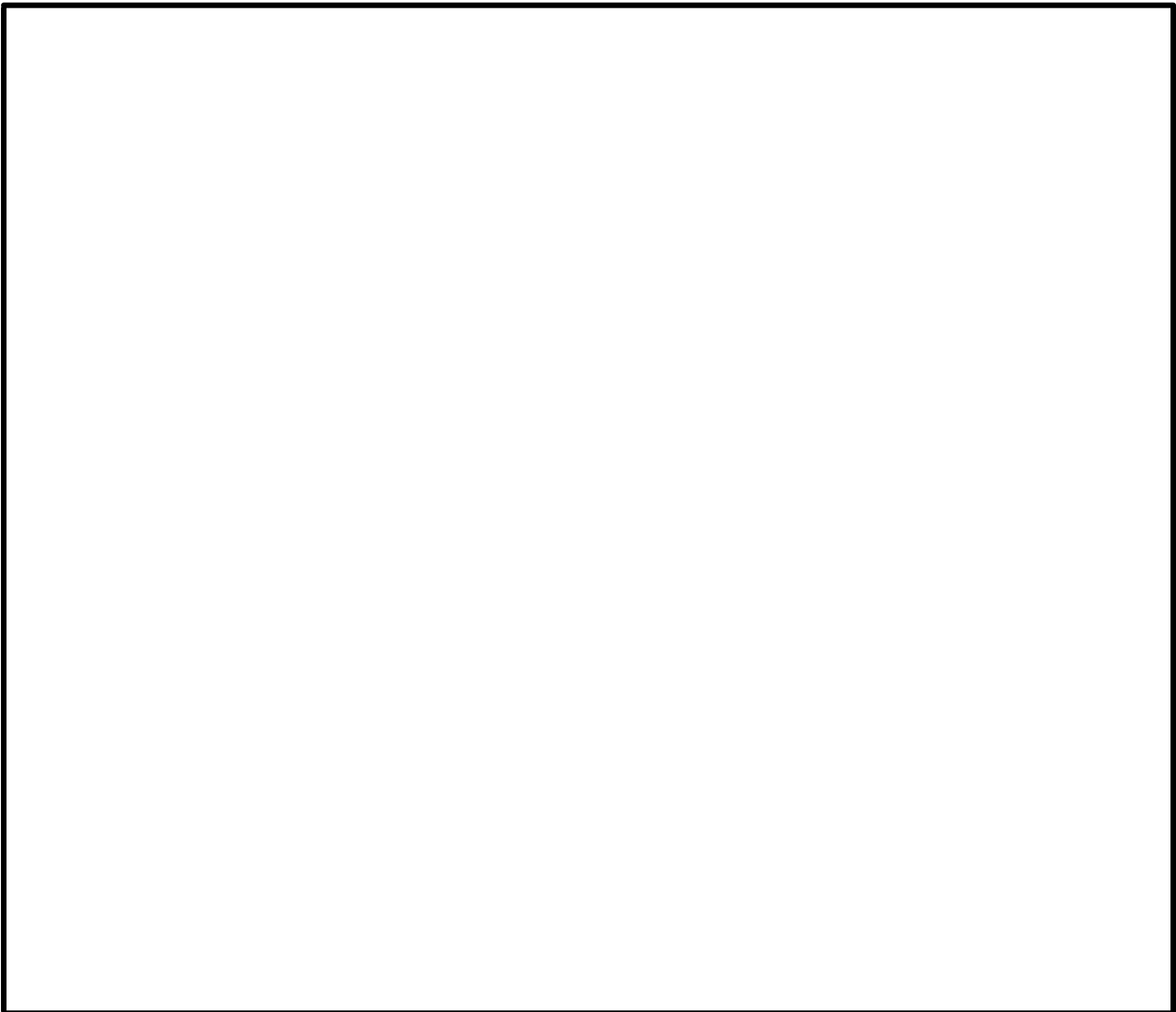


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MY FAMILY

Home-based learning activity for 3-to-4 year olds
with parents, caregivers or family members

Ask your child to draw a picture of their family. Ask them why they love their family and write down what they say.



I love my family because

make the connection



FAMILY MEMBERS



- Let your child cut out the pictures. Put the cut-out pictures on the floor. Mix them all up. Ask your child to match the pictures by finding the two pictures that look the same.
- Play a memory game with your child. Put 3 pictures down and use a cloth to cover the pictures. Put your hand under the cloth and take one picture away. Let your child see the pictures that are left and try to remember which picture is missing. Do this 3 times.
- Use the pictures to tell your child a story. Make it as interesting as possible. Once the story is over ask your child to put the pictures in the right order to match the story.

FIRE SAFETY

Home-based learning activity for 3 to 4 year olds
with parents, caregivers or family members

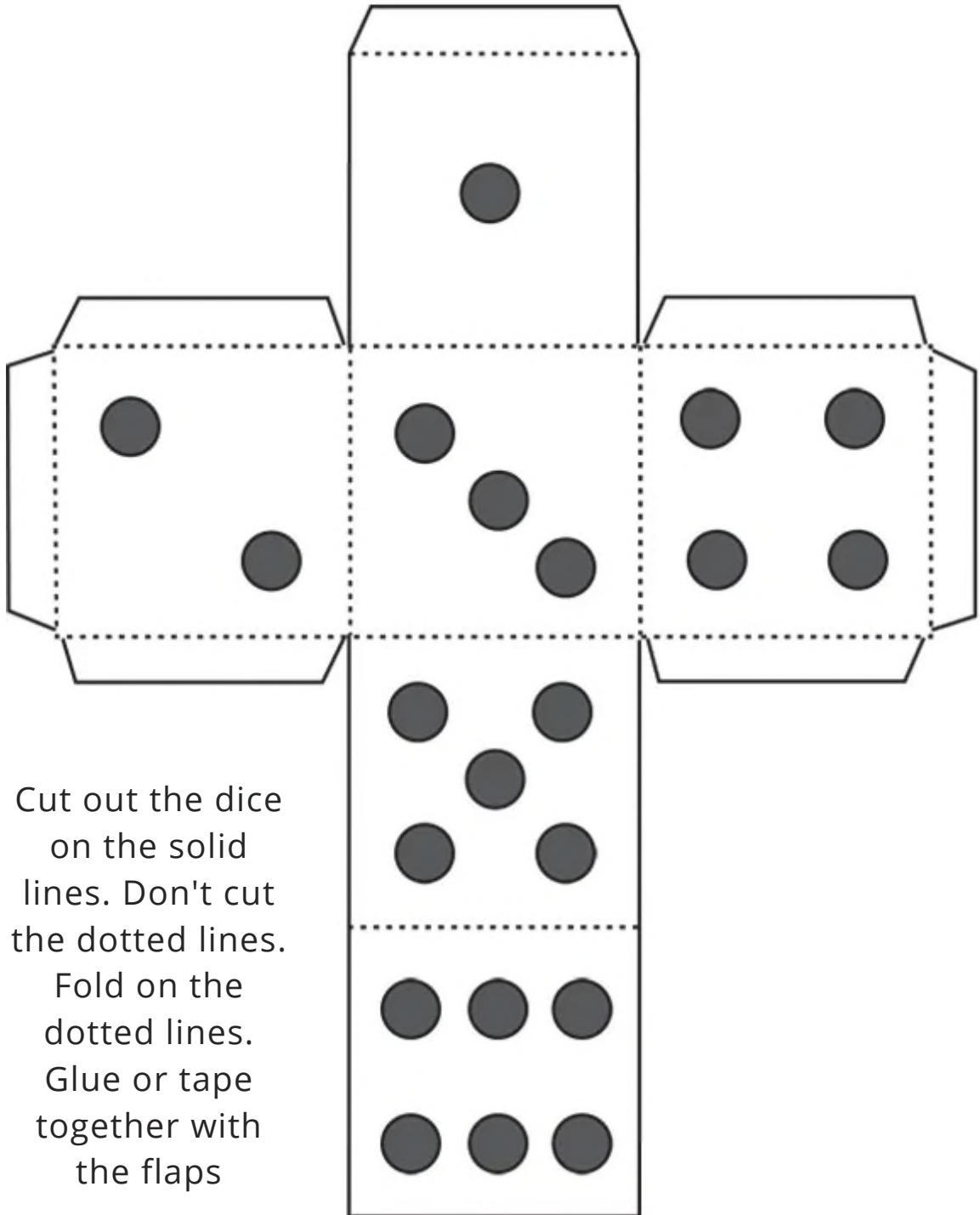
Is this hot?

- Have a discussion about hot things. Ask your the following questions:
- How do you know when something is hot?
- Have you ever touched anything hot?
- How did it make you feel when you touched the hot thing?
- What do you think you should do to keep from being hurt by hot things? (Stay away from hot things that hurt)
- Show the flashcards asking, "Is this hot?" after each one.



NUMBER DICE GAMES

Home-based learning activity for 3-to-4 year olds
with parents, caregivers or family members



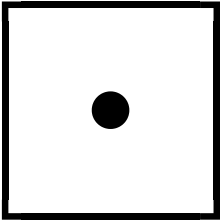
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Fold on the
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Glue or tape
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the flaps

make the connection

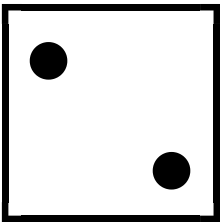


ROLL THE DICE

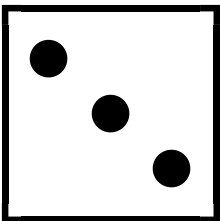
Let's get moving!



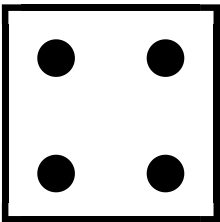
run in place



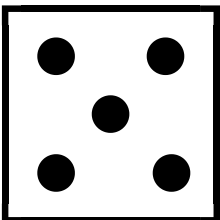
touch your toes



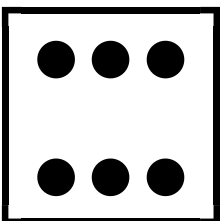
dance!



frog jump



spin around



freeze!



MEASURING EMOTIONS

Home-based learning activity for 3-to-4 year olds
with parents, caregivers or family members

| | |
|-----------|--|
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

Everyday this week, ask your child to show you how they feel by colouring in as many hearts as they feel. At the end of the week look at the chart together. How is your child doing? Ask them some questions like: This week, what made you feel happy? What made you feel sad?

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MY HOME

Home-based learning activity for 3 to 4 year olds
with parents, caregivers or family members

Things in my home

Ask your child to look around your home to find these objects:

- Something that is very small
- Something that is red
- Something that is soft
- Something that is cold
- Something that is blue
- Something that is heavy

Praise them when they find the right object. If they struggle to find something give them clues like "I can see something red somewhere under the table."

Building together

Try and collect some things that you can build with. You could use tin cans, sticks, plastic bottles, rocks, mud, paper. Be creative! While you are building, have a conversation with your child. Ask them questions about what they are doing and listen to them.



MY HOME

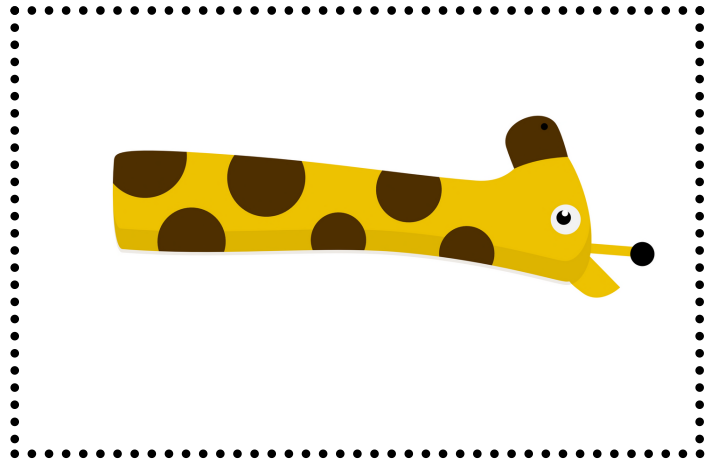
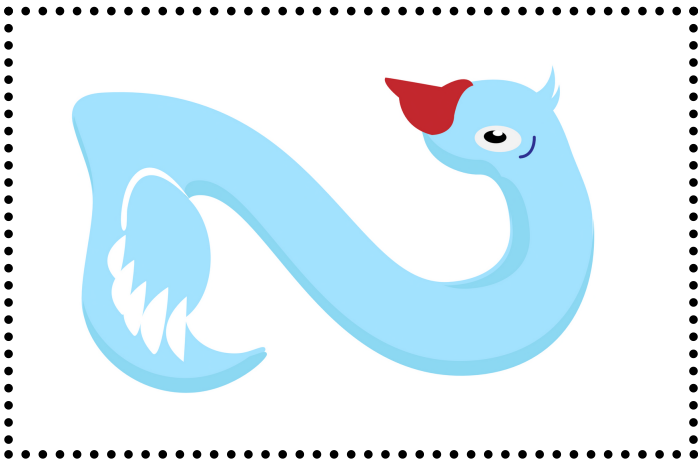
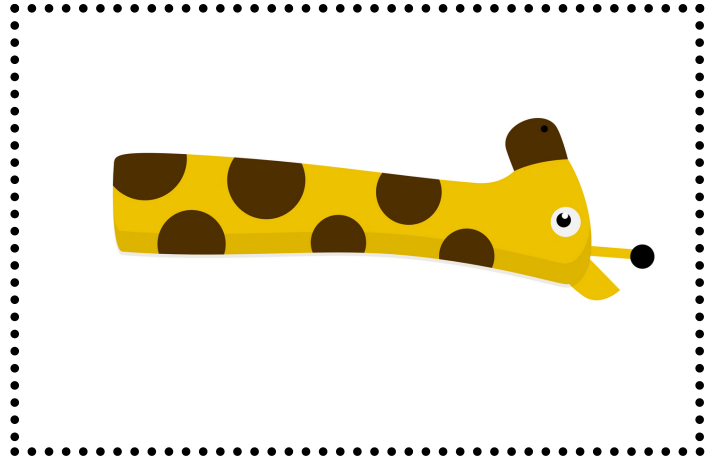
Home-based learning activity for 3 to 4 year olds
with parents, caregivers or family members

Collect sticks, grass and strings. Your child should construct a house using the things you collected. Talk about the different parts of the house. Use words like 'window', 'door', 'walls' 'roof'. Ask your child to think of different materials that people use to build houses.



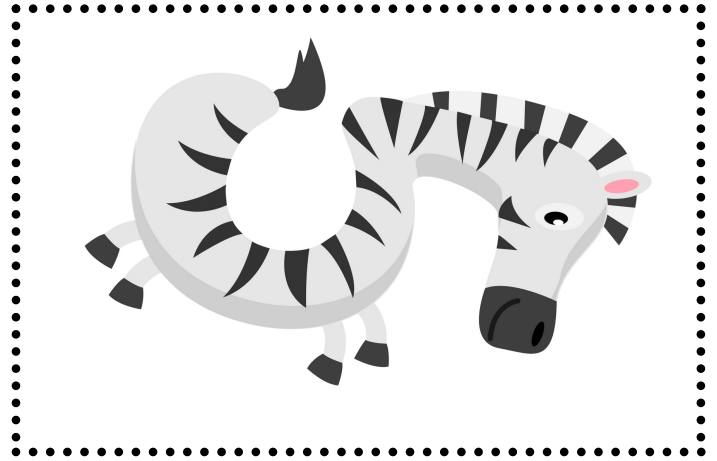
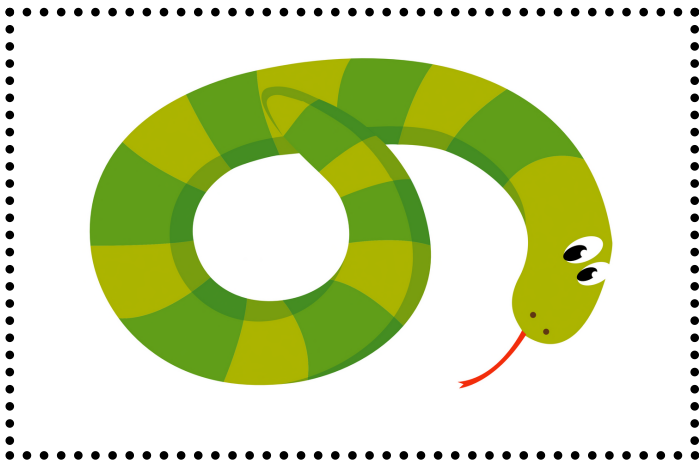
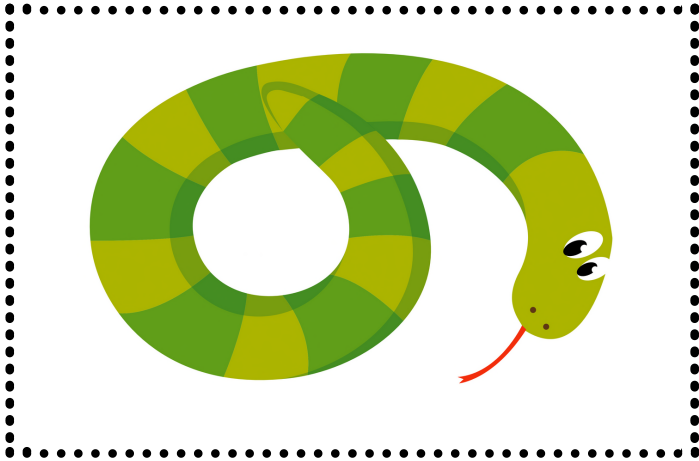
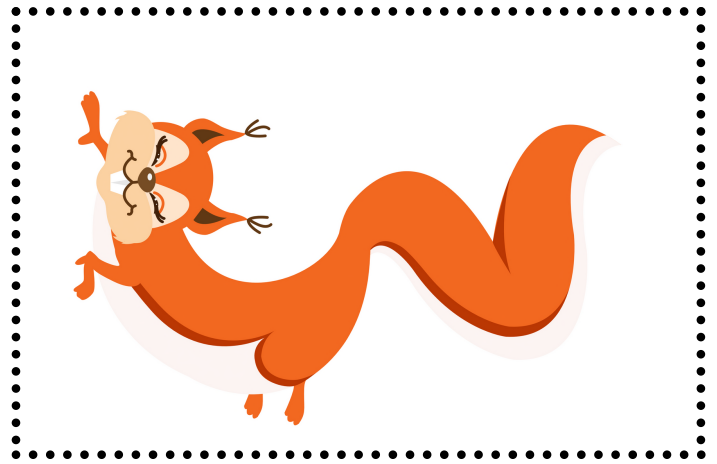
MEMORY FAMILY FUN

Home-based learning activity for 5 to 6 year olds
with parents, caregivers or family members



make the connection





Directions:

This game is a great family game. Play it with your children. Playing memory games can improve other brain functions, such as attention, concentration, and focus. You can make more memory cards by drawing matching pictures on some recycled cardboard. The more cards, the harder it gets.

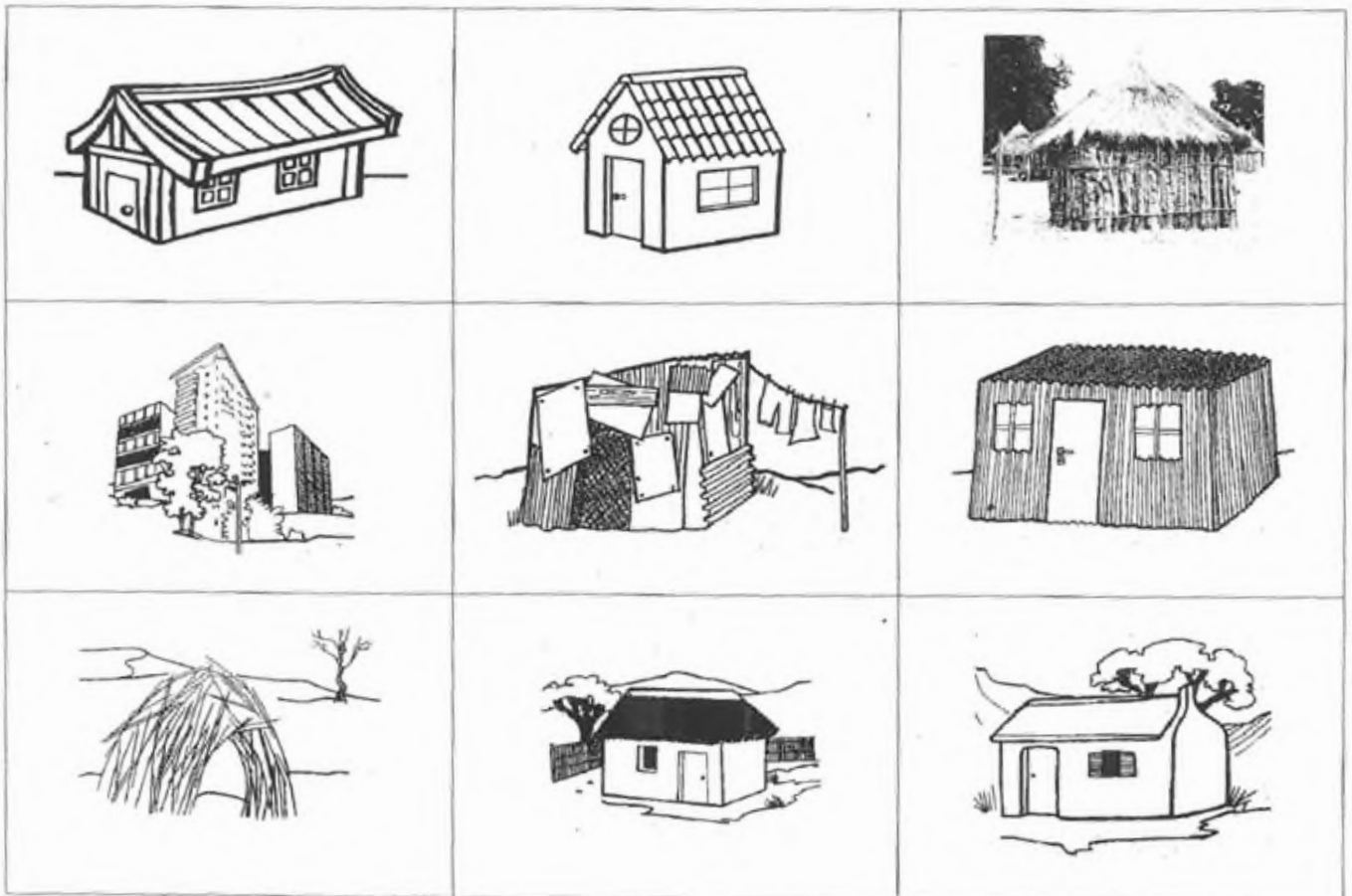
- The goal is to collect the most pairs of cards.
- Cut out the cards
- Mix the cards up and put them on the table. Put them down so that the numbers are facing down
- The youngest player goes first
- On each turn, a player turns over any two cards (one at a time) and keeps them if the cards match
- If they find a match they get to keep the cards, and that player gets another turn.
- When a player turns over two cards that do not match, those cards are turned face down again (in the same position) and it becomes the next player's turn.
- The trick is to remember which cards are where.
- The person with the most pairs at the end of the game wins.

MY HOME

Home-based learning activity for 5 to 6 year olds
with parents, caregivers or family members

Child: Look at the different houses. Which house looks like your house?
Colour it. Which other houses do you know? From where? Which materials
were used to build the houses?

Parents: Talk with your child about the different type of houses. Ask them
the questions about the houses.



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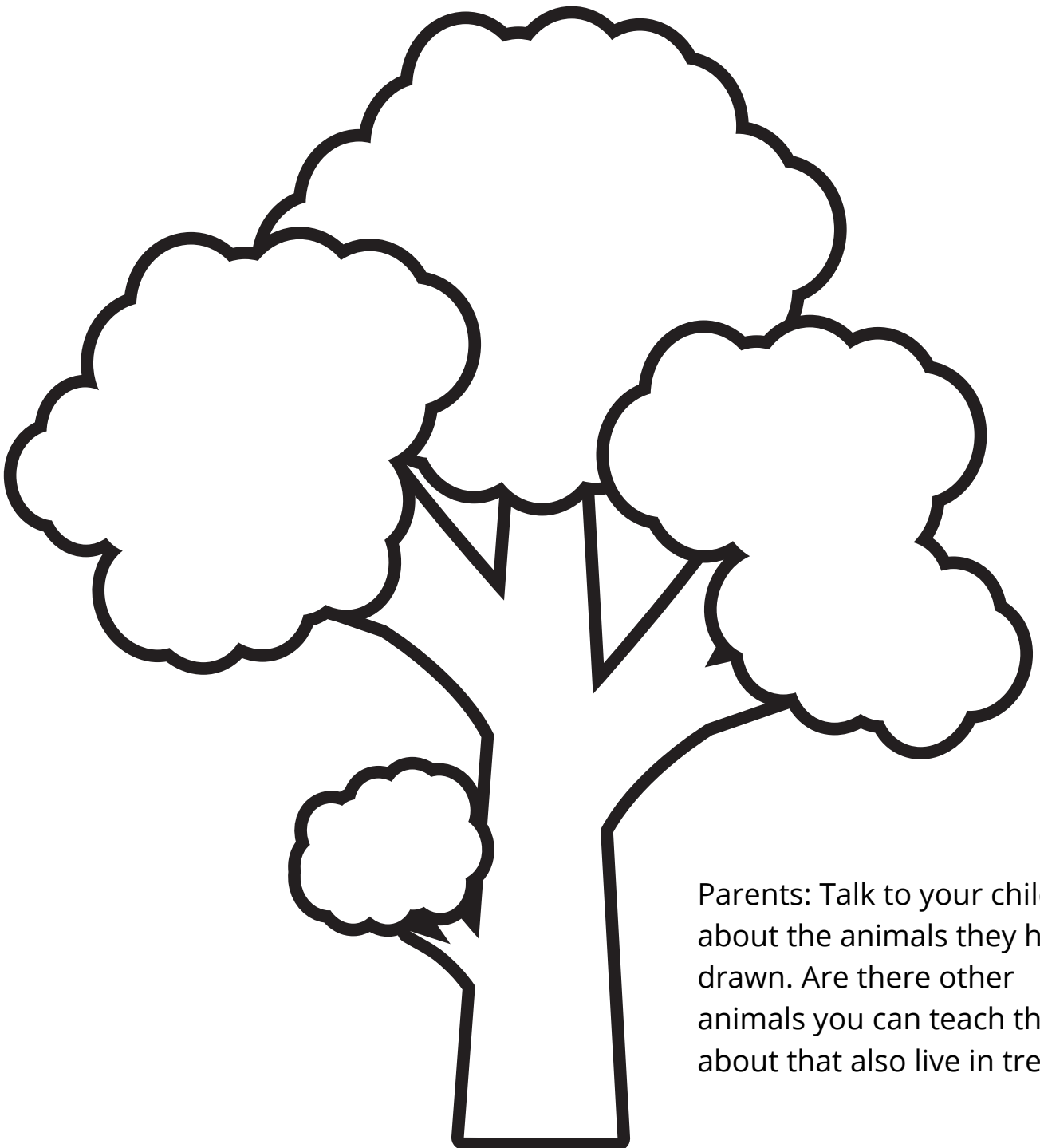


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MY HOME

Home-based learning activity for 5 to 6 year olds
with parents, caregivers or family members

Different animals have different homes. Draw some animals that live in a tree:

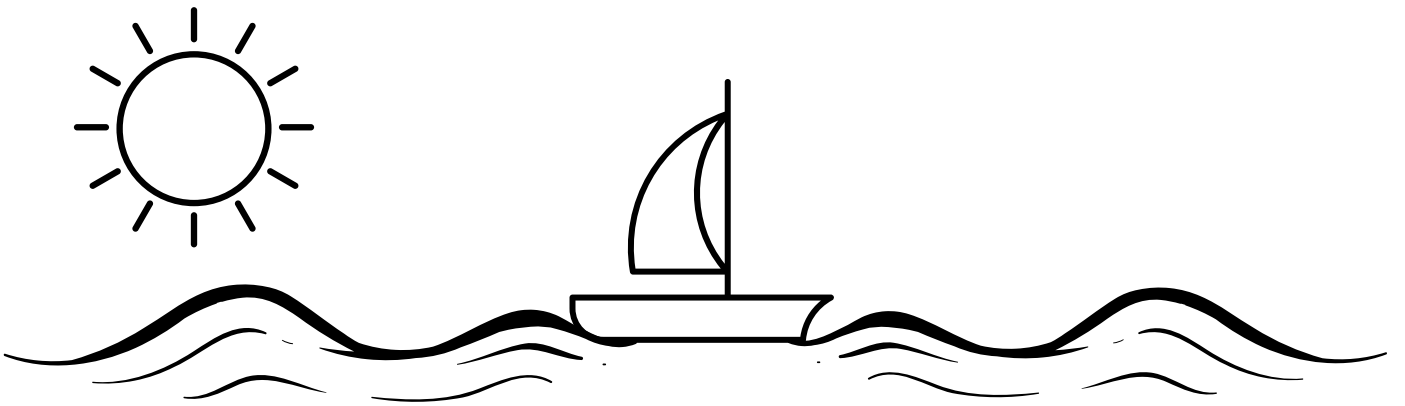


Parents: Talk to your child about the animals they have drawn. Are there other animals you can teach them about that also live in trees?

MY HOME

Home-based learning activity for 5 to 6 year olds
with parents, caregivers or family members

Different animals have different homes. Draw some animals that live under the sea:



Parents: Talk to your child about the animals they have drawn. Are there other animals you can teach them about that also live in trees?

MY HOME

Home-based learning activity for 5 to 6 year olds
with parents, caregivers or family members

Things in my home

Ask your child to look around your home to find these objects:

- Three things that are very small
- Two things that are heavy
- One thing that is soft

Praise them when they find the right object. If they struggle to find something give them clues like "I can see something heavy somewhere under the table."

Building together

Try and collect some things that you can build with. You could use tin cans, sticks, plastic bottles, rocks, mud, paper. Be creative! While you are building, have a conversation with your child. Ask them questions about what they are doing and listen to them.



1 2 3 4 5 MEMORY FAMILY FUN

Home-based learning activity for 5-to-6 year olds
with parents, caregivers or family members



make the connection



1 2 3 4 5 MEMORY FAMILY FUN



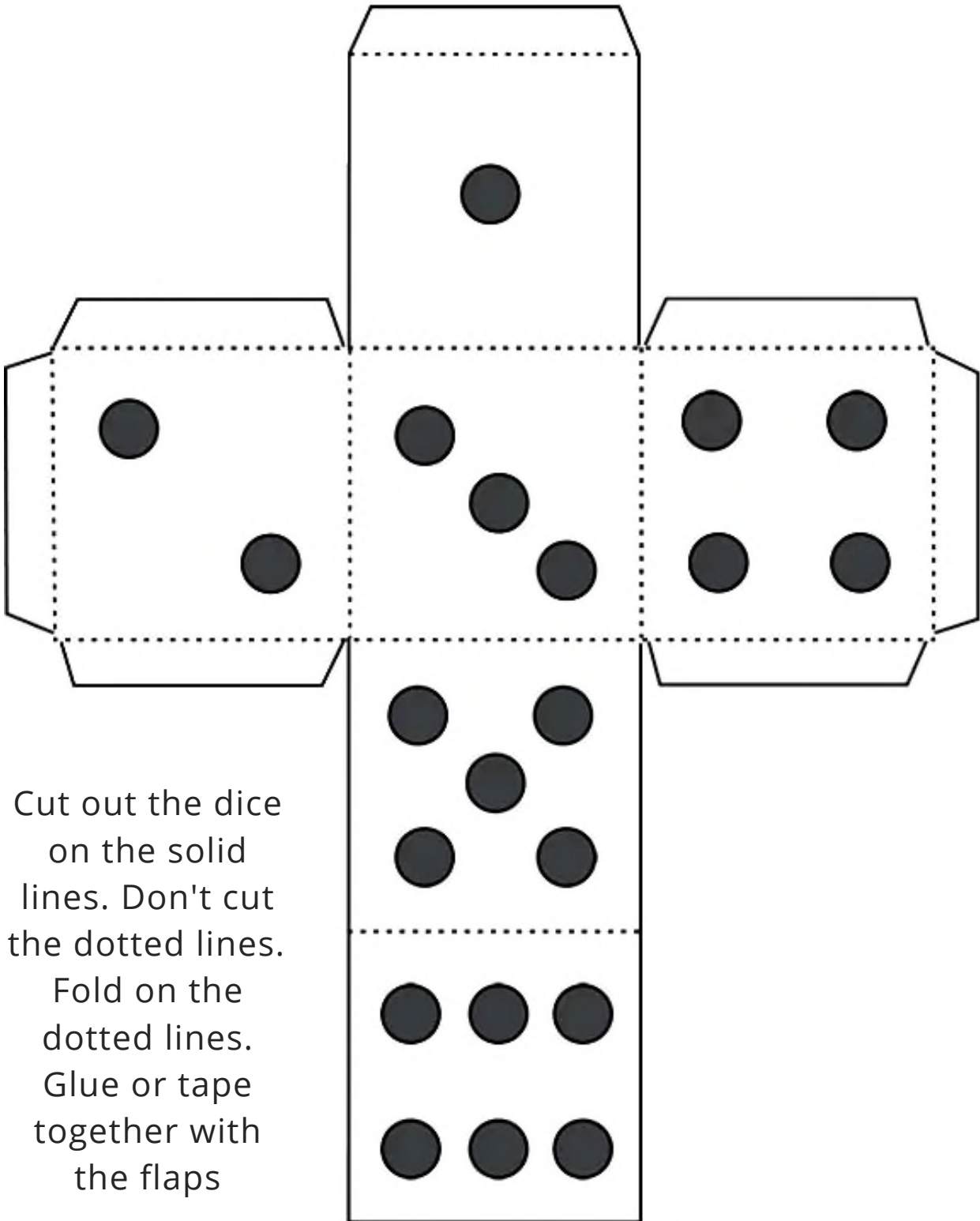
Directions:

This game is a great family game. Play it with your children. Playing memory games can improve other brain functions, such as attention, concentration, and focus. You can make more memory cards by drawing matching pictures or more numbers on some recycled cardboard. The more cards, the harder it gets.

- The goal is to collect the most pairs of cards.
- Mix the cards up and put them on the table. Put them down so that the numbers are facing down
- The youngest player goes first
- On each turn, a player turns over any two cards (one at a time) and keeps them if the cards match (for instance, 5 and 5)
- If they find a match they get to keep the cards, and that player gets another turn.
- When a player turns over two cards that do not match, those cards are turned face down again (in the same position) and it becomes the next player's turn.
- The trick is to remember which cards are where.
- The person with the most pairs at the end of the game wins.

NUMBER DICE GAMES

Home-based learning activity for 5-to-6 year olds
with parents, caregivers or family members



Cut out the dice
on the solid
lines. Don't cut
the dotted lines.
Fold on the
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Glue or tape
together with
the flaps

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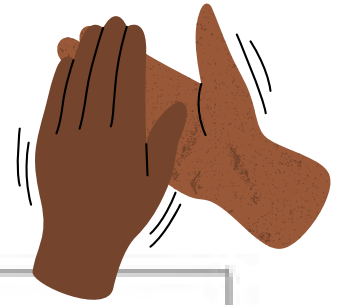


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ROLL AND CLAP



| | | | |
|---|--|---|--|
| 0 | | 5 | |
| 1 | | 6 | |
| 2 | | 7 | |
| 3 | | 8 | |
| 4 | | 9 | |

Once you've made your dice, count the different numbers of dots on the dice with your child. Point to the numbers on this page and read them aloud. Let your child roll the dice. Ask them to point to the number they rolled. If your child rolled 1, clap 1 times. If your child rolled 2, clap 2 times etc.

ROLL AND COLOUR

Read these numbers with your child. Let them roll the dice and colour the matching number

2

5

2

4

6

3

1

4

3

1

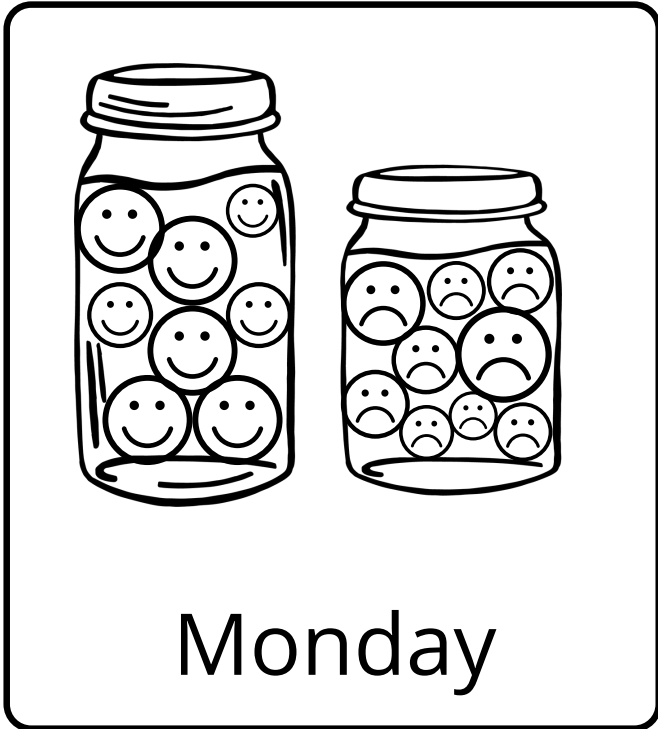
6

1

5

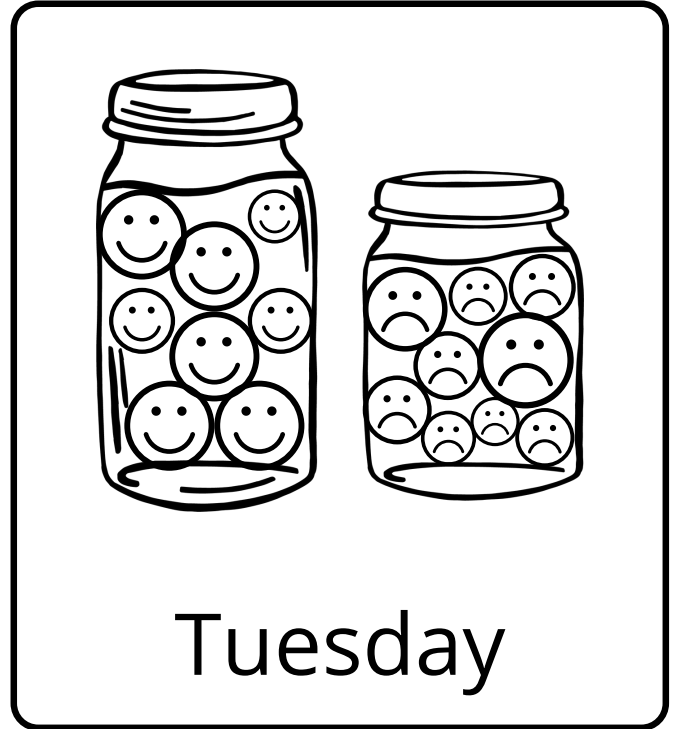
MEASURING EMOTIONS

Use this chart to help track your child's emotional wellbeing



Monday

A chart for Monday showing two jars. The left jar contains 10 smiley faces and 0 frowny faces. The right jar contains 5 smiley faces and 5 frowny faces.



Tuesday

A chart for Tuesday showing two jars. The left jar contains 8 smiley faces and 2 frowny faces. The right jar contains 3 smiley faces and 7 frowny faces.



Wednesday

A chart for Wednesday showing two jars. The left jar contains 8 smiley faces and 2 frowny faces. The right jar contains 3 smiley faces and 7 frowny faces.



Thursday

A chart for Thursday showing two jars. The left jar contains 8 smiley faces and 2 frowny faces. The right jar contains 3 smiley faces and 7 frowny faces.



Friday



Saturday

Everyday this week, ask your child to show you how they feel by colouring in as many happy faces and sad faces as they feel. At the end of the week look at the chart together. How is your child doing? Ask them some questions like:

This week, what made you feel happy?

What made you feel sad?

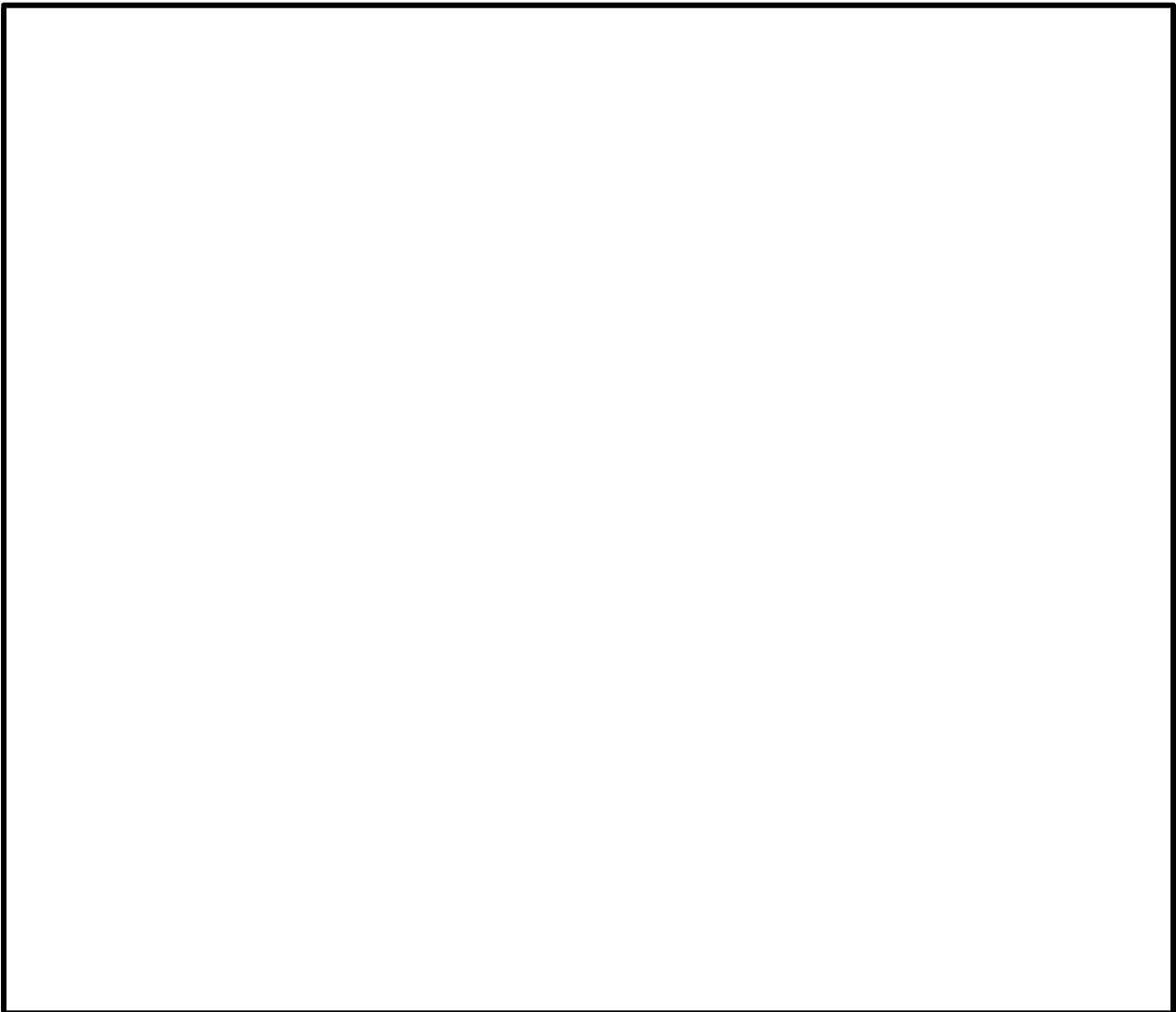


Sunday

MY FAMILY

Home-based learning activity for 5-to-6 year olds
with parents, caregivers or family members

I live with:



Ask your child to draw a picture of the family they live with.
Choose one of the people they drew. Tell them the story of when this person was born. How long ago was it? Where were they born? What interesting happened in their life?

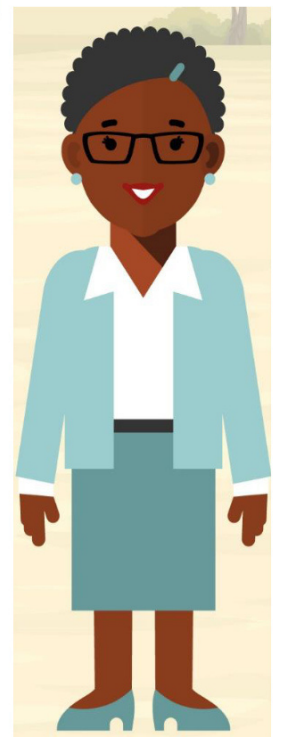
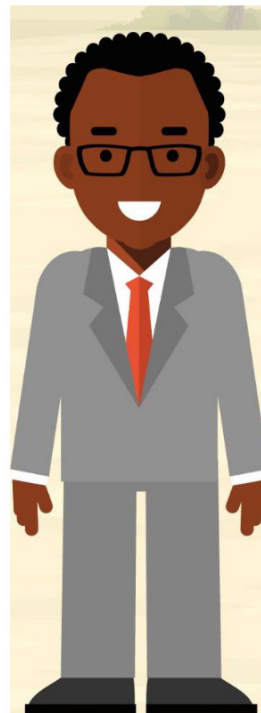
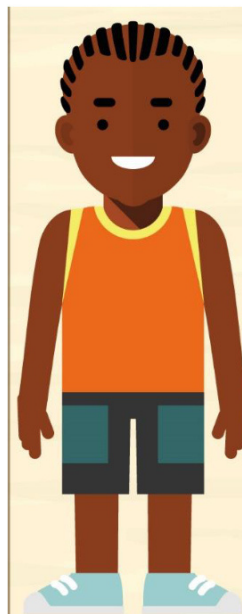
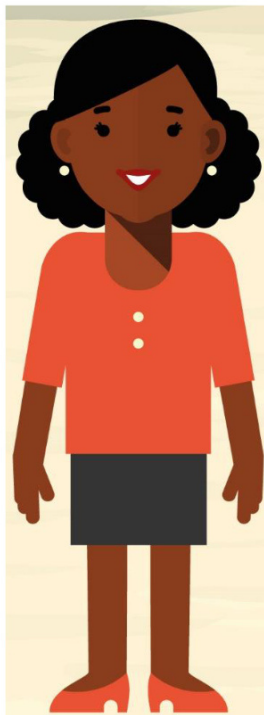
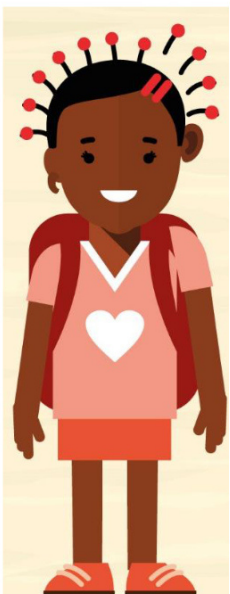
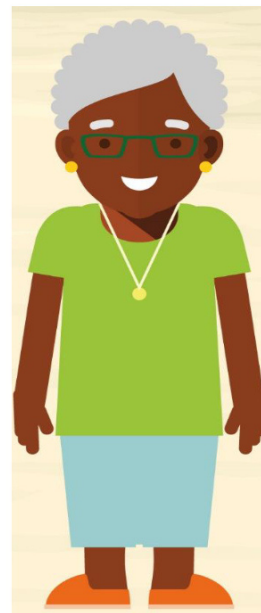
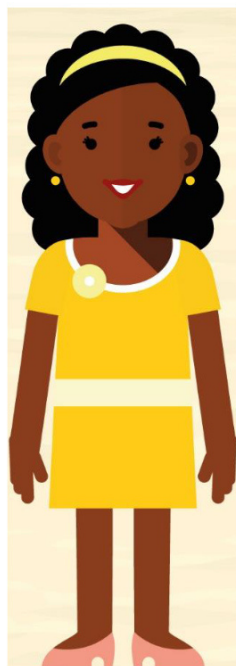
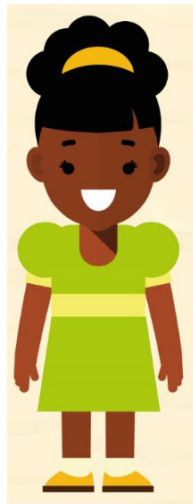
make the connection



FAMILY MEMBERS

Cut the pictures of these family members out.

Ask your child to sort the family from oldest to youngest. Talk to your child about how they knew how old the person is. Did they look at how tall they were? Did they look at the colour of their hair? Ask your child to give each family member a name (they should use words like mother, father, big brother, little brother, sister, uncle, auntie etc)



FIRE SAFETY

Home-based learning activity for 5 to 6 year olds
with parents, caregivers or family members

- Talk to your child about hot things and how to stay away from them because they can burn us
- Find out what your child already knows about matches and lighters. Explain that matches and lighters are only for grown-ups to use
- Explain that grown-ups can use matches to make fires so that we can cook, stay warm, burn candles, or camp out
- Show the pictures to the children and discuss them
- Explain that matches and lighters are not safe for children to use
- Explain how they make fire and that fire is hot and can burn us
- Reinforce the main message: Tell a grown-up if you find matches or lighters. Never touch!

