



Government of the Republic of Trinidad and Tobago

MINISTRY OF EDUCATION



ECCE Activity Pack

Week 2 Term 1

The Importance of Family Support in a Child's Life

Family is the single most important influence in a child's life. From their first moments of life, children depend on parents and family members to protect them and provide for their needs. Children thrive when parents are able to actively promote their positive growth and development.

Here are FIVE ways in which the family shapes a child's life:



Early Development

Children have their first experiences of relationships and learning within the family unit. It is therefore the role of parents to lead their families; provide all their children's basic needs (food, clothes, shelter); demonstrate unconditional love and protection; and provide a stable emotional base/foundation.

Teaching Values

The family influences and shapes its members sense of what is right and what is wrong. Strong family bonds can encourage children to be the best versions of themselves.

Modelling Behaviour

The family unit provides a framework for modelling behaviour which their children emulate. If a child sees his or her parents dealing with conflict by shouting and

slamming doors or fighting, or if the child sees his or her parents talking through their problems, he or she would most likely deal with problems in a similar manner when problems arise.

Building Relationships

Within the family, children learn how to interact with people, what is socially acceptable and how to manage others' feelings. They learn to negotiate with siblings, share, take turns and share their parent's attention.

Improved Wellbeing

Research has shown that a loving and supportive family can reduce the effects of stress and increase emotional stability. This allows children to better cope with life's ups and downs. With strong family bonds, children have been found to be more resilient.

Remote Learning

Time	Activity
9:00 - 9:30	Personal Awareness Preparation for the day
9:30 - 10:00	Circle Time (Online) Discussion about values: Reading stories
10:00 - 10:15	Individual Activity (Online)
10:15 - 10:30	Fruit Time
10:30 - 11:00	Outdoor Play
11:00 - 11:30	Stories/Rhymes
11:30 - 12:30	Lunch Prep Lunch Break & Clean up
12:30 - 12:45	Recall - Discussions based on the day's activities

Materials: Bristol board, paper, crayons, pencils, chalk, paper rolls, ball, play dough



Activities for three (3) and four (4) year olds—PART 1

Monday

What is a Family?

-Adult will introduce the word 'family' to the child and recite the poem together

-Allow the child to perform the actions to represent words in the poem e.g. (home) join hands above head to form a roof

'A Family'

by Merlin Pierre-Holder

Families live together in one home
Families care, families share
Families are big, families are small
Some have mothers, some have fathers
Some have brothers, some have sisters
And even grandpas, grandmas, aunties,
uncles and all
I love my family just the way they are.

Physical Activity

Family in a Tin

Play the game 'Sardines'. One person goes to hide while the others count
-Then everyone else goes looking for the hidden person
-The first person to find him or her does not announce it but rather hides with the first person
-Every person who finds the other people will join them until they are hiding in the same place



-Use paper to cut a rectangle and a triangle.
- Use the shapes to create a house as seen in the picture
-The child will draw his/her family on the inside and decorate the outside to look like a house.



Tuesday

My Nuclear Family

- The adult will talk to the child about a Nuclear Family
- Create labels with the words **father**, **mother** and **child**
- Allow the child to identify the words by the first letter
- Assist the child to create family members as seen in the picture
- Child will match the words **father**, **mother** and **child** to the family members



Physical Activity

Family Bowling

- Use the family members created in previous activity
- Allow the child to say the name of a family member and roll the ball to topple the tube that represents the person

Physical Activity

Bookworm Workout

-Read a book that has a word that's often repeated. For example, choose the word "hat" if you're reading *The Cat in the Hat*,
- Every time the word comes up in the story, the child will to do an action; e.g. jump-jack



Wednesday

The Single Parent Family

- The adult will discuss with the child who makes up the single parent family
- a mother or father and child/ children living in the same home
- Use pallet sticks to create a house as seen in the picture and use playdough to create a single parent family



Activities for three (3) and four (4) year olds—PART 2

Thursday

The Extended Paper Doll Family

- The adult will show the child a picture of an extended family
- Count and identify the members in that family
- Fold paper, creating layers to match each family member
- Draw and cut out the dolls, then decorate to represent each family member
- (3+) Identify each family member
- (4+) Match labels to each family member



Physical Activity



Alphabet Sound Jump

- Choose a word (for example 'CAT') and write it on the ground indoor/outdoor



-Allow the child to jump from letter to letter, noisily shouting out the sound (not the letter name) as he/she lands on it

- Change the volume to add to the fun, so the next time the child can whisper, say it s-l-o-w-l-y, squeaky, scared etc.

Friday

Family Sugar Cookies

Make sugar cookies according to the recipe. The child will decorate the cookies to represent their family members

*If ingredients are not readily available, paper can be used to cut out cookie shapes and decorate with crayons or markers accordingly.



Sugar Cookie recipe

Ingredients

- 2½ cups flour
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- 1 cup butter, softened
- 1½ cups white sugar
- 1 egg
- 1 teaspoon vanilla

Method

- In a bowl, mix the wet ingredients
- Gradually add the dry ingredients.
- Roll the dough into balls, and place onto ungreased cookie sheets.
- Bake 8 to 10 minutes in the preheated oven, or until golden.
- Let stand on cookie sheet, two minutes before removing to cool on wire racks.
- Decorate with icing and other ingredients.

Physical Activity



Physical Activity: Pass the Scoop of Ice Cream

Draw some circles on a sheet of newspaper or white paper

- Cut out circles then fold each one in half
- Cut along the line to make semi-circles
- Fold each semi-circle into a cone shape and stick using tape or glue stick. Make enough cones for each family member. Allow to dry carefully if glue was used to stick the cones

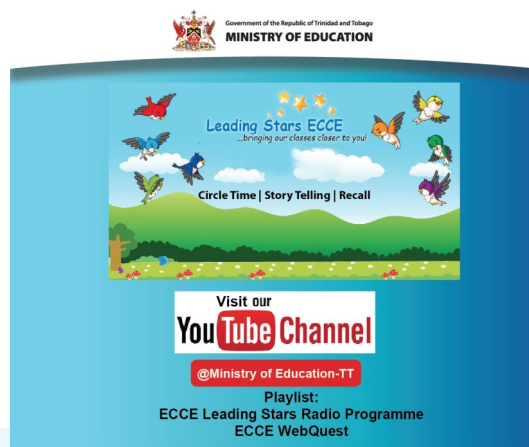


- Use a small ball or a sheet of coloured paper scrunched into a ball to represent a scoop of ice cream
- Start the game by pouring the scoop of ice cream onto the cone of the family member without the ice cream falling to the floor

ECCE RESOURCES

For All ECCE Activity Packs <https://www.moe.gov.tt/ecce-activity-packs-2/> they are free to download and print anytime at your convenience

YouTube link for radio programming <https://bit.ly/3Bxz2WO>



Colouring Page

