



Government of the Republic of Trinidad and Tobago

MINISTRY OF EDUCATION

ECCE Activity Pack

Week 4

Supporting your children
as they navigate the online learning experience

Helpful Tips

This is an unusual time for everyone. The experience of the COVID-19 Pandemic is unlike any other situation your children have been expected to navigate. Adjusting to being away from their friends and teachers as well as having to adhere to multiple health protocols can be challenging for any child. Be patient with your child, with the system, with teachers and with yourself. Stay positive and healthy, supporting your child as they adapt to this *new normal* is essential.

Here are some tips to help you through this process:

- Carefully explain to your child the process of this new phase of teaching and learning. Prepare for younger children asking questions such as: How long will I have to go to school at home? When will I see my friends?
- Establish a daily routine. Maintain, as far as possible, wake time, bedtime and daily routines which may have existed prior to this phase of the teaching and learning process. Work with your family to establish a daily schedule for learning at home
- Create a learning environment
- Value edutainment- allow your children to see learning as a fun exercise
- Provide your child with the resources required for learning such as pencils, erasers, sharpeners, crayons or coloured pencils
- Even if online learning is not possible, there are many other activities that can provide your child with opportunities to acquire new skills and knowledge. The ECCE Activity Pack is one such resource which can be utilised
- Prioritize family time. Encourage all members of the family to have at least one meal together
- Remember the importance of Self Care. Sometimes the hardest part of parenting is ensuring that you take care of you. You would not be able to help your child if you are stressed out, exhausted, and emotionally depleted. Your spouse, friends and family members can be helpful teammates if you can find a way to include them and learn to ask for help



Remote Learning Daily Schedule

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

Bottle caps, sprinkles, paint, pictures of the child, balloon, ball, fruits

Activities for three (3) year old

Monday

Sequencing pictures from birth to present

- Parent will provide children with pictures of themselves (different ages)
- Child will sequence pictures in order



Physical Activity: Obstacle Course Race

- Set up the area inside or outside
- Place arrows to give directions
- Run to the ball, place it in the box
- Lift the box and place it on the chair
- Crawl under the chair and then run to the finish line



Tuesday

Sprinkles Writing

- Make a writing tray with birthday sprinkles
- Put a tray under it to catch all the extra sprinkles that "hop" out
- Say the rhyme for the number formation (Around a tree, around a tree. That's the way to make a three)



Physical Activity: Ribbon Dance

- Turn on your child's favourite music
- Give him/her two strips of ribbon, fabric or crepe paper (different lengths)
- Encourage your child to lift the long then short piece of ribbon fabric or crepe paper
- Move freely while alternating the strips



Wednesday

My handprint birthday cake

- Child will identify his/her fingers
- Parent and child will sing, "Where is Thumbkin"
- Child will paint his/her palm for the cake, three fingers for the candles and fingertips for the flame
- Child will print his/her hand on paper
- Child will decorate the cake



Thursday

Birthday Letter Hunt

- Use bottle caps to write the letters of the word b/i/r/t/h/d/a/y
- Show the child a card with the word **birthday**
- Hide the bottle caps throughout the house and encourage your child to find all the letters
- Encourage him/her to spell out the word **birthday** after finding all the letters



Physical Activity: Balance the Birthday Hat

- Place a birthday party hat or a cone made from paper on your child's head
- Encourage him/her to balance the hat on his/her head while walking on a straight line
- Encourage child to walk with hands outstretched to help him/her balance

Friday

Decorating a Birthday Cake

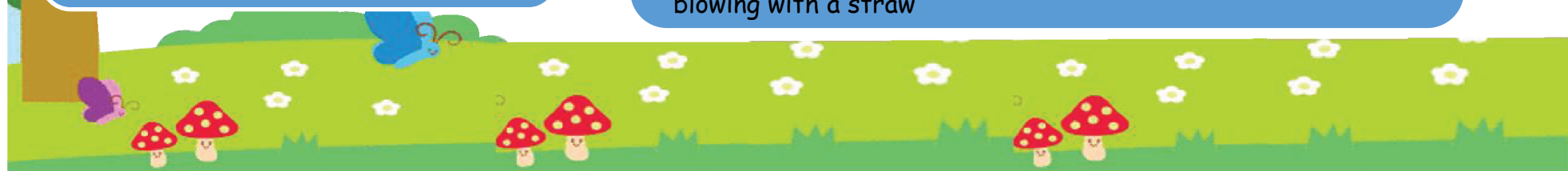
- Provide your child with a cupcake
- Slice the cake into two layers
- Encourage him/her to decorate the cupcake with his/her favourite fruits

Physical Activity: Balloon/Ball Hop

- Encourage your child to hold a balloon/ball in his/her hands and bunny hop

Physical Activity: Balloon Toss

- Locate an area outdoor
- Tape or draw a straight line across the middle of the play area
- Let the child stand at least 2ft from the line
- The goal is to get the balloon to the other side of the line by blowing with a straw

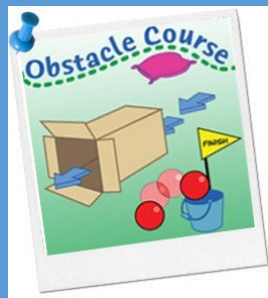


Activities for four (4) year old

Monday

Sequencing pictures from birth to present

- Parent will provide children with pictures of themselves (different ages)
- Child will sequence pictures in order
- Child will draw images of him/herself from the pictures



Physical Activity: Obstacle Course Race

- Set up the area inside or outside
- Place arrows to give directions
- Run to the ball, place it in the box
- Lift the box and place it on the chair
- Crawl under the chair and then run to the finish line

Tuesday

My birthday calendar

- Parent and child will create a birthday calendar as shown in image
- Child will identify their birth month and write or stick their birth month and the numeral (s) that represents their birthday
- Child will then draw a picture of a present he/she would like to have for his/her birthday



Physical Activity: Ribbon Dance

- Turn on your child's favourite music
- Give him/her two strips of ribbon, fabric or crepe paper (different lengths)
- Encourage your child to lift the long then short piece of ribbon fabric or crepe paper
- Move freely while alternating the strips

Wednesday

Birthday interview

- Use phone to record answers
- Explain to the child that you (parent) will be conducting an interview
- List the questions to the child
- What is your name?
- What is your birth date?
- How old are you?
- What would you like for your birthday? (Encourage the child to answer in sentences. e.g. My name is Chris)

Thursday

Happy Birthday Letter Hunt

- Use bottle caps to write the letters of the words **H/a/p/p/y B/i/r/t/h/d/a/y**
- Show the child a card with the words **Happy Birthday**
- Hide the bottle caps throughout the house and encourage your child to find all the letters
- Encourage him/her to spell out the words **Happy Birthday** after finding all the letters



Physical Activity: Balloon/Ball Hop

- Encourage your child to bunny hop with a balloon/ball between his/her knees

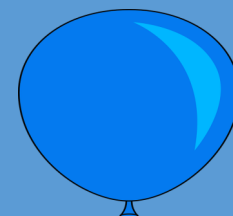
Friday

Decorating a Birthday Cake

- Provide a your child with a cupcake
- Slice the cake into two layers
- Encourage him/her decorate the cupcake with his/her favourite fruits

Physical Activity: Balloon Toss

- Locate an area outdoor
- Tape or draw a straight line across the middle of the play area
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Physical Activity: Balance the Birthday Hat

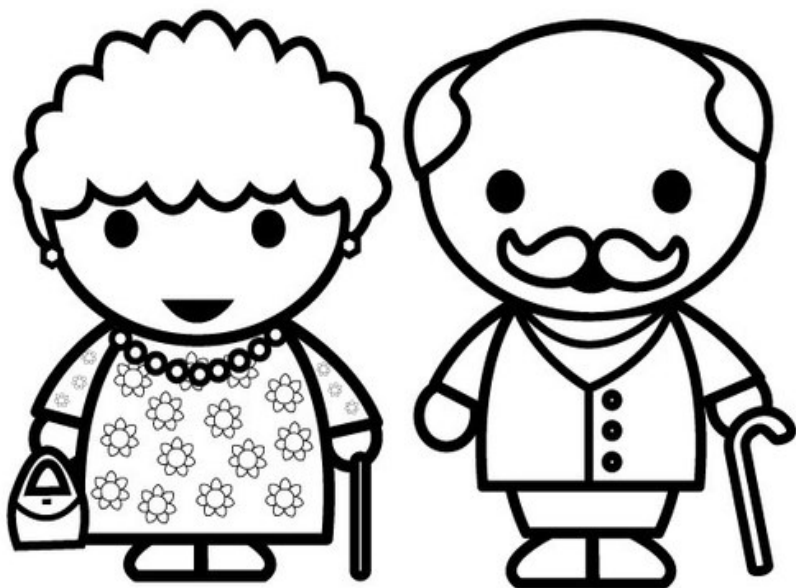
- Place a birthday party hat or a cone made from paper on your child's head
- Encourage him/her to balance the hat on his/her head while walking on a straight line
- Encourage child to walk with hands outstretched to help him/her balance



International Day of Older Persons 1st October

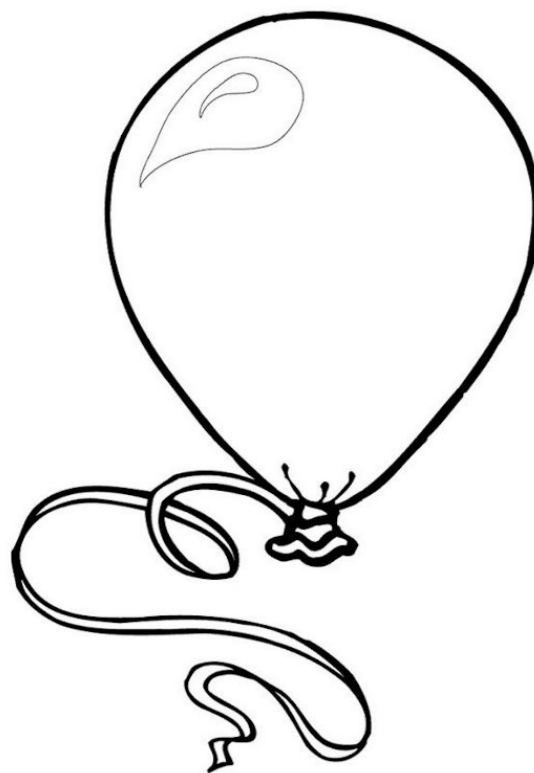


Celebrate our senior citizens: grandmother, grandfather and other family members by helping them in whatever way you can.



Let's have fun

- Write your age on the balloon
- Colour using your favourite coloured crayon



Let's decorate our mask

- Colour using your favourite coloured crayon

