



ECCE Activity Pack

Week 5 Term 3

Successful Transitions

The Importance of Positive Reinforcement and Self-Care Activities

"The transition to primary school is a critical phase in a child's life. This phase marks a significant change a child's everyday actions and social relations and can be challenging them, their parents and teachers. Children experience several emotions, including excited anticipation, curiosity and pride but also stress, insecurity and fear (Dockett and Perry, 2015). Therefore, this is a critical time for children to learn the importance of taking care of themselves by practicing self-care.



Self-care is the practice of consciously doing things that preserve or improve ones mental or physical health.

Self-care can help children of all ages become more thoughtful and aware of their physical and emotional needs. It can also prepare them to effectively handle future stressors. Even small acts of self-care and self-help can decrease stress, improve relationships, and promote wellness of the body and mind.

Movement and creative activities can provide an emotional outlet and foster connection. **Activities like painting, colouring, or moulding clay are less likely to feel like a chore.**

Music and dance can have huge positive effects impacts on your child's cognitive development, self-awareness, and physical health. As your child moves their body to music, their brain releases endorphins to promote well-being and improve their mood.

Consider playing background music to try to balance your child's mood; if they are struggling with anxiety or frustration, play softer or more up lifting music.

Don't be afraid to get silly! Allow your child to be the expert and have them teach you a new dance move. Sometimes families need to share a **laugh together, play a game, make a pillow fort, watch a funny movie, or build a puzzle together.** Try as much as possible to minimise or eliminate distractions and truly be present during the joyful moments.

Praise your child for trying something new on his/her own, even if it didn't go as you had hoped! Though this might be more time-consuming than completing it for them, the energy you put into these activities will help your child feel more confident and prepared next time.

Materials: Bristol board, construction paper, brown bags, glue, markers, crayons, paint, small pebbles, vermicelli, condensed & evaporated milk, raisins, nuts, spices



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

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

Monday

My Child the Author

- Take advantage of your child's interest in talking by writing a book together
- Start out with something simple, like describing a fun day at a park or visiting friends
- Staple a few pieces of paper together, and write out one or two of your child's sentences on each page
- Then, read the story to him/her and let him/her illustrate it
- Be sure to add the author's name and the illustrator's name



Physical Activity: Self Esteem Dice

- Follow the picture to create the dice
- Cut out, fold and glue together
- Roll the dice and complete the sentences shown



Mini book project

- Parent/ child chose a simple story (any story)
- Read together
- Discuss
- Create an artefact(s) from any part of the story

Tuesday

Self-Esteem Sun

- Draw and cut out a circle and eight triangles
- Write the words "I am" on the circle
- On each triangle, write one descriptive word that best describes the child's qualities
- Stick triangles around the circle



Wednesday

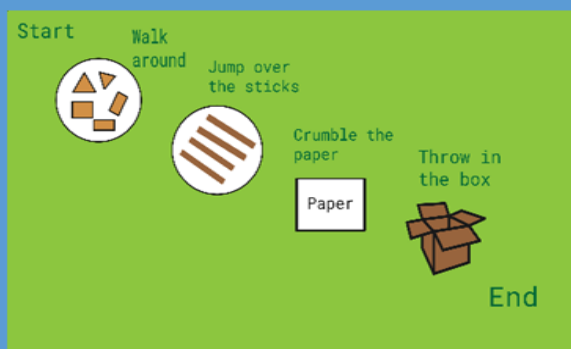
My Garden of Love

- Collect rocks of varying sizes
- Place rocks on a flat surface either inside or outside
- Name each rock after someone who knows who loves you very much



Physical Activity: My obstacle course: I can do it

- Create an obstacle course for your child as seen in the picture or create your own design



Physical Activity: Recreation Time

Discuss different recreational activities with your child using pictures

- Allow the child to go outside and enjoy his favourite recreation (examples: going to the play park, playing football/ cricket, walking your dog, playing catch, going to the beach, riding a bicycle)
- Allow your child to draw a picture or paint their favourite recreational activity to touch the shadows



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

Thursday

Brown paper bag Mosques

- Use Bristol board or construction paper to cut out these shapes: semi-circle, crescent, stars, rectangles
- Create a mosque using brown paper bags and the shapes



Physical Activity: Looking for the New Moon

- Hide toilet paper rolls, glue, stars, string, crescent moon.
- Give child clues of where to find the items.
- Help child assemble their binoculars as shown in picture.
- Child can lie on his/her backs or stand up straight tilting their heads back and looking into the sky to locate the crescent moon through their hand-made binoculars



Friday

Making Sawine (vermicelli dessert)

- Assist child in reading the instructions to make the Sawine
- Child will measure the ingredients to make Sawine
- In a saucepan toast vermicelli until slightly brown
- Boil water with spices, add vermicelli and continue boiling for 8- 10 mins until soft
- Add evaporated and condensed milk, almonds, raisins and cherries. Enjoy hot or cold

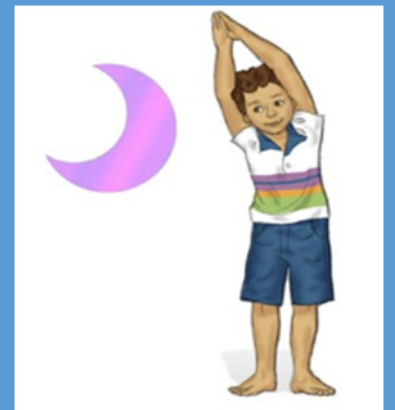
Ingredients

- 1 cup vermicelli
- 3 cups water
- 1 tin evaporated milk
- 1 tin condensed milk
- 4 cardamom pods,
- 2 sticks cinnamon,
- Almonds, raisins, cherries



Physical Activity: Crescent moon and star salutation

- Exhale and side bend to the right and left for Crescent Pose
- Breathe in and up
- Create a side stretch on your right and left side
- Inhale, straighten your knees, and reach your arms straight out coming into Star



Weekly Web Quest

What is a WebQuest?

A WebQuest is an activity children complete using the Internet to get information on a specific topic. Select the link below and listen to a story entitled "**Taking Care Of My Body**" to learn about self-care. **Self-care** is anything you do to take care of yourself so you can stay physically, mentally, and emotionally well. <https://www.youtube.com/watch?v=afVm7H4eQV4>

Select the link below to listen to a video entitled "All By Myself"

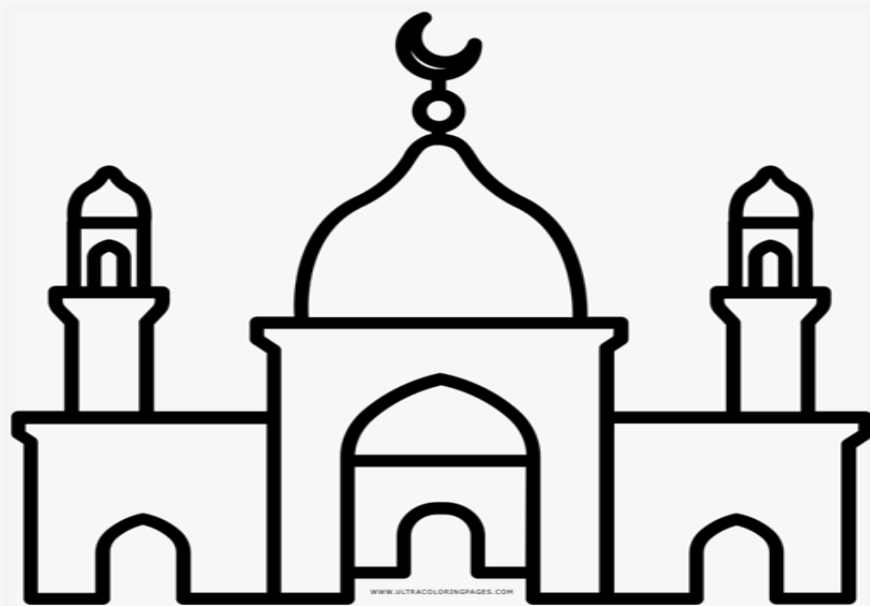
<https://www.youtube.com/watch?v=86F-da-MLxw>

Select the link below to listen to a video entitled "5 Ways To Teach Your Kids To Take Care Of Themselves" <https://www.youtube.com/watch?v=hawIHtUNzIQ>

Following the videos create one of the activities from the video for your child. Allow the child to practice the activity so he/she can gain independence and practice self-care.



Colouring Page



Government of the Republic of Trinidad and Tobago
MINISTRY OF EDUCATION



Government of the Republic of Trinidad and Tobago
MINISTRY OF EDUCATION

Leading Stars ECCE
...bringing our classes closer to you!

Monday to Friday on



9:00 am (Circle Time)
10:45 am (Story Telling)
and 12:30 pm (Recall)

www.moe.gov.tt [facebook/MoeEduTT](https://www.facebook.com/MoeEduTT) [@Ministry of Education-TT](https://www.instagram.com/MinistryofEducationTT) [@MoEduTT](https://www.instagram.com/MoEduTT) [@ministryofeducationtt](https://www.instagram.com/ministryofeducationtt)

From Monday to Sunday
at 8:00 a.m. & 2:00 p.m.

Digicel Channel 4
& On Demand / Education folder.
Flow Digital 104 & Analog 4
Amplia Channel 104
Green Dot on Channel 4



in collaboration with



SESAME WORKSHOP