



Government of the Republic of Trinidad and Tobago

MINISTRY OF EDUCATION

ECCE Activity Pack

Week 8

Introducing Routines for Children with a Learning Disability

"I learn differently!"



Children with learning disabilities need a clear routine. Because of their diagnosis, they may find it difficult to understand situations or to structure their time. They may also struggle with sequencing actions that they need to complete.

If a child does not know what will be happening this can lead to uncertainty and make them feel extremely anxious. An effective way of supporting children with disabilities is to structure the environment around them with clear routines.

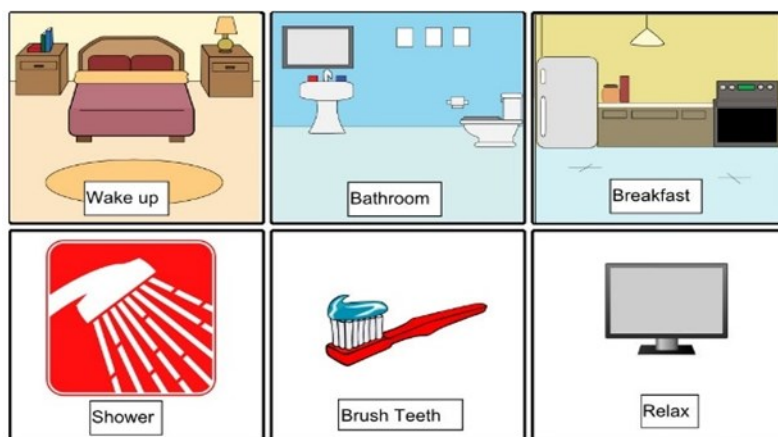
When asked to do something, children can react by challenging their caregivers. This could be because they are unsure of what is happening, do not understand what is being asked of them, or because they dislike the task they are being asked to complete.

Why are routines helpful?

A routine is a sequence of actions or activities that regularly take place in the same order. Most of us like life to be predictable as it helps us feel more secure. This is even more important for people with learning disabilities.

If there is going to be a change to a routine or plan, clearly communicate this to the child before it happens, by using simple language that is supported with pictures/symbols, if possible. Pictures and symbols remind the child of the routine and makes it more real.

Cut out and use
with child



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) year old

Monday

Mr. Stan the Senses Man

- Cut out an oval shape and stick eyes, nose mouth, ears and hands
- Discuss and name the body parts and the five senses (sight, smell, taste, hear, touch)

Physical Activity: Senses Station

- Label five bags or containers with each sense
- Walk around the home and collect items to place in each container

Tuesday

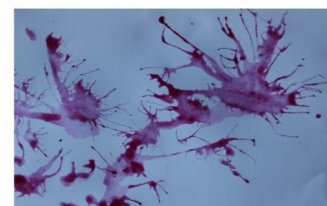
Name that Fruit Scent

- Place fruits in partially closed jars
- Allow the child to **smell** and identify the scent
- The child will draw and stick labels on the correct fruit containers
- Suggested fruits are: banana, lime, guava, apple, pineapple, passion fruit, pomegranate or watermelon (Use any four)



Physical Activity: Straw Blow Painting

- Add two drops of a fragrance to your child's favourite colour paint
- Allow child to mix
- With a straw, blow the paint around the paper



Wednesday

Sound Clues

- Blindfold the child
- Make various noises around the house (clap hands, jingle keys, open and close drawers, bounce a ball, zipper a bag)
- Child has to guess what you are doing

Thursday

Ingredients

2 cups corn starch
1 cup scented hair conditioner

Making Cloud Dough

- Measure and add ingredients to a bowl
- Mix with a wooden spoon
- Using hands knead the dough
- Observe and discuss the **texture** and **scent** of the mixture
- Mold numeral **5** and letter **S** with the cloud dough

Physical Activity:



Jump the Beats

- Tie a piece of cloth over a bucket, ensure it is sturdy, and tap out beats

- The child **listens** to the number of beats and jump
- Increase the number of beats once the child can identify it



Physical Activity: Sensory Barefoot Walk

- Place any of these materials (mud, grass, leaves, water, and sand/dirt) in sections
- Child will step on each section and discuss how it feels
- Encourage these descriptions - rough leaves, soft grass, squishy mud, coarse dirt, and cool water

Friday

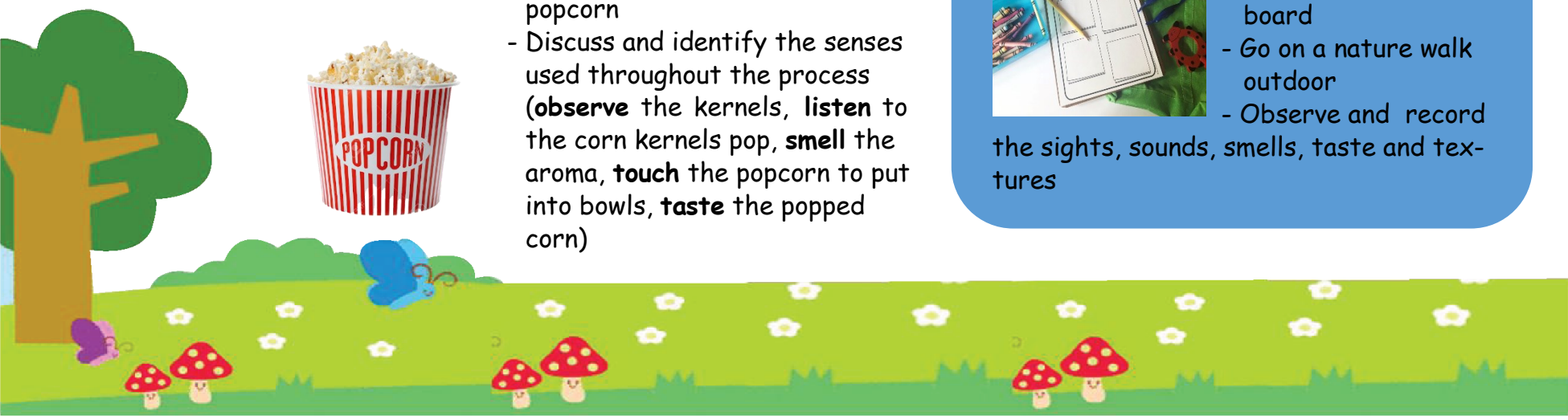
Popcorn Senses

- Make stove top or microwave popcorn
- Discuss and identify the senses used throughout the process (**observe** the kernels, **listen** to the corn kernels pop, **smell** the aroma, **touch** the popcorn to put into bowls, **taste** the popped corn)

Physical Activity: Nature Sensory Walk



- Create a simple clipboard
- Go on a nature walk outdoor
- Observe and record the sights, sounds, smells, taste and textures



Activities for four (4) year old

Monday

Mr. Stan the Senses Man

- Cut out an oval shape and stick eyes, nose, mouth, ears and hands
- Discuss and name the body parts and the five senses (sight, smell, taste, hear, touch)



Physical Activity: Senses Station

- Label five bags or containers with each sense
- Walk around the home and collect items to place in each container

Wednesday

Sound Match Game

- Fill two eggs each with materials (rice, dried peas, corn, coins, marbles and water) and close
- Child will shake the eggs and pair by sounds
- Guess the contents of the eggs



Thursday

Making Cloud Dough

- Measure and add ingredients to a bowl
- Mix with a wooden spoon
- Using hands knead the dough
- Observe and discuss the **texture** and **scent** of the mixture
- Mold numeral **5** and letter **S** with the cloud dough



Tuesday

Name that Fruit Scent

- Place fruits in partially closed jars
- Allow the child to **smell** and identify the scent
- The child will draw and stick labels on the correct fruit containers
- Suggested fruits are: banana, lime, guava, apple, pineapple, passion fruit, pomegranate or watermelon (**Use any four**)



Physical Activity:

Straw Blow Painting

- Add two drops of a fragrance to your child's favourite colour paint
- Allow child to mix
- With a straw, blow the paint around the paper



Physical Activity: Jump the Beats

- Tie a piece of cloth over a bucket, ensure it is sturdy, and tap out beats
- The child **listens** to the number of beats and jump
- Increase the number of beats once the child can identify it

Physical Activity: Sensory Barefoot Walk

- Place any of these materials (mud, grass, leaves, water, and sand/dirt) in sections
- Child will step on each section and discuss how it feels
- Encourage these descriptions - rough leaves, soft grass, squishy mud, coarse dirt, and cool water



Friday

Popcorn Senses

- Make stove top or microwave popcorn
- Discuss and identify the senses used throughout the process (**observe** the kernels, **listen** to the corn kernels pop, **smell** the aroma, **touch** the popcorn to put into bowls, **taste** the popped corn)



Physical Activity: Nature

Sensory Walk



- Create a simple clipboard
- Go on a nature walk outdoor
- Observe and record the sights, sounds, smells, taste and textures





Materials: blindfold, bags, containers, sandpaper, pebbles, sticks, fabric corn starch, conditioner, old post cards, cotton, mirror, headphones, perfume, rattle, fruits, pop corn, jars, paint, plastic eggs, bucket



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

World Day for Audiovisual Heritage October 27

"Your Window to the World"

Audiovisual materials, as documentary heritage objects, provide a **window to the world** as we observe events we cannot attend. We hear voices from the past from those who can no longer speak, and we craft stories that inform and entertain.

Audiovisual content plays an increasingly vital role in our lives as we seek to understand the world and engage with our fellow beings.

- In the middle of the open window, draw an outdoor activity you like doing
- Colour the picture

Monday to Friday on 

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


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