



Government of the Republic of Trinidad and Tobago

MINISTRY OF EDUCATION



Infants Activity Pack

Week 4-Term 3



Habits

Our bodies are like plants. They need to be cared for to be healthy. When we are **healthy** we feel **strong, happy** and **relaxed (calm)**. Parents and caregivers encourage daily habits that keep us healthy. A **habit** is something we do over and over.

We practise healthy habits to keep us healthy in mind, body and feelings everyday!

Healthy minds help us think and learn.

Healthy bodies can work and play.

Healthy feeling bring us joy and hope.



World Health Day was celebrated on 7th April, 2021. This year because of the COVID-19 pandemic throughout the world, the World Health Organisation is encouraging "building a fairer, healthier world for everyone, everywhere."

In the world today, some people struggle to **earn a living**. They may not have the **best homes or education** and may not have **clean and safe environments, clean water, good food and fresh air**. This can often lead to illness and sometimes death. **You have the power to change this for yourself and others.**



You and your health!

For a tiny seed to grow into a big and fruitful plant, it needs rich soil. In order for the tree to grow tall and healthy, it also needs a daily supply of water and sunlight. We can pull out weeds and add manure or fertilizer for healthy growth.

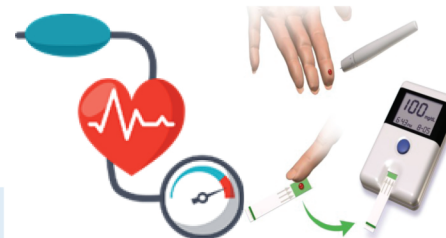


Seeds



Healthy Tree

We do not get sick



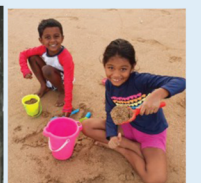
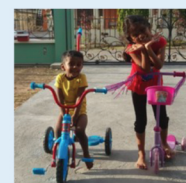
We are protected from viruses



We control our weight



Health and wellness give us more energy to do the activities we like...

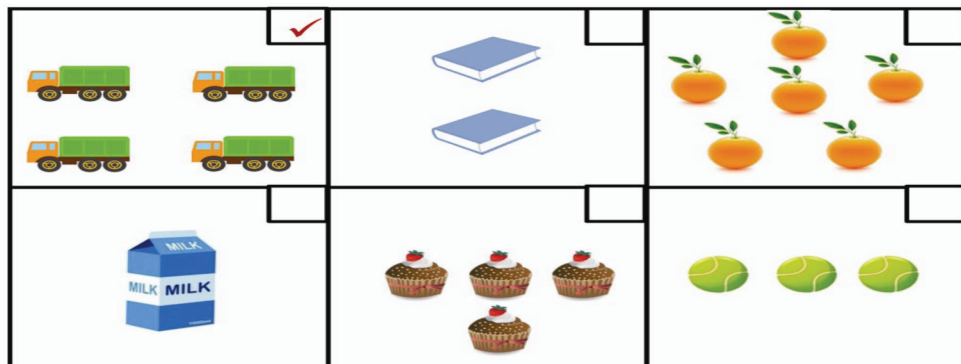


Infant 1-Estimate: Guess and Count

To **estimate**, make a **guess** using what you **already know**. Look at the way each set of **5 objects** is arranged.



Now, **without counting**, tick the boxes with sets that **look about** or **close to 5** objects. One has been done for you.



Now you may **count** each set to find the **exact** number of objects!

Play an estimation game with your family!

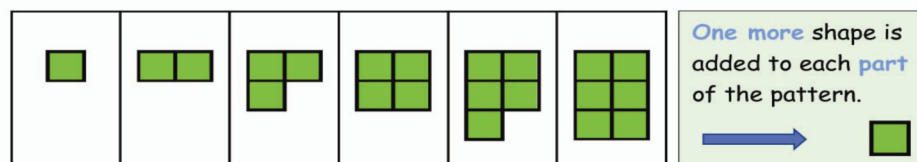
Find sets of objects around your home. Let someone **guess** which sets **are about 5 objects**. **Count** to get the **exact** number of objects!

Infant 1-Repeating and Non-repeating Shape Patterns

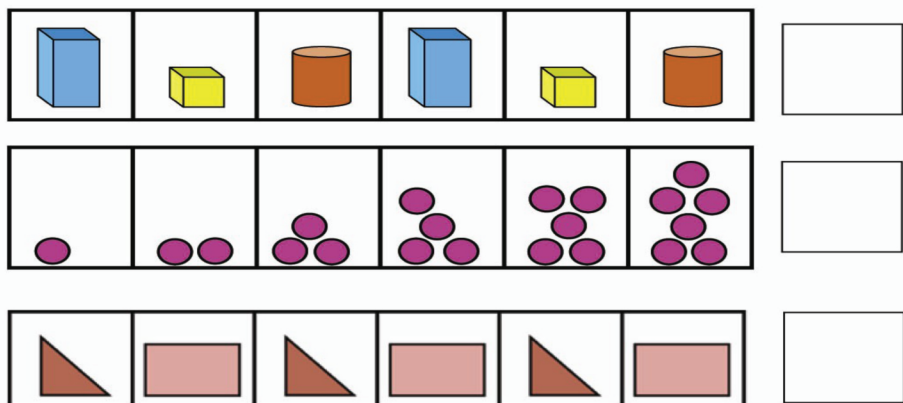
Look at this shape pattern. It is a **repeating** pattern.



Now look at this shape pattern. It is a **non-repeating** pattern.

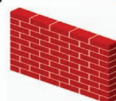


Put a tick (✓) in the box next to each **repeating** pattern. Circle the **part** of the pattern that **repeats**.



Infant 1 - w, y, z

Say the **beginning sounds** of these words.



wall



yellow



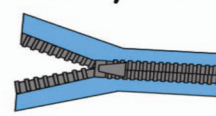
zoo

Say the names of the pictures. Circle the correct **beginning sound** of each word.

w y z



w y z



w y z



w y z



w y z



w y z



w y z



w y z



w y z

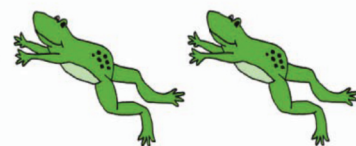


Infant 1—Sight Words

Use a word from the box to complete each sentence.

have jump look play run

1. The frogs can jump.



2. We _____ in the yard.



3. Let us _____ football.



4. I _____ a red bag.



5. They _____ for the pin.



Infant 2 — Comprehension



Look at the picture. Read the questions. Say the answers or write your answers in the blank spaces.

1. Where are the people?

2. What are they doing?

3. Why do you think they are wearing gloves?

4. How can you help to keep your home clean?

Infant 2 - Vocabulary - Opposites

Draw lines to match the pictures that are **opposites**.

 day		 sad
 happy		 heavy
 light		 down
 fast		 night
 up		 slow

Infant 2- Growing/Increasing Patterns— What Comes Next?



Remember

Some patterns increase (or grow) according to a certain rule.

They are called **increasing patterns** or **growing patterns**.

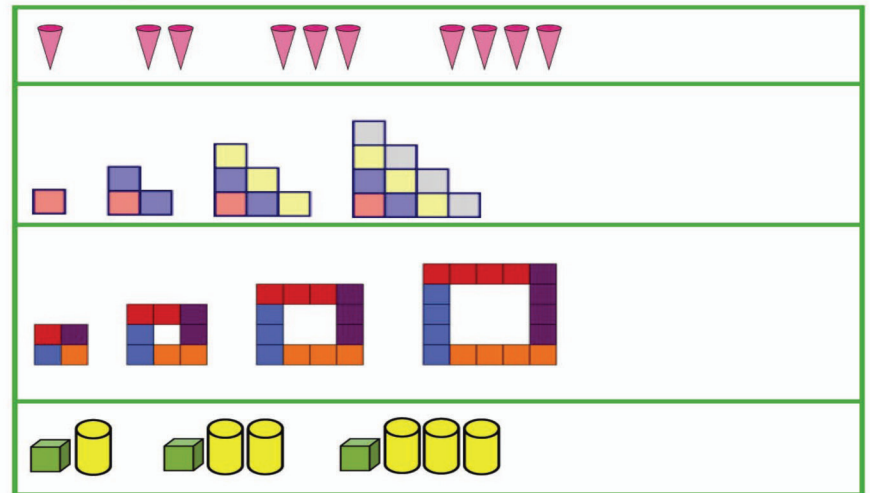
Look at the pattern below and observe how it grows.



The pattern rule is: add 2 different coloured spheres each time.



Draw the picture that comes next.



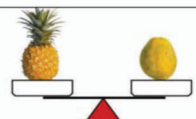
Have FUN creating your own growing or increasing patterns!

Infant 2-Equal or Not Equal?



Remember

When the arms of the equal arm balance are level or straight, the objects in the pans are equal in weight.



Look at the equal arm balances below.

The balls have the same size and weight.

	The arms are level or straight. The number of objects in each pan is equal. 2 is equal to 2
	The arms are not level or straight. The number of objects in each pan is not equal. 2 is not equal to 3

Look at the equal arm balances below. Complete the sentences under each picture. The first one is done for you.

The number of objects in each pan is not equal . 4 is not equal to 3	The number of objects in each pan is _____ □ is _____ to □	The number of objects in each pan is _____ □ is _____ to □

Other healthy behaviours



Personal hygiene:

1. Wash your hands.
2. Cover your mouth when you cough.
3. Have regular baths and wash your hair often.
4. Brush and floss your teeth daily.
5. Trim and clean your nails.



Find a balance in all that you do. **Make a promise to spend the right amount of time with your school work, playing with friends and getting enough sleep. Remember to care for your bodies** by keeping it clean and by eating healthy foods and snacks. Only then will you be happy and have the strength and energy to be your **best self**.

Earth Day Poem

Oh, Mother Earth how we love you,
Without you what would we do?
God made the Earth with us in mind,
The most wonderful planet you would find!

You provide a home for us,
For plants and animals too,
A beautiful place we call our own,
With oceans and sky so blue!

We are sometimes so unkind,
We hurt you every day,
Garbage, fires and cutting down trees,
We need to stop, I pray!

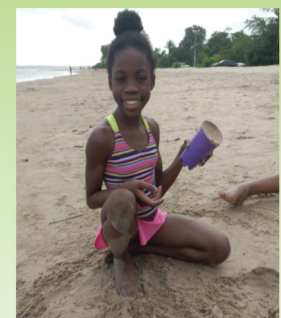
We kill the fishes,
We hurt the birds,
There's pollution everywhere!
Oh, how u must cry dear Mother Earth,
Your tears I cannot bear!

Reduce, reuse, and recycle,
Let's show the Earth we care,
On this Earth Day let's plant a tree
And save our Earth so dear!

Miss Wendy Ragoo
Brother's Presbyterian Primary School



To our friends at NALIS and the Ministry of Health, our heartfelt gratitude for your continued support in providing valuable resources.



Start now!

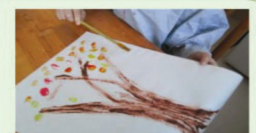
Taking care of your mind is also important



Thinking positive thoughts.



Play with your friends and listen to music.

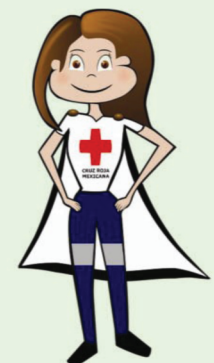


Do things that you are good at.

Activity

Unscramble the letters to find out the words they reveal.

h p p a y _____
w e a t r _____
a y l p _____
p e e l s _____
e s t r _____
a h r e t _____
b o y d _____



Now place each letter which has a circle in the box provided below.
What **magical** word do you see?

--	--	--	--	--	--	--

Answers:
Unscrambled words: happy, water, play, sleep, rest, heart, body
Magical word: healthy