



EARLY CHILDHOOD CARE AND EDUCATION

ACTIVITY BOOKLET
MAY 2023



This booklet has been prepared for the Poshan Bhi, Padhai Bhi Initiative in May 2023. Activities have been adopted from materials previously published by the National Institute of Public Cooperation and Child Development and by State governments. Images have been selected from National Curriculum Framework, Government of India, Craiyon, Freepik and Rocket Learning.

Index

I.

Introduction

II.

Key Domains of Development

III.

Activity Samples (0-3 years)

1. Gross Motor Skill Development
2. Fine Motor Skill Development
3. Cognitive Skill Development
4. Language Skill Development
5. Socio-Emotional Skill Development
6. Cultural/ Aesthetic Development

IV.

Activity Samples (3-6 years)

1. Gross Motor Skill Development
2. Fine Motor Skill Development
3. Cognitive Skill Development
4. Language Skill Development
5. Socio-Emotional Skill Development
6. Cultural/ Aesthetic Development

I. Introduction

Activity-based Learning in Anganwadi Centres

The first six years of a child's life are truly critical and lay the foundation for lifelong well-being and overall growth and development across all dimensions – physical, cognitive, and socio-emotional.



(0-3 years)

From birth till age 3, children benefit greatly from simple activities such as playing, listening to stories, and singing, which improve their ability to think, communicate, and connect with others. Children at this age learn best through playing and performing activities. When they are playing, children are exploring, engaging their imagination, taking risks, playing as a team and solving problems. They are inculcating valuable skills that support social, emotional, physical, and cognitive development.

(0-6 years)

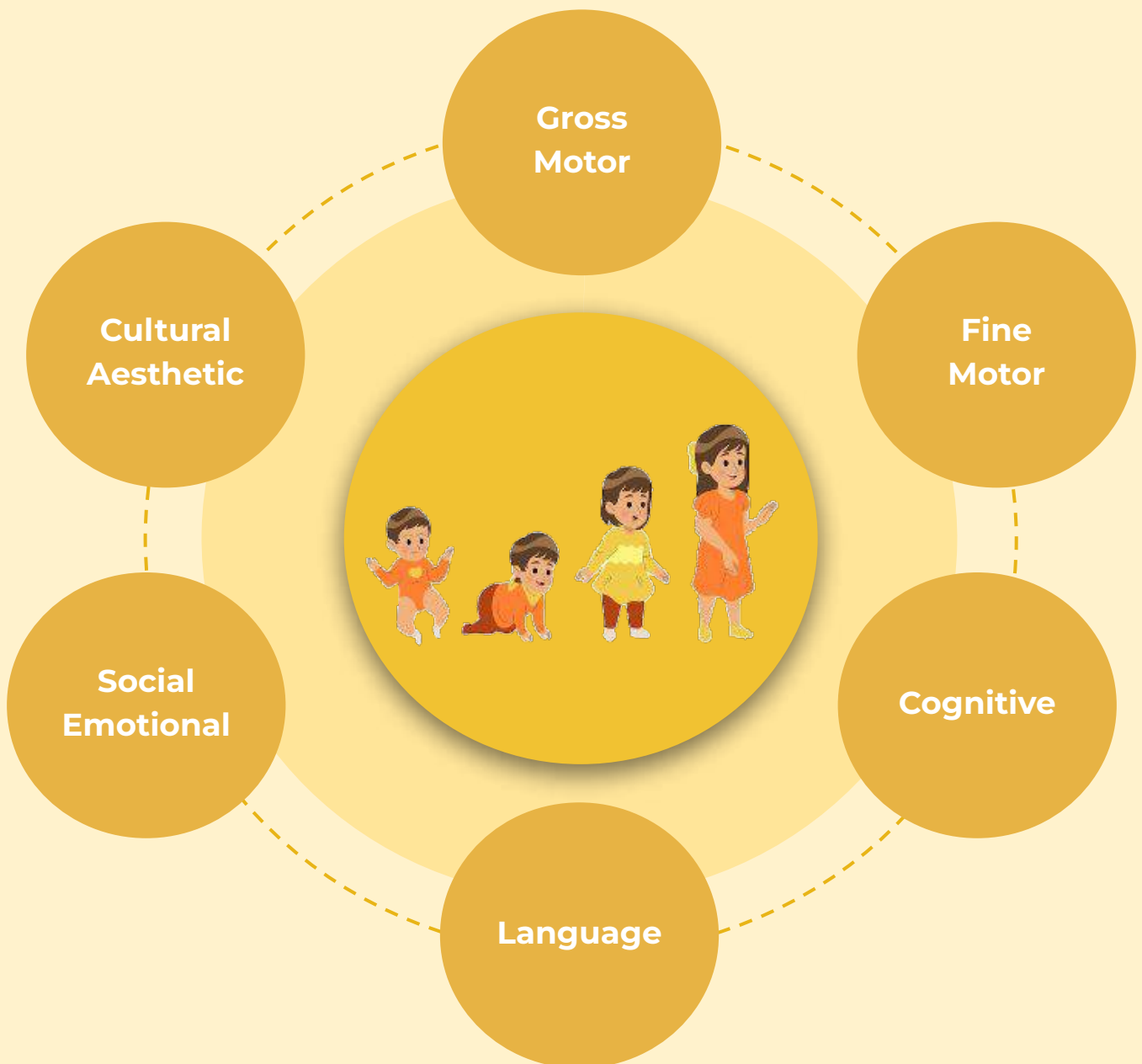
From age 3 to age 6 as well, playing is learning. Together with early literacy and numeracy, i.e., exposure to alphabets and numbers, it is important for children to engage with different toys, experiencing both structured and unstructured play, i.e., games with and without rules.

This Activity Booklet has been designed to introduce and support Anganwadi workers in conducting activity-based learning with children from ages 0-6 in Anganwadi centres across India and also encourage parents to participate in this form of learning in their homes with their children. Illustrative activities corresponding to the different early childhood development domains have been provided for reference.

II. Key Domains of Development

There are six key domains of early childhood development, along with self-help and adaptive skills. This Booklet provides illustrative activities corresponding to each of the different development domains which can be conducted by the Anganwadi worker with children.

Skills of Each Development Domain



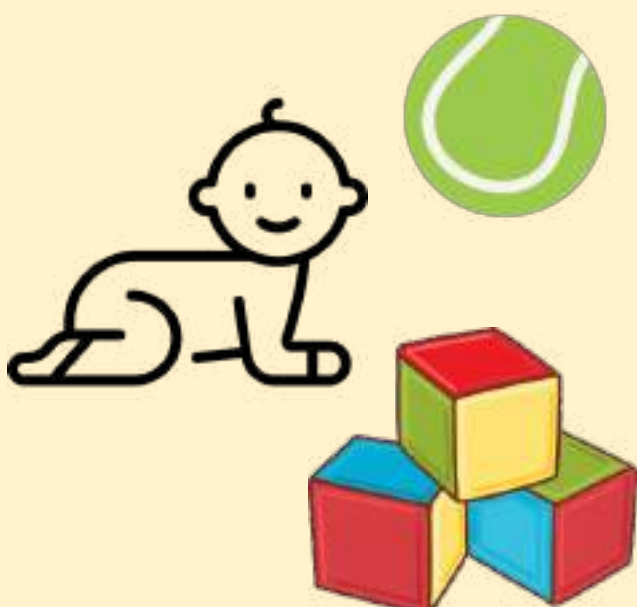


III. Activities for 0-3 years



Activity Samples: 0-3 years

1. Gross Motor Skill Development



Activity 1: Crawling for treasure

- Keep an object (ball or a block) under a table, a chair, or a box.
- Ask the child to crawl to find out the hidden objects.

Activity 2: Rolling on the mat

- Spread a mat on the floor and ask children roll on the mat.
- Encourage them to roll forward and backwards, side to side and upside down.



Activity Samples: 0-3 years

2. Fine Motor Skill Development



Activity 1: Stacking Blocks

- Take a few *katoris*, plastic cups, or light-weight wooden blocks, smoothed marble pieces.
- Ask the child to stack the blocks. Be careful while children are using hard materials like marble pieces.

Activity 2: Beans in a Bottle

- Give the child a few beans to hold in their hand.
- Ask the child to place them into the container one by one by moving a single bean up to the fingertips each time.
- Once finished, they can again pick up the beans from the container one by one.



Activity Samples: 0-3 years

3. Cognitive Skill Development



Activity: Recognise the names and colours of fruits and vegetables

- Show children different types of vegetables and fruits of different colors, shapes, and sizes
- Ask the children to identify the names of the fruits and vegetables, what colour they are, and ask them to arrange these as per size.



Activity Samples: 0-3 years

4. Language Skill Development



Activity 1: Storytelling with puppets or flash cards

- Prepare small puppets or flash cards using paper, sticks, dolls, etc.
- Tell the children short simple stories, related to what they see around them.

Activity 2: Name the Objects in the room

- Ask the children to try to name the objects they see in the room.
- Clap when they get something right, and correct them gently if they are wrong.



Activity Samples: 0-3 years

5. Socio-Emotional Skill Development



Activity: Help around the House!

- Seat the children in a circle and discuss with them the different kinds of household chores their parents do at home (such as watering plants, cleaning, feeding the birds, dogs, etc)
- Ask each child to take turns and share which chore they will help their parents with when they go home. Ask each child to share their experience the next day .



Activity Samples: 0-3 years

6. Cultural/Aesthetic Development



Activity: Taking children to fairs (melas), festivals and markets

- Seat the children and ask each child to take turns and share their experience as to what they did during their most recent visit to a fair (mela), festival or market.
- In case a fair (mela) or community festival is taking place in the community, ask all children to attend it with their parents!





IV. Activities for 3-6 years



Activity Samples: 3-6 years

1. Gross Motor Skill Development



Activity 1: Walking on a line

- Draw a straight line on the floor and ask the children to walk along chalk line.
- You can also draw straight and curved lines and encourage children to walk, hop, jump, run, crawl, back-walk, etc., on the drawn line.

Activity 2: Jumping over objects

- Draw a straight line using chalk on the ground. Ask the children to come in a row and jump over the line, lifting both their feet.
- You can also add other obstacles like a ball, cardboard box, brick stack, etc., and tell children to jump over it without them touching any of these obstacles.



Activity Samples: 3-6 years

2. Fine Motor Skill Development



Activity 1: Sorting

- Give the child small objects like beans, seeds, paper clips and rubber bands.
- Ask the child to sort the objects of the same kind into different piles or into cups/katoris.

Activity 2: Drawing

- Drawing with pencils, crayons, and stamps
- Children can do free drawing on the floor, on paper or even by mixing mud with water.



Activity 3: Paper Crumpling

- Crumple small pieces of paper or newspaper into balls
- Children can use these for craft activities such as sticking it on a picture.



Activity Samples: 3-6 years

3. Cognitive Skill Development

Activity 1: What's That Sound!

- Make children sit in semi-circles or rows. Make them hear the sound of different actions like clapping or snapping your fingers.
- Then blindfold children one by one, clap or snap, and ask them to guess what they hear and where it is coming from!



Activity 2: Touch Board

- Put different objects like paper, cloth, cardboard, etc., in a bag.
- Make children sit in a circle and pass the bag with their eyes closed, while playing drums or any music.
- When the music/beat stops, the child holding the bag has to touch one object inside it and describe the object through feeling. Each child gets a chance.



Activity Samples: 3-6 years

4. Language Skill Development



Activity 2: Free Conversation

- This can be the first activity after welcome and circle time.
- Ask the children to freely express themselves and share their experiences – about their home, family, likes and dislikes, etc.
- Every child should get their turn!

Activity 1: Word Building Game

- Sit in a circle with the children.
- Ask the children to start the game with a sentence, like - 'I went to the garden and saw a flower'
- The second child can add a word to this sentence, like - 'I went to the garden and saw a flower and many stones'
- Go on until five new words words are joined to the sentence and then start again.



Activity Samples: 3-6 years

5. Socio-Emotional Skill Development

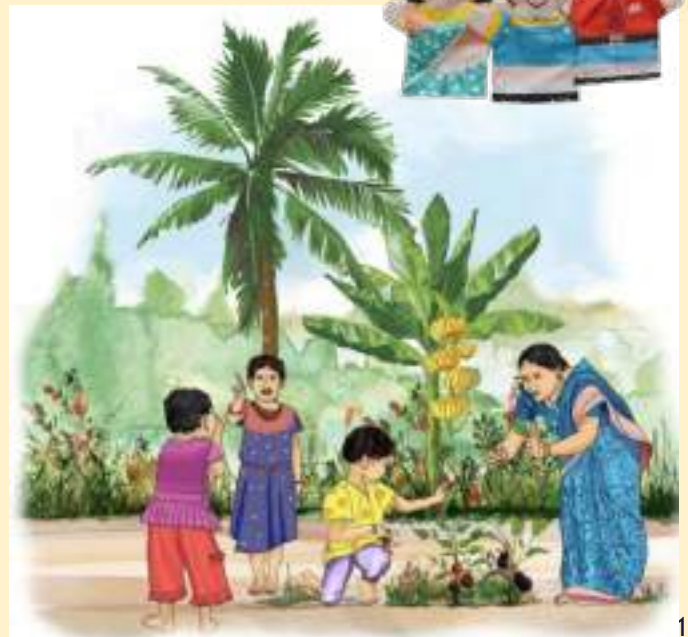


Activity 1: My Family

- Use materials available to the child, like empty bottles, paper glasses, cotton wool, paper, straw, etc., to make puppets of the child's family. Draw faces, have fun!
- Once done, child can use these faces to show scenes from their home.

Activity 2: Spending time in nature

- Show children different places around the village or city where they can see and interact with nature and green spaces
- In case there is an opportunity, children can also take care of plants



Activity Samples: 3-6 years

6. Cultural/Aesthetic Development

Activity: Festive Celebration

1. Celebrate national, religious and regional festivals with different activities.
2. On Diwali, make *diyas* out of clay/mud and cloth scraps.
3. On Ganesh Chaturthi, practice rolling *laddoos*.
4. On Independence Day, make a paper or a cloth flag.
5. On Gandhi Jayanti, encourage children for a role-play activity.



“Toys are children’s words and play is their language.”

