



**NOVA PIONEER**

**SCHOOLS FOR INNOVATORS & LEADERS**

**At-Home Learning Pack  
Term 1 2020**

**Week of:** March 23 to 27 (Focus on colours)

**Grade:** 000/PG

**Note:**

- Talk about colours throughout the day not only during activity time e.g. at meal time you can comment on the colours of food, clothes people are wearing, nature, etc.
- Your child does not have to complete the activities in one sitting, they can complete it at any point during the day if they get tired or need some wiggly time
- Remember that just like adults need patience to learn a new skill, so do our children 😊

## Monday, March 23rd

### Recommended Daily Schedule:

Monday, March 23rd

Time	Subject	Learning Experiences
8:30 - 9:00	Numeracy Time	-Singing a colour song and identifying colours around the house
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Exercise fine motor skills
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Paint a star or make a star collage
11:30 - 12:15	Movement Activities	-Play musical statues
12:15	Lunch & Rest	

### Numeracy Activities

**Time:** 20-30 minutes

**Learning Goal:** Child will:

- Sing a colour version of *Twinkle, twinkle little star* and hunt for the coloured stars

**Materials Required:**

- Cut out star shapes from materials you have available e.g. coloured paper, fabric, felt, etc and hide them around the room you will be doing the activity in easy to find places
- Draw or print out a star that fits on A4 paper
- Crayons

**Instructions for Learning:**

- Sing the song below to the tune *Twinkle, twinkle little star*

*Twinkle, twinkle yellow\* star,  
How I wonder where you are  
Let's go looking here and there,  
Let's go looking everywhere  
Twinkle, twinkle yellow\* star,  
How I wonder where you are*

- Tell your child to go around the room looking for the coloured star that has been named and bring it then mention another colour
- If time allows and your child is not tired, give him/her the star to colour in his/her favourite colour. Encourage them to try and hold the crayons with their thumb, fore and middle finger (this is a skill we are working to develop)

### Free Choice Activities

**Time:** 45 minutes

**Learning Goal:** Child will:

- Exercise their fine motor skills

**Materials Required:**

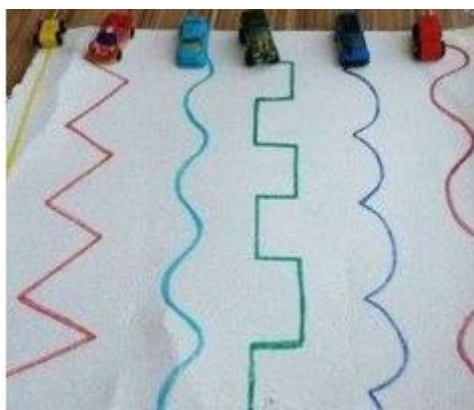
- Laundry basket/box
- Small coloured items
- Yarn/shoelace

#### Instructions for Learning:

- Using a basket, put in different small items (whatever you have at home like bottle tops, beads, etc) and pass yarn or shoe lace in random order as below. If you don't have a basket, use a box and pierce holes on its sides to pass and tie the yarn to.
- Learners will use a tweezer or their fingers to pick out the items to strengthen their fine motor muscles. As they pick each out, ask them to mention the colours. They can also count the items



- If your child has cars, draw tracks on paper using crayons/markers of different colours. They are supposed to identify the colours then drive the vehicles following the lines.



- Allow them to freely play with their toys or other resources

### Creative Activities

**Time:** 20-30 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Paint a star or make a star collage

- Star cutout
- Paint or magazines, glue and scissors

**Instructions for Learning:**

- Cut out a star shape from paper (preferably manila).
- Give your child paint to paint the star with their choice colour.
- Alternatively, you can provide them with old magazines and newspapers to cut and make a collage

### Movement Activities

**Time:** 1 hour

**Materials Required:**

**Learning Goal:** Child will:

- Play musical statues

- Music

**Instructions for Learning:**

- Play Musical statues. It is an excellent game for developing auditory discrimination. Children have to listen carefully for the difference between sound and silence and they engage their whole body during the game. You can play musical statues alone with your child or with family members. This game is great for developing control of the body and strengthening it while “freezing” in mid-air
- Play music on a cd player or cell phone and while the music is playing, everyone dances around the room Stop the music every now and then and everyone must freeze in the exact position they were dancing in when the music stopped

## Tuesday, March 24th

### Recommended Daily Schedule:

Tuesday, March 24th

Time	Subject	Learning Experiences
8:30 - 9:00	Literacy Time	-Play I spy colour -Draw and colour something they spied
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Trace their name using crayons -Peg coloured pegs on to a coloured board
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Make potato prints with paint
11:30 - 12:15	Movement Activities	-Play hide and seek
12:15	Lunch & Rest	

### Literacy Activities

**Time:** 20 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Play I spy colour
- Draw and colour something they spied

- Paper
- Crayons

**Instructions for Learning:**

- Play *I spy colour* where instead of using letters you say *I spy with my little eye something that is blue*. Your child tries to guess what object in the room is blue and once they get it they have a turn. If some of the guesses are a bit challenging you can add the description e.g. *I spy with my little eye something that is big and blue*.
- After this activity, give them a paper and colours to draw and colour something they spied or you can draw/print something they spied and give them to colour

## Free Choice Activities

**Time:** 45 minutes

**Materials Required:**

- Name cutout
- Crayons
- Coloured pegs
- Painted cardboard

**Learning Goal:** Child will:

- Trace their name using crayons
- Peg coloured pegs on to a coloured board

**Instructions for Learning:**

- Print or write and cut out large letters of the name of your child (6-8 inches). They will practice writing it using a variety of crayons as below. Show them how to hold the crayons if not already mastered and the direction to follow



- Paint cardboard in 4 squares with your child ahead of this activity and when it dries, give them the board with coloured pegs to peg on the right colour. This pegging will strengthen their fine motor muscles



- Allow them to freely play with their toys or other resources

## Movement Activities

**Time:** 1 hour

**Materials Required:**

- N/A

**Learning Goal:** Child will:

- Play hide and seek

**Instructions for Learning:**

- Play hide and seek with your child
- Give them time to choose their own independent play

## Creative Activities

**Time:** 20-30 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Make potato prints with paint

- Potatoes
- Paper
- Paint

**Instructions for Learning:**

- If you have some potatoes cut them in half and cut some simple patterns into them or leave them in their natural oval shape. Then, dip the potatoes in a tray of paint and print them onto paper



## Wednesday, March 25th

### Recommended Daily Schedule: Wednesday, March 25th

Time	Subject	Learning Experiences
8:30 - 9:00	Numeracy Time	-Colour hunt around the house -Trace numbers using paint and earbuds
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Identify their name and peg the letters -Cut lines using scissors
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Make a mosaic/collage of their name
11:30 - 12:15	Movement Activities	-Practice their balancing and coordination skills
12:15	Lunch & Rest	

### Numeracy Activities

**Time:** 20-30 minutes

**Learning Goal:** Child will:

- Colour hunt around the house
- Trace numbers using paint and earbuds

**Materials Required:**

- Earbuds/paint brushes
- Paint
- Paper (write 1-5 about 4 inches in size)

**Instructions for Learning:**

- Tell your child that they will be going on a colour scavenger hunt the house and find the number of items you will tell them for example, go and find 3 purple things
- The focus is on them learning up to number 5 and developing 1:1 correspondence when counting i.e. being able to correctly count 4 items in numerical order.
- After the colour hunt activity, give them the paper where you wrote the numbers 1-5 and ask them to mention the numbers they are seeing (some have mastered and some are developing mastery which OK since they will be learning these numbers throughout the year)
- After they have read out the numbers, ask them to mention the colours of paint you have provided then tell them that they will be using the earbud to

dip in paint and trace over each number. The use of the earbud is to strengthen their fine motor muscles so encourage them to try and hold with their forefinger and thumb (this is a skill we are still working on).

- If the earbud is getting frustrating for your child, give them a paintbrush while still encouraging them to use their forefinger and thumb (plus middle finger)



### Free Choice Activities

**Time:** 45 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Identify their name and peg the letters
- Cut lines using scissors

- Pegs
- Paper with child's name
- Scissors
- Paper with lines for cutting

**Instructions for Learning:**

- The activity below is to develop fine motor muscles with the use of pegs
- If letter stickers are available as below use them by sticking them on the pegs. If they are not available, write on the pegs with a permanent marker or coloured markers
- First show your child the name and ask **What is written here?** (they should be able to identify their names or learning to) *It is your name. Caroline.* Read it out as you follow with your finger and emphasize the starting sound.
- Show them the pegs and ask **Can you see the letters of your name on the pegs? Where is the first letter? Can you peg it on top/under the same letter.** If need be, show them how the activity to be done



- Draw simple lines on coloured paper or plain and invite your child to cut them (they are still mastering the skill of holding and using a scissors so continue to patiently guide them)



- Allow them to freely play with their toys or other resources

### Movement Activities

**Time:** 1 hour

**Materials Required:**

**Learning Goal:** Child will:

- Practice their balancing and coordination skills

- Tissue roll
- Small ball (you can make one from socks)

**Instructions for Learning:**

- Give your child a tissue roll and a small ball to balance as they walk from one end of the room to the other (you can tape a straight line so they walk on it)



- If you have a ball, show your child how to place it between their legs and try and walk with it



- Play music that both of you can dance to
- Give them time to choose their own independent play

### Creative Activities

**Time:** 20-30minutes

**Learning Goal:** Child will:

- Make a mosaic/collage of their name

**Materials Required:**

- Paper with child's name
- Magazine/newspaper cutouts
- Glue

**Instructions for Learning:**

- Write the name of your child and provide paper cutouts (from newspapers, magazines, etc. Your child can have cut these in advance) for them to make a mosaic of the first letter of their name.



## Thursday, March 26th

### Recommended Daily Schedule:

Thursday, March 26th

Time	Subject	Learning Experiences
8:30 - 9:00	Literacy Time	-Sing Baa baa black sheep -Trace their name using black wool
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Dot paint using cotton balls -Finger trace their names
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Paint paper using different colours to reveal their name
11:30 - 12:15	Movement Activities	-Play Simon says -Play Musical statues
12:15	Lunch & Rest	

### Literacy Activities

**Time:** 20-30 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Sing Baa baa black sheep
- Trace their name using black wool

- Balls of cotton wool
- Black paint
- A peg
- Paper with your child's name (4-5 inches)

**Instructions for Learning:**

- Sing *Baa baa black sheep*

*Baa baa black sheep  
Have you any wool?  
Yes sir, yes sir,  
Three bags full (hold up 3 fingers)  
One for the master,  
One for the dame,  
And one for the little boy  
Who lives down the lane*

- After singing the rhyme 2-3 times ask your child if they have ever seen a sheep, how about a black one? If you have access to the internet you can google an image of a black sheep and show them.
- Ask questions about the rhyme e.g. **How many bags of wool did the black sheep have? Who were they for?** (In simple terms tell them master means man and dame means woman)
- Ask if they have ever seen wool before then show them the cotton wool and tell them that they will be writing their name using wool after dipping it in black paint so that it looks like the wool for the black sheep.
- Show them how to open the peg and pinch the wool using it (this will strengthen their fine motor muscles which are essential for writing)



### Free Choice Activities

**Time:** 45 minutes

**Learning Goal:** Child will:

- Dot paint using cotton balls
- Finger trace their names

**Materials Required:**

- Cotton balls
- Paint
- Paper
- Child's name
- Coloured hair gel/light paint in a ziploc

- Provide cotton balls, pegs and paint for learners to dot paint. You can provide the first letter of their name or let them paint as they please



- Write your child's name using a marker and fill a ziplock bag with coloured hair gel or light paint which your child can see through for them to practice writing their name. Show them the directions to follow in letter formation and after they can do it as they please as they will develop that skill as time goes by.
- Tape this to the table so it doesn't move around



- Allow them to freely play with their toys or other resources

### Creative Activities

**Time:** 20-30 minutes

**Learning Goal:** Child will:

- Paint paper using different colours to reveal their name

**Materials Required:**

- Water paints (they should be light for it to work well)
- Paint brushes
- Paper with your child's name written using white crayon

**Instructions for Learning:**

- Write your child's name on paper with large font using a white crayon but don't tell them
- Give them the water based paints and a brush to paint over and watch the fascination (hopefully) as the letters begin to reveal themselves



### Movement Activities

**Time:** 45 minutes

**Learning Goal:** Child will:

- Play Simon says
- Play Musical statues

**Materials Required:**

- Music

**Instructions for Learning:**

- Play Simon says
- Play Musical statues. It is an excellent game for developing auditory discrimination. Children have to listen carefully for the difference between sound and silence and they engage their whole body during the game. You can play musical statues alone with your child or with family members. This game is great for developing control of the body and strengthening it while “freezing” in mid-air
- Play music on a cd player or cell phone and while the music is playing, everyone dances around the room Stop the music every now and then and everyone must freeze in the exact position they were dancing in when the music stopped

## Friday, March 27th

### Recommended Daily Schedule:

Friday, March 27th

Time	Subject	Learning Experiences
8:30 - 9:00	Numeracy Time	-Sing a colour song -Colour different numbers
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Thread/lace to strengthen fine motor muscles
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Paint/cut block numbers or free choice paint
11:30 - 12:15	Movement Activities	-Practice balancing and coordination

### Numeracy Activities

**Time:** 20-30 minutes

**Learning Goal:** Child will:

- Sing a colour song
- Colour different numbers

**Materials Required:**

- Papers with block numbers
- Crayons

- Sing the song below (at least twice) to the tune of *Head shoulders knees and toes*

*Red, yellow, green and blue, green and blue\*2*

*Red, yellow, green and blue, green and blue*

*Purple, orange, brown, black too.*

- Write in block form or print out numbers 1-5 and tell your child to colour them using a colour they had in the song (keep singing it together as they work on it).
- They will most like colour at most 2 numbers before getting tired and that is ok, they can colour the rest through the day or other days

### Free Choice Activities

**Time:** 45 minutes

**Materials Required:**

- String/yarn/laces

<p><b>Learning Goal:</b> Child will:</p> <ul style="list-style-type: none"> <li>• Thread/lace to strengthen fine motor muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Beads/tissue rolls</li> </ul>
<ul style="list-style-type: none"> <li>• Provide string and beads for your child to thread through.</li> <li>• Alternatively, you can paint and cut tissue rolls into halves or thirds and provide string/yarn/laces for them to lace with.</li> </ul> <div data-bbox="568 472 1018 855" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• Write down your child's name on sturdy paper (or a board), provide glue and materials to trace with such as beads, sand, etc. and some glue.</li> <li>• Allow them to freely play with their toys or other resources</li> </ul>	

Creative Activities	
<p><b>Time:</b> 20-30 minutes</p>	<p><b>Materials Required:</b></p> <ul style="list-style-type: none"> <li>• Block numbers on paper</li> <li>• Paint</li> </ul>
<p><b>Learning Goal:</b> Child will:</p> <ul style="list-style-type: none"> <li>• Paint/cut block numbers or free choice paint</li> </ul>	
<p><b>Instructions for Learning:</b></p> <ul style="list-style-type: none"> <li>• Sing the song from the numeracy activity then give your child the block numbers to paint. They can finger paint them</li> <li>• You may instead choose to give them scissors to try and cut out the numbers or just give them free choice painting time</li> </ul>	

Movement Activities	
<p><b>Time:</b> 1 hour</p>	<p><b>Materials Required:</b></p> <ul style="list-style-type: none"> <li>• Tape</li> <li>• Bucket of water</li> <li>• Bottle tops and skewers/sticks</li> </ul>
<p><b>Learning Goal:</b> Child will:</p> <ul style="list-style-type: none"> <li>• Practice balancing and coordination</li> </ul>	

### Instructions for Learning:

- If you have coloured tape (you can also use masking tape), tape it in different lines/patterns as below for your child to walk following the tape. This will help with balance and coordination



- Put different colours of bottle tops in water and give your child two skewers or two sticks or two pencils to pick them out one at a time

