



NOVA PIONEER

SCHOOLS FOR INNOVATORS & LEADERS

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

Week of: March 30 to April 3 (Sense of Touch)

Grade: 00/PP1

Note:

- Talk about the themes throughout the day not only during activity time e.g. at meal time, playtime, 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
- Provide a break period between the math and literacy lesson
- Remember that just like adults need patience to learn a new skill, so do our children 😊
- The free choice activities are to help your child develop independence in selecting activities and grow their ability to concentrate and focus on the task at hand

Monday, March 30th

Recommended Daily Schedule:

Monday, March 30th

Time	Subject	Learning Experiences
8:00 - 9:00	Literacy Time	-Discuss what is happening with Corona in a simple way -Discuss and draw how they would help if they were a doctor or nurse
	Numeracy Time	-Cut out germs to exercise fine motor muscles -Arrange germs according to size.
9:00 - 10:00	Free Choice Time	-Peg pegs according to number -Fill in the missing number -Find letters of their name in a magazine/newspaper -Park toy cars according to letters in name -Make a storybook
10:00 - 10:15	Break	
10:15 - 11:15	Movement Activities	-Try and get a biscuit from their forehead to their mouth -Practice balancing with a bean bag -Choose an activity to engage in
11:15 - 12:15	Creative Activities	-Learn about the spread of germs through Bob the sock -Make blow painting germs -Learn the correct way of sneezing and coughing -Practice proper handwashing
12:15	Lunch & Rest	

Literacy Activities

Time: 30 minutes

Materials Required:

- Paper/drawing book
- Colours

Learning Goal: Learner will:

- Discuss what is happening with Corona in a simple way
- Discuss and draw how they would help if they were a doctor or nurse

Instructions for Learning:

- In light of the Covid-19 going around, children are also wondering what is happening and are probably anxious about what they are hearing and seeing so today we will give them a simple narration and activity.
- Come up with a simple story or explanation to help your children understand what is going on. Start by asking a simple question like **Do you remember when you had a flu and you weren't feeling well and other people in your class also had it?** (wait for response) *Right now there is another sickness that is making people feel sick and so they are coughing or sneezing and if they cough or sneeze and it gets to someone, they also get sick that is why we have to wash our hands a lot and make sure we aren't going out or going to school so that we don't want to get sick. Do you know the name of this new sickness?* (Wait for response then give answer) *When someone does get sick with Corona there are doctors and nurses to help them get better. Now I want you to imagine that you are a doctor or nurse, what would you do to help people get better?*
- Have a discussion on how they would help sick people then give them a paper/drawing book and colours and tell them to draw how they would help people and to remember to draw themselves as a doctor or nurse.

Note: As you talk about Corona, allow them to ask questions as you clarify because they are probably wondering why they can't go to school, play outside, visit family and friends, constantly wash their hands, seeing people with masks on TV etc

Numeracy Activities

Time: 30 minutes

Materials Required:

- Drawn germs and scissors
- Book
- Glue

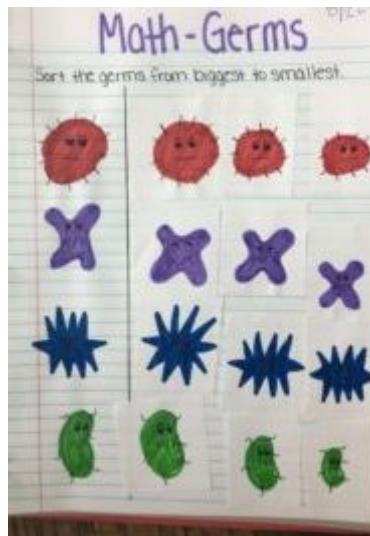
Learning Goal: Learner will:

- Cut out germs to exercise fine motor muscles
- Arrange germs according to size.

Instructions for Learning:

- Draw and colour germs on a strip of paper in random sizes (The size difference shouldn't be difficult to tell nor too easy so they make effort to look. Then have

your child cut them out and arrange them according to size and stick them in their book



Free Choice Activities

Time: 45min-1 hour

Learning Goal: Learner will:

- Peg pegs according to number
- Fill in the missing number
- Find letters of their name in a magazine/newspaper
- Park toy cars according to letters in name
- Make a storybook

Materials Required:

- Cardboard with number; pegs
- Board with missing numbers
- Magazine/newspaper, scissors, glue, paper with name
- Cars with letters attached
- Paper and crayons

Instructions for Learning:

- Write numbers 1-10 on cardboard and give your child to peg



- Create a number board as below with missing numbers. If you can, cut off the tops of bottles and glue them to cardboard for the missing number so that your child can find the missing number and screw it to exercise their finger muscles



- Give your child a magazine/newspaper, scissors, glue and a paper with their name. They are to find the letters of their name, cut them and stick them. Provide a section at the bottom for them to try and write it



- If your child has cars, label them with letters of their name and draw a name parking lot as below for them to arrange the cars in the correct order. You can also make a parking lot of names of other people at home (Ask them whose name they think it is). After this they can freely play with the cars.



- Provide paper and crayons and ask your child to create a book where they are the author then later share it with you

Movement Activities

Time: 45min-1 hour

Learning Goal: Learner will:

- Try and get a biscuit from their forehead to their mouth
- Practice balancing with a bean bag
- Choose an activity to engage in

Materials Required:

- Biscuits
- Bean bag

Instructions for Learning:

- Give your child a snack like a biscuit and place it on their head as below and tell them to try and get it into their mouths without using their hands



- Place a bean bag or any light thing your child can balance on their head and have them walk around the house in different patterns without dropping the object
- Let them choose activities to engage in

Creative Activities

Time: 45min-1 hour

Learning Goal: Learner will:

- Learn about the spread of germs through Bob the sock
- Make blow painting germs
- Learn the correct way of sneezing and coughing
- Practice proper handwashing

Materials Required:

- An old sock with a face drawn on it
- Black paper
- A pen
- A mixture of glitter (gold or silver) and baby powder (flour can do)
- 1 A3 paper child
- Water paint (**thin** tempera paint)
- Straws

Instructions for Learning:

- In light of the Corona virus and the insistence of washing hands to avoid spreading germs you will do a little demonstration for your child about how germs spread. Some of them covered this lesson in class but it is still a great lesson to emphasize during this time.

Introducing Bob the Sock

- Get an old sock and draw a face drawn on it
- Have all your materials ready
- Call your child to the one table and direct their attention to the black paper which you have already laid down on the table.

Parent: *I know we keep telling you to wash your hands and now you can't go to school or outside to play with friends because we do not want to spread germs.*

What do you think germs are? *They are very tiny creatures that can make us sick when they get into our bodies*

- Place the sock puppet on your hand and give him a very stuffy voice and say “Hi, my name is Bob and I have germs because I have a cold. I like to share my germs ‘cause I have no manners. Want to see me share my germs?”
- Put a small handful of the glitter/powder mixture into the sock puppets mouth. Then ask Bob “**Are you ready to show the students how you like to share?**” Make Bob nod his head vigorously.

Parent: *Okay. Let’s all pretend you are going to sneeze and then Bob can sneeze with us. Ready? Ah, Ah, Ah choo!*

- At this point, open the sock puppets mouth with a slight flick and the glitter/powder mixture should shoot out across the black paper on the table.
- Now ask your child to touch the “germs” on the table. Then tell them to hold up their hand and look at it and mention what they see. There is usually quite a bit of powder and glitter on it. Remind them that the glitter and powder represent germs.
- Next, ask your child to hold their face and look at themselves in a mirror and talk about what they see then go touch 2-3 other things and mention what they notice (The ‘germs’ have spread everywhere)

Parent: **What do you think will happen if I give you food to eat and you haven’t washed your hands?**

Possible answers: *Germs will get on to their food, they will put the hands with germs in their mouth, they will get sick, etc*

Parent : *You’re right; they will get some of the germs on their food and then the food will go into their body and they will get sick.*

- Hand out an A3 paper to your child and tell them they will be making their own germs by blow painting. (First demonstrate it to them by putting a few drops of paint on one place and blowing in all directions).
- Tell them to make different coloured germs and then stick/draw eyes on each of their germs, which can have any number of eyes



- After they are done with the activity ask your child to focus their attention back onto Bob as he is going to show them the correct way to cough or sneeze. First

ask them, “**What do you think will happen if I sneeze into my hand?**” Your child will probably say that the germs will spread because you will touch things. If time allows I give a brief demonstration.

Parent: *Watch what happens when I have Bob sneeze the correct way into my elbow.* Repeat the procedure above where the learners acted out sneezing along with Bob. This time make him sneeze into your elbow. Ask: “**Do I touch anything with my elbow?**” (wait for responses) *No, you’re right I do not.*

- Ask them to imitate

- After this show them how to thoroughly wash their hands. WHO recommends 20sec of washing (they can maintain this time by singing Happy birthday twice or the ABC song). You can use the song below sang to the tune of *Row, row, row your boat*

*Wash, wash, wash your hands
Soap will make them clean
Scrub the germs until they fall off
Germs go down the drain*

Tuesday, March 31st

Recommended Daily Schedule:

Tuesday, March 31st

Time	Subject	Learning Experiences
8:00 - 9:00	Literacy Time	-Practice letter formation by tracing the letter H using dot-tracing -Identify uppercase and lowercase Hh
	Numeracy time	-Roll dice and count the number of germs to wash off
9:00 - 10:00	Free Choice Time	-Practice writing on a squishy bag -Match uppercase and lowercase letters -Play with blocks and puzzles
10:00 - 10:15	Break	
10:15 - 11:15	Movement Activities	-Play number golf -Dance
11:15 - 12:15	Creative Activities	-Form letters using masking tape -Play with playdough
12:15	Lunch & Rest	

Literacy Activities

Time: 30 minutes

Materials Required:

Learning Goal: Learner will:

- Practice letter formation by tracing the letter H using dot-tracing
- Identify uppercase and lowercase Hh

- 2 A4 papers
- Dot marker/paint, peg, cotton ball

Instructions for Learning:

H is for hand

- Draw a large letter H and a hand on different A4 paper. The hand needs to be large enough as it will need to fit a couple of letters as below.
- Remind your child that they are still learning about the sense of touch.
- Ask your child to identify the letter name and sound then ask ***What sound does hand start with? What other words start with /h/?***
- Tell them to trace the letter H using a dot marker or a peg with a cotton ball and paint (let them peg the cotton ball to the peg by themselves to work their

finger muscles). Show them where to start with the dot tracing so they begin to learn how to form it.



- After they are done with that activity they go to the hand activity. Tell them to look for capital and small letter h and dot them using the paint.
- They can also practice writing the letter h by looking at the sheets and copying.

Numeracy Activities

Time: 30 minutes

Learning Goal: Learner will:

- Roll dice and count the number of germs to wash off

Materials Required:

- Hands with germs drawn on paper
- Rubber
- Dice

Instructions for Learning:

- Draw both your hands on paper and lightly draw on germ marks using a pencil (simple dots will do). The more the 'germs' the more the play time. Your child will use a rubber to represent 'soap'
- As the first player you will roll the dice and count the number of dots on the top and 'wash' that number away. E.g. if it lands on 3 dots then you rub off 3 'germs' as you count them. This helps to build 1:1 correspondence. Then give the other player a chance to roll the dice.



Free Choice Activities

Time: 45min-1 hour

Learning Goal: Learner will:

Materials Required:

- Squishy bag and ear bud

- Practice writing on a squishy bag
- Match uppercase and lowercase letters
- Play with blocks and puzzles

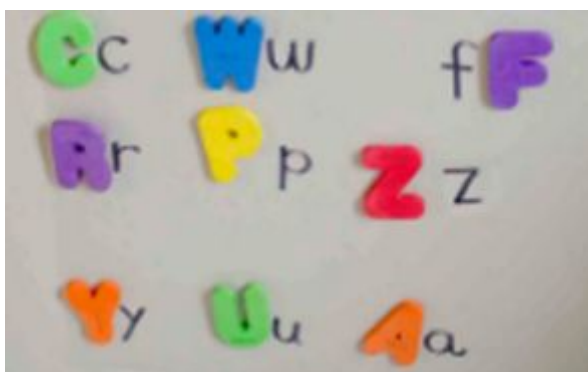
- Uppercase and lowercase letters

Instructions for Learning:

- Make squishy bags by mixing flour, food colour and water in a bowl then putting each colour in a separate ziploc bag, sealing it with tape and taping it to the table. Write down /a/ letter words on hard paper like manila, put them in a container for your child to pick and try and write. (Show them how to using the finger or a q-tip(ear bud))
- If they are beginning to learn how to read, provide simple three-letter words for them to pick, try and read and then write it on the squishy bag



- For the activity below you can either write lowercase letters for them to match with uppercase or write lowercase for them to match with lowercase. Letters can be got from magazines/newspapers



- Allow your child to play with blocks and puzzles

Movement Activities

Time: 45 min- 1hour

Learning Goal: Learner will:

- Play number golf
- Dance

Materials Required:

- Number domes, balls and object to move ball with

Instructions for Learning:

- Write numbers on paper (1-10/20) and form a dome shape as below and give your child a ball that can pass through it and anything you have to pass the ball with like a broom.
- They have to pass the ball in numerical order as they say the number and also do it reversed i.e. 10-1



- Play music your child can dance along to them allow them to choose what movement activity they would like to do.

Creative Activities

Time: 45min-1 hour

Materials Required:

Learning Goal: Learner will:

- Form letters using masking tape
- Play with playdough

- Paper, masking tape, paint, brushes
- Playdough

Instructions for Learning:

- Write large letters on paper and give your child masking tape to cover the lines with then paint and after completing to paint, remove the masking tape to reveal the letters



- Give your child playdough to play with

Wednesday, April 1st

Recommended Daily Schedule:

Wednesday, April 1st

Time	Subject	Learning Experiences
8:00 - 9:00	Literacy Time	-Make textured letters
	Numeracy time	-Make textured numbers
9:00 - 10:00	Free Choice Time	-Continue making textured letters and numbers -Form words using playdough -Play with playdough -Practice tying shoelaces
10:00 - 10:15	Break	
10:15 - 11:15	Movement Activities	-Practice tossing balls into different containers to strengthen gross motor muscles -Choose a movement activity
11:15 - 12:15	Creative Activities	-Make a letter Aa book by cutting and pasting letters and pictures -Make a textured chart
12:15	Lunch & Rest	

Literacy Activities

Time: 30 minutes

Learning Goal: Learner will:

- Make textured letters

Materials Required:

- Paper with block letters
- Glue
- Different textures to trace with e.g. sand, rice, grains, , sandpaper, etc

Instructions for Learning:

- As they continue to learn about the sense of touch, today they will be making textured letters then letting them dry and later using them to practice pre-writing by tracing with them so write or print lowercase letters in block form (with space for them to glue different textures as below)
- They definitely won't finish making all of them in this time but can continue making them through the week
- They should first identify the sounds and give words



Numeracy Activities

Time: 30 minutes

Learning Goal: Learner will:

- Make textured numbers

Materials Required:

- Paper with block numbers
- Glue
- Different textures to trace with e.g. sand, rice, grains, , sandpaper, etc

Instructions for Learning:

- Today your child will be making textured numbers then letting them dry and later using them to practice pre-writing by tracing with them
- They definitely won't finish making all of them in this time but can continue making them through the week
- They should first identify the number



Free Choice Activities

Time: 30 minutes

Learning Goal: Learner will:

- Continue making textured letters and numbers
- Form words using playdough
- Play with playdough
- Practice tying shoelaces

Materials Required:

- Paper with block numbers, Glue
- Different textures to trace with e.g. sand, rice, grains, , sandpaper, etc
- Playdough
- Cardboard with drawn shoe and shoelace

Instructions for Learning:

- Give your child the block numbers and letters to continue making them textured
- Write words or pick them from a newspaper/magazine/storybook and ask your child to form it using the play dough (Words shouldn't be complicated). They can also form the names of people at home. They can practice sounding out the letters and words.
- They can then freely play with the dough



- Draw a shoe on cardboard and invite your child to colour it then punch holes on it for the shoelace holes as below.
- Show your child how to lace the shoe and how to tie the lace bow. This can be practiced over days. The lacing itself helps strengthen their fine motor muscles.



Movement Activities

Time: 45min-1 hour

Learning Goal: Learner will:

- Practice tossing balls into different containers to strengthen gross motor muscles

Materials Required:

- Containers of different diameters
- Balls

Instructions for Learning:

- Put out different containers (they don't have to be suspended) and give your child balls for them to try and toss them into the containers. If you don't have balls, you can make some from socks.



- Allow your child to choose movement activities

Creative Activities

Time: 45min-1 hour

Learning Goal: Learner will:

- Make a letter Aa book by cutting and pasting letters and pictures
- Make a textured chart

Materials Required:

- Paper to make letter Aa book, glue, scissors, magazines/newspapers
- Manila paper, glue, different texture

Instructions for Learning:

- Make a letter Aa book and give your child newspapers and magazines and tell them to find uppercase and lowercase Aa and pictures of words that start with that sound and stick them



- Since they are exploring the sense of touch, trace their hand on manila paper and tell them to go around the house and look for objects that have different textures and stick them on the hands



- Allow them to choose an art or craft to do

Thursday, April 2nd

Recommended Daily Schedule:

Thursday, April 2nd

Time	Subject	Learning Experiences	Online Support Activities
8:00 - 9:00	Literacy Time	-Guess the letter being traced on their back (practicing the power of touch) and mention words -Practice writing letters	
	Numeracy time	-Guess the number being traced on their back (practicing the power of touch) and count objects -Practice writing numbers	
9:00 - 10:00	Free Choice Time	-Finger paint letters -Form words -Read a book silently	
10:00 - 10:15	Break		
10:15 - 11:15	Movement Activities	-Play with cups and balls -Play musical statues	
11:15 - 12:15	Creative Activities	-Explore colour mixing and paint	
12:15	Lunch & Rest		

Literacy Activities

Time: 30 minutes

Learning Goal: Learner will:

- Guess the letter being traced on their back (practicing the power of

Materials Required:

- Paper/book and pencil

- touch) and mention words
- Practice writing letters

Instructions for Learning:

- For this activity you tell your child to turn and face away from you so you are facing their back then you will write a letter on their back and they try and guess what number you have drawn. For every letter they correctly guess, they give 2 words that start with that sound.
- Important to note is when writing the number on their back write it slow and write it big and if they don't get it the first time, draw it again. You can have turns
- Before starting this activity, show them all the letters and ask them to identify the letters so that you know which ones they are familiar with and use those for this activity.



- After the guessing they can practice writing

Numeracy Activities

Time: 30 minutes

Materials Required:

- Paper/book and pencil

Learning Goal: Learner will:

- Guess the number being traced on their back (practicing the power of touch) and count objects
- Practice writing numbers

Instructions for Learning:

- For this activity you tell your child to turn and face away from you so you are facing their back then you will write a number on their back and they try and guess what number you have drawn. For every number they correctly guess, they count the same number of objects.
- Important to note is when writing the number on their back write it slow and write it big and if they don't get it the first time, draw it again.



- After the guessing they can practice writing

Free Choice Activities

Time: 45min-1 hour

Learning Goal: Learner will:

- Finger paint letters
- Form words
- Read a book silently

Materials Required:

- Paper with written letters, paint
- Picture books
- Letters and words
- Tissue rolls with letters

Instructions for Learning:

- Provide papers with letters written on them as below, tell your child that they will be using their fingers (sense of touch) to copy the letters to the best that they can.
- As s/he works, ask if they can identify letters found in their name on the paper or mention the sounds of the letters and words that start with that sound.



- Use the tissue roll letters from last week and string. Give your child written words to make. Show them the word, read it out together and tell them to string it using the tissue rolls



- Provide magnetic letters (or any other form), trays and 3 letter words for your child to form as below.

- An **extension** will be to provide a whiteboard and whiteboard markers for learners to write the words as they go.
- **Guiding questions:** *What sound does the word on that stick start with? (As you ask this, let them mention the sound and name) What other words start with that sound? Whose name in class starts with that sound? What other sounds are in that word? (they can try and guess the other sounds)*



- Give your child books to picture read
- Provide blocks and puzzles

Movement Activities

Time: 45min-1 hour

Materials Required:

- Cups and balls

Learning Goal: Learner will:

- Play with cups and balls
- Play musical statues

Instructions for Learning:

- Stick cups at the end of a table and give your child balls to try and get them inside the cups



- 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

Creative Activities

Time: 45min-1 hour

Materials Required:

- Paper and paint

Learning Goal: Learner will:

- Explore colour mixing

Instructions for Learning:

- Paint one of your child’s hands red and the other blue then ask What colour do you think we can make if we mix red and blue? Give them time to guess then have them rub their hands together and stamp the paper and mention the colour made.
- Try other colours and keep them guessing first e.g. red+yellow=orange, red+white=pink, yellow+blue=green, they can explore other mixtures and even try mixing all of them



- Give them the time to freely explore colour mixing and painting

Friday, April 3rd

Recommended Daily Schedule:

Friday, April 3rd

Time	Subject	Learning Experiences
8:00 - 9:00	Literacy Time	-Expand their vocabulary by playing <i>What am I?</i>
	Numeracy time	-Go on a texture hunt around the house for a certain number of items

9:00 - 10:00	Free Choice Time	-Circle rhyming pictures -Match uppercase and lowercase letters -Finger trace letters and numbers to practice writing -Strengthen fine motor muscles by cutting with scissors
10:00 - 10:15	Break	
10:15 - 11:15	Movement Activities	-Blow balls into cups -Participate in a movement activity of choice
11:15 - 12:15	Creative Activities	-Strengthen fine motor skills by making a name collage and making patterns
12:15	Lunch & Rest	

Literacy Activities	
Time: 30 minutes	Materials Required: <ul style="list-style-type: none"> • Objects from around the house
Learning Goal: Learner will: <ul style="list-style-type: none"> • Expand their vocabulary by playing <i>What am I?</i> 	
Instructions for Learning: <ul style="list-style-type: none"> • Play <i>What am I?</i> This game is about finding the words to explain something. It will expand your child's vocabulary of adjectives and verbs. • Your child closes her eyes and you hide any object from the room behind your back You must describe the object while your child guesses what it is Use riddle phrases such as I am long, I am shiny, I am used to eat with, I hold liquids, What am I? (a spoon) Give as many clues as you need to until she guesses the object When your child guesses correctly, it is then her turn to hide an object behind her back and describe it • The reason you should go first is to model how to use descriptive phrases without giving away what the object is. The younger your child, the simpler and more obvious the clues will be that she uses but as s/he gets older she will learn how to be more cryptic. 	

Numeracy Activities	
Time: 30 minutes	Materials Required: <ul style="list-style-type: none"> • Numbers
Learning Goal: Learner will: <ul style="list-style-type: none"> • Go on a texture hunt around the house for a certain number of items 	

Instructions for Learning:

- Ask your child to write the numbers 1-10 on separate paper (or you can)
- For each number, tell them to find that number of a certain texture from around the house then put it next to the number as they continue with the search. E.g. find 6 smooth items. So they go and look for 6 smooth items then come back, count them to make sure they are 6 and put them next to the number then go and find other number of items.

Free Choice Activities

Time: 45min-1 hour

Learning Goal: Learner will:

- Circle rhyming pictures
- Match uppercase and lowercase letters
- Finger trace letters and numbers to practice writing
- Strengthen fine motor muscles by cutting with scissors

Materials Required:

- Paper with pictures of rhyming objects, crayons
- Chart with upper and lowercase letters
- Textured letters and numbers
- Paper and scissors

Instructions for Learning:

- Draw pictures of rhyming objects and have your child identify and colour the rhyming ones with the same colour; a different colour for each set of rhymes.



- Write uppercase letters on a chart (about 5) and lowercase on sticky notes or any paper and mix them in a container for your child to find the matching lowercase of each. At the end they may count the total number of lowercase and write the number



- Provide the textured numbers/letters for your child to finger trace letters and numbers to practice writing



- Provide paper and scissors for your child to practice cutting and strengthen fine motor muscles.

Movement Activities

Time: 45min-1 hour

Learning Goal: Learner will:

- Blow balls into cups
- Participate in a movement activity of choice

Materials Required:

- Cups, straws, balls

Instructions for Learning:

- Cut a small door on the top of cups and give your child a straw and pompoms, a small ball, or one made from paper to try and blow into the cup without touching the ball



- Allow your child to pick a movement activity

Creative Activities

Time: 45min-1 hour

Materials Required:

Learning Goal: Learner will:

- Strengthen fine motor skills by making a name collage and making patterns

- Paper with name, paper pieces, glue
- Paper with patterns and materials to trace the patterns

Instructions for Learning:

- Write the name of your child on any paper and provide coloured paper or magazines for them to cut out small squares to stick to their name. Ask them to mention the colours they are using



- Draw on paper different patterns and provide materials for tracing as below. Tell them to use their forefinger and thumb to pick the tracing material to strengthen fine motor skills



- Allow your child to draw or paint

