

L1

Outdoor activity- Do Role plays as if you are visiting interesting places like the zoo, supermarket, beach, library, Mall, post office, bus station . Have entry tickets, eat counters, entertainment sections to make it look like near to life experience

Indoor activity- Help child learn how to speak a few words in a new language. Speak to someone whose mother-tongue it is.

L2

Group Activity- Making your board games (like snakes & Ladders) with obstacles & rewards. The obstacles could be something like – Sing a song to move 2 steps, Hop on a leg 15 times etc. It could also involve quick to do house hold chores like Fill up 2 water bottles, Put the shoes back in the rack, fold 5 pieces of cloth and accordingly rewards too could be decided. The board games could have different themes – Our vacation, Fun times at the park

Family activity - Switch off all the lights and make the room dark, as much as possible. Then ask someone to serve dinner and eat in total silence

L3

5 Outdoor activity Do stargazing and identify different constellations. Repeat after few days and see how their location has changed. Even watch the movement and size of the moon every day and understand why it happens.

5 Academics Point out at different things like a little insect and ask your child a few imaginative questions like what life would be like if they were an insect. (Can you imagine being so small? Are we looking like giants to that insect? Where do you think they go when it rains? What do you think it will eat?)

L4

Academics History - Talk about barter system of trade, currency and Indus valley civilization alongside modern day facts of India. Discuss behavior of kings and others and what made them win hearts and what alienated them. Connect to child's relationships and friendships.

Group Activity– make your own secret language with symbols and characters

L6

Outdoor activity: - Feeding stray dogs, birds or cats (or even squirrels) that come near the house. Understand their movements, eating habits, how they relate to each other. Compare their relationships with those of human beings and discuss.

Indoor activity :- Texture boards – Take a card to the same size, stick various things to them from various different textures like sandpaper, felt, corrugated paper, jute, silk, cotton allow the child to touch and feel them.

Family activity -Plant vegetable seeds in pots (one for each member) and discuss about each plant. Stress on how nature teaches us delayed gratification.

Group activity -Each one does a good deed every day and shares with others in the group

Academics -Write one page handwriting using right hand once and left hand once.

L7

Indoor activity Letter - Give a letter to a child and ask them to write words which contains the chosen letter in it OR the word starting from that letter OR the word ending from that letter etc.

Academics- Do 'pretend play' like opening a restaurant, building a city, being a community helper etc based on a child's interest.

Group activity- Read a book together, and discuss. With small children read aloud and show pictures to connect to the words

L8

Academics -Animals - Ask them to make a list of animals.

5 Outdoor activity Watch the sunset together. During day time watch cloud formations, sketch them, seewhat amazing things they resemble. Check the speed at which clouds move on different days, different types of clouds etc.

L9

Activities which can be done with children

Indoor activity- Send surprise notes (keep in unexpected places.).

Outdoor activity - Arrange a fair with few games, snacks counter, prizes for games, coupons for playing games.

Family activity Making a nice card or memento/certificate out of waste to commemorate: Mother's Day, Family Day, Son's Day, any-day (even if you have to create it).

Put a chit of positive strokes in a jar everyday about ourselves on one week and about others in the family on another week

L10

Activities which can be done with children

5 Group activity Read a book together, and discuss. With small children read aloud and show pictures to connect to the words

5 Family activity Make hand puppets and do role plays depicting family members, or how you would like family members to be.

5 Family activity Profile grandparents, teachers, neighbors, all their attributes and discuss what may have made them the way they are.

5 Family activity -Plant vegetable seeds in pots (one for each member) and discuss about each plant. Stress on how nature teaches us delayed gratification.

5 Indoor activity- Texture boards – Take a card to the same size, stick various things to them from various different textures like sandpaper, felt, corrugated paper, jute, silk, cotton allow the child to touch and feel them.

L11:

Activities which can be done with children

5 Group activity Sing together. Use karaoke or background music. Look up some songs with meaningful wording and discus their meaning

5 Academics -Animals - Ask them to make a list of animals.

5 Outdoor activity Watch the sunset together. During day time watch cloud formations, sketch them, seewhat amazing things they resemble. Check the speed at which clouds move on different days, different types of clouds etc.

5 Indoor activity Write letters or send messages to elders, shopkeeper, teacher (snail mail is functional even during lockout, and it is so exciting to receive a letter through the postal system)

L12:

Outdoor activity Tratak: the technique of sitting or standing still and looking intently at a very far-off object for 60-90 seconds till everything else disappears from view. This is an ancient proven method for relaxation of eyes, particularly when children spend lots of time in front of the screen.

5 Indoor activity

Write letters or send messages to elders, shopkeeper, teacher (snail mail is functional even during lockdown, and it is so exciting to receive a letter through the postal system)

5 Family activity Do a mock classroom session, imitate teachers

5 Group activity Shadow play – Shadows always fascinate kids, just a few simple hand gestures can lead to hours of entertainment