



## SANTA MARIA INTEGRATED LEARNING ENVIRONMENT

4, Green Avenue Lane, Vasant Kunj, New Delhi- 110070

### DISCOVERING THE SENSORIAL WORLD (Nursery)

Dear Parent,

The holidays are around the corner and that means that you are at home with a young child who is full of energy. This will require you to plan ahead so as to be ready for fun time. Given below are some activities that will help you engage meaningfully with your child. Any questions that you have can be raised at the parent interactions or through mail. Activities have been planned keeping the development of your child in mind and you should have a great time doing them together.

#### ACTIVITY 1: FOR ENHANCING OBSERVATION SKILLS



**Let's Observe:** -

- The weather outside - Encourage your child to observe the sky in the morning to know what the day is looking like - sunny, cloudy, rainy. Also smell the morning smells. Let the child talk about how he/she feels when there is a change in the weather or how they like the smell of wet earth. Encourage the child to draw her/his observations.
- The night sky- Make occasions for the child to observe the night sky and talk about the new things she/he has discovered. Encourage the child to draw his/her observations.
- Germination - Planting seeds can be a great gardening activity. It involves many senses touch, smell, sight. Listening to instructions. Planting and looking after seeds, give children the opportunity to learn the importance of taking care of things as well as enhances observation skills. Encourage the child to record the observations by drawing.

#### ACTIVITY 2: FOR ENHANCING IMAGINATION AND LISTENING SKILLS



## Story Telling

### Story Time -

- Begin with simple breathing exercise to calm the child down. While reading make sure to modulate your voice according to character and situations. Do vocables - lalala...nanana..., music to make it interesting and exciting.
- Narrate the Tiny T Rex and The Impossible Hug ( <https://youtu.be/iDQiEjug-G8> ) to your child.
- Encourage your child to recount the story to you with variations. You can write down their story on a sheet of paper.
- Drawing scenes from the story will help enhance memory.

After the story narration do the following follow up activities with your child:-

- **Enhancing socio-emotional skills - Emotions flip book**  
Let children close their eyes and recall the story. Play an expression game and ask children, what was the emotion that the main character felt at the crucial point of the story? Were you able to relate to it? Refer to link - <https://in.pinterest.com/pin/18788523437555537/> and help your child create an Emotions flip book.
- **Enhancing language skills - Story Dramatisation**  
**Aids required:** \_Dinosaur headgear, dupatta's, glasses...  
Method -The child and family members should choose appropriate props and do a story role play of 'Tiny T Rex and The Impossible Hug'. After dramatisation encourage them to share their experiences.
- **Enhancing gross motor skills - Magic Dinosaur game**  
**Aids required:** Keep the layout ready (layout is attached in the mail)  
Method - Begin with simple warming exercise. Now stand in a line. Demonstrate how to run then begin the race with a whistle sound.
- **Enhancing fine motor skills - Fun with play dough**  
**Aids required:** Newspapers, play dough, cutter and rolling pins.

Method - Begin with simple finger aerobics - <https://youtu.be/3VpARNgbb8c>. Now provide the material and let the child mould the clay into Dinosaurs.

Here are few age appropriate stories for children -

- The moon and the cap by Rohini Nilekani - <https://youtu.be/LYDImAEsy6A>
- Swim polar bear swim by Joan Stimson - <https://youtu.be/O2ZCDPMMUx8>
- I want a friend by Tony Ross - <https://youtu.be/wqxs8H7bo5o>
- What I like about me by Allia Zobel-Nola - <https://youtu.be/XvucoY4slJA>

Also wide range of age appropriate online story books are available with:

- [www.oxfordowl.com.au](http://www.oxfordowl.com.au),
- [www.tulikabooks.com](http://www.tulikabooks.com)

### ACTIVITY 3: FOR ENHANCING CONCENTRATION AND FINE MOTOR SKILLS

Try doing some interesting indoor activities like the ones given below.

- Transferring of large grains with hand/with spoon from one bowl to another.
- Sorting of mixed grains into different bowls.
  - Pouring water from one small container to another. (Use only small jars of different shapes)
- Squeezing water from the sponge (from one container to another container).
  - Folding napkin (let your child learn how to fold small handkerchiefs, napkins, clothes, etc.)



**Scooping**



**Squeezing**



**Sorting**

## ACTIVITY 3 - FOR ENHANCING CREATIVITY AND FINE MOTOR SKILLS

### FUN WITH PAINTS



Give your child materials like paints, brushes, crayons, vegetables, leaves, waste paper, empty pens (for blow printing) to create different patterns on the paper using various printing techniques.

- Printing - [https://www.youtube.com/watch?v=dW07Tx2rE\\_0](https://www.youtube.com/watch?v=dW07Tx2rE_0)

### FUN WITH PAPER

Give reusable coloured paper to the child and help him/her tear, paste and create a simple collage in a scrap book. Reusable coloured paper can also be used to do paper crushing. Let your child tear and crush paper to make tiny paper balls then stick them inside a shape drawn on the paper.

- Paper crumpling -



[https://www.youtube.com/watch?v=\\_2uo7psxm4Y&t=39s](https://www.youtube.com/watch?v=_2uo7psxm4Y&t=39s)

- Origami - <https://www.youtube.com/watch?v=F5ADLvIwzas>

Please refer to the link for various age appropriate activities. Watch the video carefully to understand how to go about it. Facilitate and supervise the child to do the activities independently.

## ACTIVITY 4: SENSORIAL DEVELOPMENT - ENHANCING MY FIVE SENSES

### Tactile (sense of touch) -

- a. Fill a cloth bag with different vegetables. Now let your child put his/her hand in the bag, feel and name the vegetable without looking inside the bag. After naming it she/he should pull that vegetable out from the bag and see whether the name is correct. Now keep it aside. The game can go on till all the vegetables are out of the bag.

### Auditory (sense of hearing) -

- b. Take your child to an open space in the house/field (space/area) and blindfold him/her. Now take a whistle or bell and use it to make sound while moving around the child. Ask your child to listen to the sound and walk towards the direction from which it is coming only by listening. Take turns with the child so that sometimes you are the one that is blindfolded, while playing this game.



### Gustatory (sense of taste)-

- c. Let your child prepare lemonade with salt and then with sugar and taste it each time to know the change in its taste.
- d. Let your child taste other food items which have a distinctive taste to differentiate between bitter, sour, sweet and salty.



## Olfactory (sense of smell) -

- e. Help your child collect some items with distinct smells like, garlic, curry leaves, pickle, coffee, etc. Let her/him smell and name them one at a time. Now blindfold the child and make him/her smell food and other items that have a distinctive smell like lemongrass, cloves and identify them only by their smell.



## Sense of sight -

- f. Fill some fruits and vegetables available at home in a bag and give it to the child. Let the child take one fruit/vegetable out at a time and keep them in their groups. (Like all tomatoes together, all apples together and so on)

OR

- g. Memory game: Place three objects on the table and ask your child to see and name them. Now ask the child to close his/her eyes. Remove one object as soon as the child does it. Ask the child to open the eyes and name the missing object.

## ACTIVITY 5 - FOR ENHANCING FINE MOTOR, CONCENTRATION AND NUMERACY SKILLS.

<https://youtube.com/watch?v=vzT6GNqRTsI&feature=share>

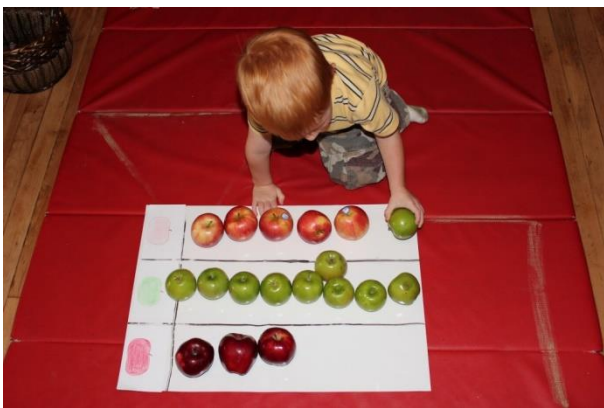
[https://youtube.com/watch?v=kW3t1cu19\\_I&feature=share](https://youtube.com/watch?v=kW3t1cu19_I&feature=share)

• **Outlining** - Give a bowl of red beans to the child and let him/her use them to outline the shape given on a sheet of paper.



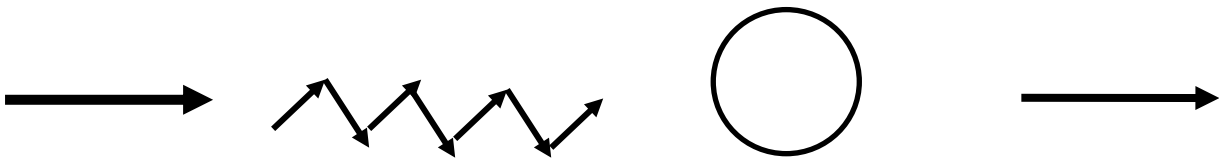
- **Graphing** - Prepare a chart as shown in the picture given below. Let your child collect objects and line them up in each row to compare their quantity. Let your child try this activity with more variations.

Please refer to the link for various age appropriate numeracy activities. Watch the video carefully to facilitate and supervise the child to do the activities independently.



## ACTIVITY 6 - FOR ENHANCING GROSS MOTOR SKILLS

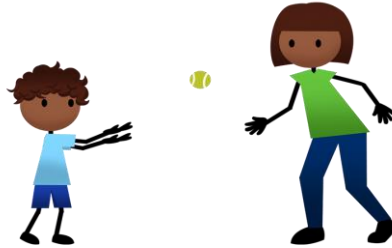
- Suggested below are some activities that help enhance a child's gross motor skills-
- Spot jogging from slow to fast
- Throw and catch the ball. Balls of different sizes may be used to give a variation
- You can make a straight/zig-zag line/ circle using a tape/crayon and let the child walk/jump/hop/crawl, on it and even jump in/out.



- Simple activities for developing gross motor skills. - <https://youtu.be/IOQ8J58ZRfs>

<https://youtu.be/PhTIVHrmryw>

Please refer to the link for various age appropriate activities. Watch the video carefully to understand how to go about it. Facilitate and supervise the child to do the activities independently.



**POINTS TO REMEMBER:**

- Please ensure that you write down all responses and narratives of the child.
- All activities given above should be staggered over the holidays. Please don't leave it for the end.
- We hope that the activities make for greater bonding with your child.

Warm regards and happy holidays, Stay safe!

**Deeksha Thomas**  
Principal