



SANTA MARIA INTEGRATED LEARNING ENVIRONMENT
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Dear Parent,

The summer holidays are round the corner and this will require you to be planned with different kinds of indoor activities to do with your child. Given below are some activities that will help you engage meaningfully with your child. Any questions that you have can be raised through mail with your class teacher. The activities will contribute to the development of your child and you should have a great time doing them together.

Please Note: All activities will need your supervision so as to help your child do it as independently as possible!!

All activities will be attempted at home after which the child will present it in the class 'Open House' which will be held during the month of July.

❖ ACTIVITY 1 - BUDDING SCIENTISTS



• **Help your child to attempt and document at least one experiment.**

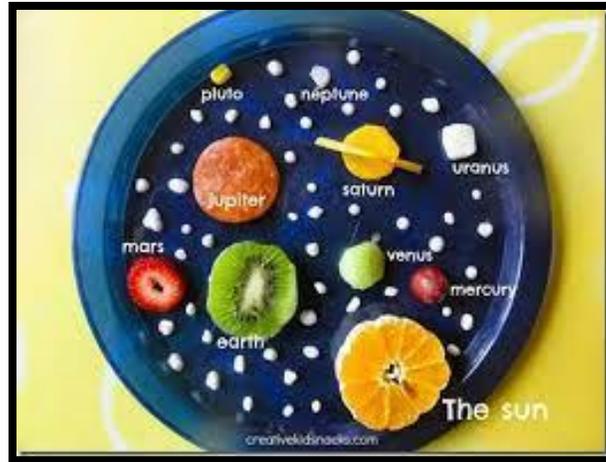
Search online for some age appropriate experiments that can be done at home, to understand the various properties of **Air/Water/Light**. Collect the required material. Make sure that you have taken all precautions for safety. Record the various stages and observations the child makes while he/she does the experiment by clicking photographs of those stages or by drawing the stages and the outcome on a sheet of paper. Help your child record **the observations through illustrations of at least one such experiment for presenting at the school 'Open House' in July.**

Please note: All the materials used in the experiment should be kept, so that you can send them to school with the child when asked.

Links given below are for reference.

- <https://www.youtube.com/watch?v=2TE56FxH-ao>
- <https://www.youtube.com/watch?v=McVpXiSttnU>
- <https://www.youtube.com/watch?v=4MHn9Q5NtdY>
- <https://www.youtube.com/watch?v=Skr7A0gk0dM>

❖ ACTIVITY 2 - RESEARCH ON PLANETS AND THE SOLAR SYSTEM



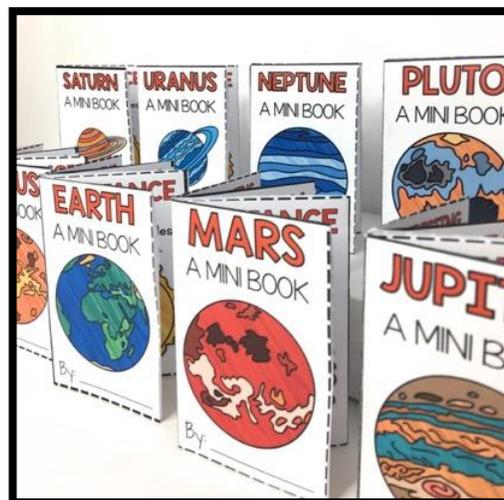
How to enhance curiosity and raise awareness in a child?

Learning about our solar system - A solar system project for children is the perfect way to help them learn about the planets and stars. The universe is magnificent and limitless. The planet we live on, Earth, is part of the solar system as are many other planets. Working on any area connected with the solar system will help children make sense of the sun and the planets that revolve around it.

First think of a topic the child would like to learn more about. Then take some time to do research with the child on that topic. **Finally create a project to share what you have learnt.**

A few topics are mentioned below. You may undertake a study on any one of the following topics or a topic entirely of the child's choice and prepare a project.

- Create a solar system treasure hunt.
- Make a solar system mini book - Create your own unique book that provides facts and interesting information about the solar system.
- Create a solar system game/puzzle to learn more about the planets, sun and stars.
- Create interesting riddles to play with others.



❖ ACTIVITY 3 - STORY TELLERS

Parents are required to do story telling with children every day.

Story telling by the parent: Allow the child to choose a story which he /she likes best. You then narrate it to your child as per the following guidelines.

How to go about it -

- Always find a comfortable place to do reading, but you can read anywhere, at meal times, before bedtime at night, first thing early morning, just make sure you read to your child.
- While reading through a book move your pointer finger along with the words, to help the child focus on the words.
- Modulate your voice, make a drama of it.
- Please remember that children love to listen to the same story again and again so do allow the child to choose the story she/ he would like to listen to.
- Reading online - Let the child listen to the story. Later discuss the story with the child and help him/her to recapitulate the sequence. Encourage the child's own additions to the story. Second time/round you can mute the volume and narrate the story yourself to the child.

Follow up activities - Let the child do the following activities after listening to the story:

a. **Puppets:**

- **Making puppets** - Help the child to make puppets of the characters in the story (glove puppet using old socks, stick puppets, finger puppets).
- **Narration using puppets** - Now encourage the child to use these puppets to do story telling like a puppet theatre.
- **Role-play with puppets** - Team up with your child to do role-play of the story.

b. **Critical thinking** - Encourage the child to think differently on a given situation from the book.

For instance in the story 'The great big friend hunt' - the children deliberated on the situation - "What if Henry would not have been able to find a friend?"

c. **Story Improvisation** - Encourage the child to use his/her imagination to bring new twists and turns, add new characters to the same story and improvise it to create a new version of the story.

d. **Story illustration** - Help your child to illustrate the story in sequence on a sheet of paper. You can encourage the child to use different mediums to do so like paints, coloured paper or crayons. Then compile the sheets into a booklet form with a cover page and an appropriate title.

e. **Word wall** - After the child has listened to the story a couple of times. Let the child recall new words (10 - 12 words) from the story. Every word the child says should be written separately in each block on the word wall (Please refer to the given template). The child will then draw the corresponding picture next to each word to depict its meaning.

Date:	Word wall		Name:
	Name of the story		

Please note: Child is expected to draw/ illustrate since writing is not developed as of now. Any writing can be done by the parent.

You may also choose a story from the links given below:

1. <https://www.youtube.com/watch?v=4oJSGvTfzcs&t=55s> - The Dinosaur that pooped a planet.
2. <https://www.youtube.com/watch?v=mq4LW13QpKo> - When I woke up I was a hippopotamus.
3. <https://www.youtube.com/watch?v=v17fDq575os> - A bargain for Francis.
4. <https://www.youtube.com/watch?v=rRZXKzY-Nqc> - The wacky Wednesday.

❖ ACTIVITY 4 - NATURALISTS: BONDING WITH NATURE



Help the child to attempt at least one activity out of the ones listed below.

a) Observer: "I am an observer: I observe and record"

Let your child explore open spaces around the house like a garden or a park. Let her/him click pictures of birds, insects, animals, plants and trees. You can help the child find information about any one of these and prepare a fact/observation booklet.

Keep the following pointers in mind: -

- Name of the observed creature/tree/plant
- Illustration of the creature /tree/plant featuring its body, colour and other details.
- Information about its eating habits - through drawings and (responses written by the parent).
- Information about living habits.
- In case of a tree/plant look for its local and biological name, collect samples, fruit if any, bark etc. You can encourage the child to observe the colours and feel the textures also.
- Any interesting fact about the creature/tree/plant.

b) **Recycling** - Encourage your child to use waste materials to create something useful. Given below are some examples:

- A musical instrument out of cardboard boxes or tins.
- Making compost with the kitchen waste (using peels of vegetables and fruits) - <https://youtu.be/WbxnbczI3bs>
- Book marks and paper bags with reusable paper.
Suggested link - <https://www.youtube.com/watch?v=MOyZwfiNuUI>
- Making Eco bricks to recycle plastics - https://www.youtube.com/watch?v=sIegsp_lfZQ
- A planter / bird feeder using a cold drink bottle etc.

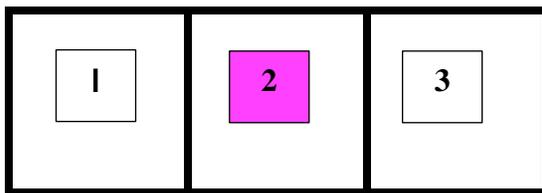


Please note: While your child may create many things with waste material during the holidays, you will need to send only one to school for the 'Open House'.

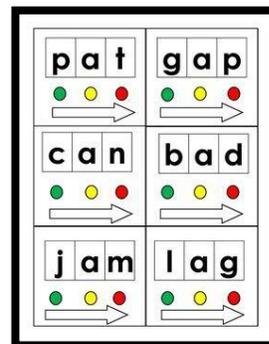
❖ ACTIVITY -5 ENHANCING LANGUAGE SKILLS

1. **Arranging moveable alphabets** - Encourage the child to arrange the moveable alphabets on a slate independently. Vowel sounds to be placed in a row on the bottom of the slate. The consonants to be arranged in rows of six starting from the top (left side) of the slate (They can be placed in any order).
2. **Sound drill with moveable alphabets** - Practice sound drills with the alphabets. Say a word ask the child to identify the first sound in the word and then find the moveable alphabet. Similarly, the child to identify the last sound in the word and then find the corresponding alphabet.
3. **Building CVC three letter words** - After the moveable alphabets have been arranged on the slate as mentioned above. Use the blending card (as shown below). From the **word list (sent separately)** provided of three letter CVC words (consonant vowel consonant). The parent will say a word then encourage the child to listen carefully and identify the sounds and place them in the correct order on the blending card. Ensure that the words made should be starting from left to right direction.

Blending card



CVC words



For reference CVC blends: <https://www.youtube.com/watch?v=BU11eSkCzAw>

❖ ACTIVITIES FOR ENHANCING NUMERACY SKILLS

1. **Exploring symmetry with Art** - A butterfly is the most symmetrical of animals. It has the exact same pattern on each of its two wings, so this is a good way to understand symmetry.
 - Cut a paper plate into two and shape into butterfly wings.
 - Use q-tips to paint both side of the plate with exactly the same pattern to make it symmetrical.
 - Glue the two sides together along with a popsicle stick down the centre to make the butterflies body.



2. **Roll and dot the number** - The child to roll the dice. He/she will then identify the number represented by the dots on the dice. After the child knows the number rolled, he/she should look on the game board and find that number. Then he/she will dot the number with his/her dot marker or place a dot sticker on the number. These steps continue until all the spots on the game board are full or your child is ready to move on.

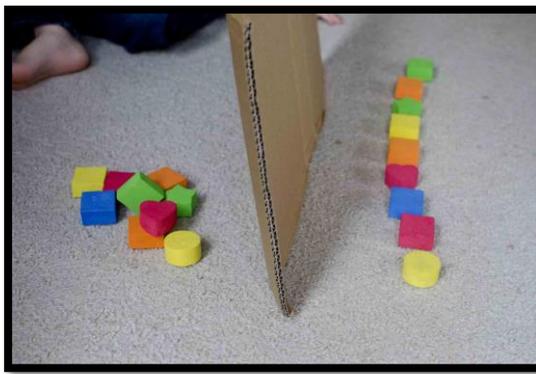
Another variation on this game is to have two children play with each other or you can play with your child. Each participant will have a different colour to do a dot and he/she will take turns rolling the dice and marking a number on the game board until all the spots are full. At this point the players can count out how many dots they each marked in total.



3. **Play dough geometry** - Grab a tub or two of play dough and a stash of craft sticks/pipe cleaner/toothpick. Start with one of the shapes and **manipulate the play dough** to make several balls. Next add in the craft sticks and continue until your shape is made! As the child constructs the shapes talk about the different characteristics of each shape, its sides, and corners. What makes a triangle a triangle? How is a triangle different than a rhombus?



4. **Matching paths** - Take 10 blocks for yourself and give ten to the child. Make sure that both have the same number and an identical set. Hold the cardboard in between making "his/her side" vs. "your side". First make your path. Let the child have his/her eyes closed and his/her vision is blocked by the cardboard anyways. **The goal: listen to my directions to build a block path that is identical to mine.** Begin with ordinal numbers: first is a yellow circle, second is a red square, third is a blue square. Then switch to vocabulary words like "next" and "then". Going forward, the child can make his/her own path and direct you to build a matching one.



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



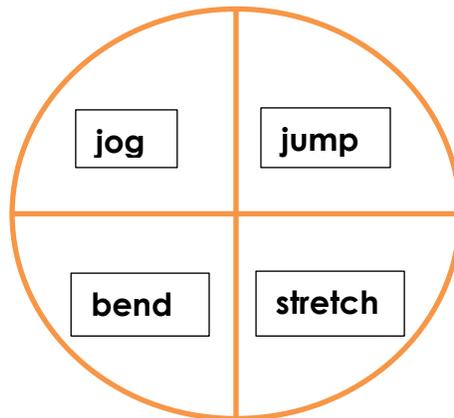
6. **Race car** - To set up the game, draw 15 parking spaces on a poster board. Then put numbers in each space, making sure to mix up the numbers. Draw a star for a starting spot and a flag for the finish. Also place a numbered sticky note on top of each car. Have the child match the number on the car to the number in the parking space. This is a good way to practice number recognition.
- Next, place your race car (which is your game piece) on the star to begin the game. Roll the dice and move that many spaces clockwise around the board. Wherever you land, take that numbered car out of the space and replace it with your car. Have the opponent go and keep going around the board until all the cars have been collected. When you land in an empty parking space, nothing happens and it's the other player's turn. Once all the cars have been taken, it's a race to the finish! Keep rolling the dice and moving parking spaces until the first person lands on the flag.
- Variation** - Place a sticker in the parking space (and hide it with the car on top of it). Let the other player guess where the sticker is. The player who knew would give clues, such as "It's a number higher than 4" or "It's a number 2 more than 3" etc.



❖ ACTIVITIES FOR ENHANCING GROSS MOTOR SKILLS

We recommend physical activity for all children during the summer holidays in order to build their stamina and muscle strength. Suggested below are a few activities that will enhance your child's gross motor skills.

- a. **Circuit training** - In this activity the child will attempt a series of exercises to enhance stamina, agility and muscular strength. Make a circle on the floor and divide it in 4 sections. Each sections should be big enough for the child to stand and do the activity.
Let the child start the training by doing some warm up exercises like breathing deep, rotating the arms, rotating the waist, fold and stretch legs. Once the child is ready let him/her move to the circle and do each section for 10 - 15 seconds one by one. Let the child take a break if needed. You can introduce new skills in the training once the child is confident.



- b. **Activities with a ball** - Let the child practice catching and throwing a ball with different ways like-
- Variation 1 - Catching it from close by and then from far.
 - Variation 2 - Focusing and throwing the ball into a bucket from a distance.
 - Variation 3 - Catching and throwing the ball to another person while standing in a circle.
 - Variation 4 - Kicking the ball slowly on a straight track.
 - Variation 5 - kicking the ball with force onto a target.
- c. **Yoga** - You can encourage the child to do yoga by initiating it at a good time during the day. Simple asanas like the ones given below can be done.
Asanas - mountain pose, tree pose, chair pose, dog pose, cow pose, horse pose etc.



Links for reference - <https://www.youtube.com/watch?v=YKmRB2Z3g2s>

Brain gym - <https://www.youtube.com/watch?v=00AmZPFXE3w>

Rainbow Relaxation - mindfulness technique for children and breathing exercise - <https://www.youtube.com/watch?v=IIbBI-BT9c4>

Fun activities to enhance balance, concentration, focus, agility - <https://youtu.be/AtKtUKbrnkW>

The child can also choose a skill like cycling, skipping, dancing and enhance it through the year.

POINTS TO REMEMBER:

- Please remember that your child has not mastered writing so all responses and narratives of the child are to be written by the parent.
- All activities given above should be staggered over the holidays. Please do **not** keep things for the last few days.
- Kindly choose child friendly and age appropriate material like paints, crayons, safety scissors (no pencils).
- The last day for submission of the holiday activities is **Friday 15th July 2022**. Please ensure that the activities should be sent to school by this date as children will present them in the class during show and tell. This will be followed by 'Open House' in July, 2022.
- Please refer to the school website for further information.

Stay safe, stay healthy!

Warm regards and happy holiday!

Deeksha Thomas

Principal

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