Focus for the Week 1: Staying healthy while we play and learn

Have fun! Learn about positions.

For PARENTS

WASH TABLES AND TOYS

The Coronavirus (COVID-19) stays on hard surfaces for quite some time! Our hands touch many surfaces and objects every day. This is how germs and viruses get from these surfaces and objects to our hands – then when we touch our eyes, nose or mouth, these germs and viruses enter our bodies.

Make sure that you wash your table, the toys, door handles every day with soap and water. Involve the children in the cleaning of the tables and chairs and help them to understand how important it is to keep all the surfaces clean.

Today’s colour is GREEN

Find everything in the house that is green. Your child can point out the object or bring it to you. If they don’t know the name of the object, help them.

Learning together is FUN

Getting active in the morning

Hopscotch: Hopscotch: Make a hopscotch grid with numbers from 1 to 5. For the younger children jump from one number to the next on both feet. Older children can try to jump on one foot. Babies can watch and enjoy the game being played. If there is a child with a disability, he or she can be involved in an appropriate manner.

For children it feels good to move and this is a fun and playful way to develop new skills. When playing hopscotch children learn to control different body parts and how to balance; they learn hand-eye coordination and spatial awareness (how far apart things are); they learn social skills, for example to take turns; and this game involves numbers and counting skills that are important for mathematics.

BOOK OF THE DAY

The Amazing Daisy is a book about a little chicken called Daisy, who wishes she could fly. All the other chickens laugh at her daily flying practice. But one day something amazing happens.

Download this book (it's free) on your smart phone:
https://bookdash.org/books/amazing-daisy-by-nozizwe-herero-siya-masuku-and-amazing-daisy-by-nozizwe-

SOURCE: Bookdash

HEALTHY HABITS

Read to your child every day.

Remember to keep it PLAYFUL and FUN. That is how young children learn.