

# SCHOOL CLOSURE ESSENTIAL GUIDE

STAY HOME SURVIVAL TIPS, DAILY  
SCHEDULE, 4-WEEK ACTIVITY  
PLANNER, 70+ SIMPLE PLAY IDEAS  
FOR TODDLERS & PRESCHOOLERS



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# TOUGH TIMES DON'T LAST, TOUGH PEOPLE DO.

Hi, I am Jacinth, a parenting coach, former secondary school teacher and a mom to two kids (Daryl 7yo & Charlotte 5yo). I teach parents research-backed brain-based parenting strategies so that they can parent with confidence and calmness.

I am also a strong proponent of play-based learning because our brains learn best when the learning experience is associated with positive emotions. And play makes children happy!

During this season of uncertainty, I know many parents are feeling anxious about school closure, and wonder how they can manage their children while working from home.

The good news: children are adaptable.

It might take a while to adjust to the new routines of everyone being at home, but with an open mind and a stay at home plan, we will survive.

In this guide, I will be sharing my teacher and parenting knowledge as I provide some stay home survival tips, daily and monthly schedules, simple play activities for toddlers and preschoolers.



If you do find this useful, please share the download link with your friends:  
[ourlittleplaynest.com/schoolclosure](https://ourlittleplaynest.com/schoolclosure)

Feel free to tag me @ourlittleplaynest on [Instagram](#)/[Facebook](#) while you play with your children!

With a supportive community, we can survive this pandemic together!

Xx  
Jacinth



## IMPORTANT NOTE

If the information in this guide is too overwhelming for you, **please close this document right now.**

I know parents are often stressed by the lists of kids activities that they need to conduct.

If this guide gives you anxiety, DO NOT READ IT.

Instead, focus on engaging your children in your daily activities: cooking, cleaning, folding laundry... they will benefit immensely from spending time with you regardless of the activity.

Spend time doing these 3 things with your children:

***Read***  
***Play***  
***Chat***

You are doing enough.

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# 8 TIPS TO MAINTAIN SANITY AT HOME

## #1 BE A PARENT, NOT A TEACHER

Enjoy the time with your children, do not fret over him not doing this homework or learning his ABCs. This is the time for you to spend know your children better, do your job as a mummy/daddy and take care of your kids' needs. The academics can wait.

## #2 EXPECT CLINGY CHILDREN AND TANTRUMS

Children crave for your attention, they want to spend time with you. Because they feel safe with you, expect them to whine, throw tantrums, have emotional outbursts. It's normal, and you have to **STAY CALM**. Your child is not giving you a hard time, he is having a hard time! Work towards problem solving instead of blaming or shaming.

## #3 SOLUTION TO GETTING KIDS TO PLAY INDEPENDENTLY? PLAY WITH THEM FIRST.

Children need to feel connected to you before they can play independently. Make sure you spend time with your children **BEFORE** you cook, work, clean the house. Let them know, "I am giving you my full attention for 15 minutes, after that I have to clean the house. We can play again after lunch. Can you repeat what Mummy said?"

## #4 PICK YOUR BATTLES

24 hours a day, 7 days a week x 4 weeks. Don't be too rigid: if your child insists on wearing a dress to sleep, demand for the blue cup, and you are too exhausted to reason with them, then pick your battles wisely. Remember: your goal is to make it to bedtime every day.



# 8 TIPS TO MAINTAIN SANITY AT HOME

## #5 PLAN A SCHEDULE WITH YOUR CHILDREN

If you fail to plan, you plan to fail. Children need predictability. Plan a schedule *with* your children so that they take ownership. Skip the nitty gritty and just plan by the hour. Get your children to repeat the schedule to you. Make it clear to them that you need to work, cook, wash the dishes. Be consistent with screen time rules and its consequences (else you will be heading straight to meltdown city)

## #6 CREATE A CONDUCTIVE PLAY ENVIRONMENT

Reduce clutter, rotate the toys by the week or every fortnight. Make materials accessible by placing them at eye level for your children. More tips in blog post: <https://ourlittleplaynest.com/7-playroom-essentials-to-nurture-creative-and-independent-learners/>

## #7 PRIORITISE RELATIONSHIPS OVER ACTIVITIES

Whatever happens, prioritise the parent-child relationship. Spilled milk? Its not an emergency. Refuse to eat broccoli? Look at his nutrition intake over the whole week. Refuse to play alone? Keep him close to you. Not interested in activities? Just lie down on the bed and do nothing.

## #8 FEELING STRESSED? HUG YOUR CHILD

Hug your child to calm yourself down. Take it easy, be grateful that your child is healthy and is right next to you.

# PLAN A SCHEDULE WITH YOUR KIDS

My schedule. Your schedule will look different from mine.

	Monday	Tuesday	Wednesday	Thursday	Friday
7 AM TO 9 AM	BREAKFAST, WASH UP, INVITATION TO PLAY				
9 AM TO 10 AM	STORY TIME				
10 AM TO 11 AM	MOVE TO LEARN!				
11 AM TO 12 PM	FREE PLAY				
12 PM TO 3 PM	LUNCH, NAP TIME, INDEPENDENT STORY TIME, PIANO TIME				
3 PM TO 4 PM	ART/GUIDED PLAY				
4 PM TO 5 PM	GAMES/FREE PLAY				
5 PM TO 6 PM	PLAYGROUND				
6 PM TO 8 PM	DINNER, CLEAN UP TOYS, BEDTIME ROUTINE				

## TIPS FOR SUCCESS!

Plan the schedule **WITH** your kids so they will take ownership.

Use drawings for toddlers who cannot read or understand the concept of time.

Do not plan to the minute.

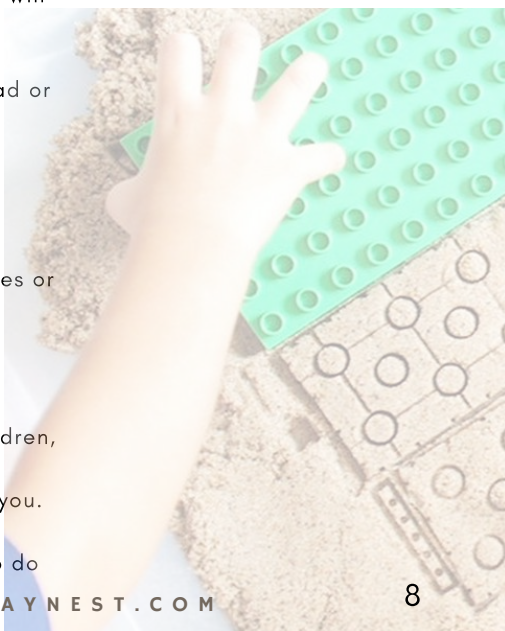
Expect changes and delays (e.g. it is ok for art time to end in 5 minutes or breakfast to exceed by an hour).

Give your children time to adjust.

Make sure to allow downtime for your children,

Make them repeat the schedule back to you.

Let your children know when you need to do the chores, cook or work from home.



# SUPPLIES LIST

## **Stationery and craft materials**

Dot stickers  
Coloured markers  
Recycled paper  
Coloured construction paper  
Highlighter  
Pom-pom  
Paper clips  
Watercolors  
Brushes  
crayons  
Painters tape or masking tape  
Post-its

## **Toys**

Animal figurines  
Toy vehicles  
Duplo blocks  
Balls

## **Kitchen supplies**

paper plates  
Ice cube tray  
Chopsticks  
Spoons  
Paper cups

## **Others**

Deck of poker cards  
Storybooks  
Tubs/Tray/Baskets

**For activities that require more preparation**  
*(optional, skip this if its too much work for you!)*

Ice cream sticks  
Washi tape  
Q-tips  
Scissors  
Tub/ Tray  
Recycled paper

# 4 WEEK ACTIVITY PLAN

		<i>Week 1 Day 1</i> *How long are the snakes? #Animal toys line up #Walk the tap Art: The Dots	<i>Week 1 Day 2</i> *Poker Cards Shape Sort #Animal Actions Art: Making Animal Tracks	<i>Week 1 Day 3</i> *Number Dots #6 line jumping Art: Paint the animals
<i>Week 1 Day 4</i> *Stickers sort #Paper plate slide Art: Paper cup painting	<i>Week 1 Day 5</i> *Make some caterpillars #Build a home #Bowling paper cups Art: Giant city colouring	<i>Week 2 Day 1</i> *Save the animals #Animal hide and seek #Transport balls Art: Colour mixing	<i>Week 2 Day 2</i> *Highlighter trace #Arrow jumping #Paper plate maze Art: Hand painting	<i>Week 2 Day 3</i> *Dot a dot hand tracing #Indoor hockey #Dot sticker ice cream Art: Overlap circles
<i>Week 2 Day 4</i> *Bundled Markers #Obstacle course Art: Crayon resist art	<i>Week 2 Day 5</i> *DIY Paper plate puzzle *Paper clips on paper plate #Parking lot Art: Paper plate twisting	<i>Week 3 Day 1</i> *Pom pom drop Letters jumping #Post it numbers match Art: Build a garden	<i>Week 3 Day 2</i> *Dot sticker wheels *Puzzle wrap #Throw in the bin Art: Paint paper balls	<i>Week 3 Day 3</i> *Pom pom transfer #Number Search Art: Popsicle sticks painting
<i>Week 3 Day 4</i> *Block sorting #Bouncing ball on wall Art: Q-tip rainbow painting	<i>Week 3 Day 5</i> *Posting pom poms *Post-it shape matching #Rainbow Objects Art: Finger print art	<i>Week 4 Day 1</i> *Dot stickers letters sort *Spell with dot stickers #Telephone number Art: collage	<i>Week 4 Day 2</i> *Paper clip chain *Paper clip spinner #Balance and walk Art: Paint recyclable materials	<i>Week 4 Day 3</i> *Square names #Socks matching #Stop Slow Go Art: Sun, moon, stars mobile
<i>Week 4 Day 4</i> *Colour by number #Tape line tracing Art: tape resist art				

## Notes:

- \* refers to morning activities to fill up your child's love tank.
- # refers to movement activities to expend your child's energy.

Art activities require parent involvement.

## Reading plan:

Week 1: Books on Animals

Week 2: Books on Transport

Week 3: Books on Letters/Numbers

Week 4: Books on Nature

Activity details are in the next few pages.



## WEEK 1 DAY 1

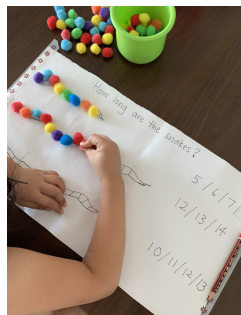
### HOW LONG ARE THE SNAKES?

**You need: Paper, marker, pom Poms**

Draw snakes/ caterpillar/ millipedes/  
worms of different lengths.

Measure and count with pom poms.  
You may use duplo/ linking cubes/ rocks  
/ ruler instead.

Introduce words like "longer,  
shorter, more, less"



**You need: Painter's tape/ masking  
tape, animals figurines or any toys**

Excite the kids "The animals are  
going on a bus ride!"  
Introduce words like "in front of,  
behind, front, back"

### ANIMAL TOYS LINE UP

### WALK THE TAPE

**You need: Paper, marker, pom poms**

Paste tapes in straight, zig zag lines.  
Get children to walk/jump forward,  
backward, sideways, criss cross feet,  
walk with hands on head.



**You need: Paper, watercolour, brushes**

Inspired by the book "The Dot",  
encourage your children to make  
a mark and create dots. Prepare  
paper of various sizes.

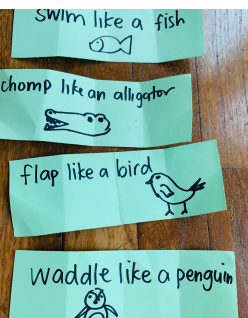
### ART: THE DOTS

## WEEK 1 DAY 2

### POKER CARDS SHAPE SORT

**You need: Poker cards, paper, marker**

Sort the card according to suits. Introduce words like "hearts spades clubs diamonds, red, black, more, than 5, less than 5 etc." Count the total number of cards on each sheet of paper.



**You need: Paper with animal actions**

Actions: crawl like a bear, flap like a bird, waddle like a penguin, stretch like a giraffe, chomp like an alligator, hop like a rabbit.

### ANIMAL ACTIONS

**You need: Animal figurines (or any toys),  
paints, paper**

### ART: MAKING ANIMAL TRACKS

Excite the kids: "The animals are going home!" Play a game, guess the print!



## WEEK 1 DAY 3

### NUMBER DOTS

**You need: Dot stickers, paper, marker**

Numbers/letters/shapes work too! Draw circles for your child to match and stick the dot stickers. Follow up by connect the numbers in ascending and descending order.



**You need: Painters tape/masking tap**

Ways to play: jump forward, backward, reach for balls in the tub, jump on one foot"

### 6 LINE JUMPING

### ART:

### PAINT THE ANIMALS

**You need: Paint, animal figurines, tub, water, Soap (optional)**

"The animals are playing in the mud! Let's paint them" Get your kids to bathe the animals too! Role play animals refuse to shower or refuse to get out of the shower.

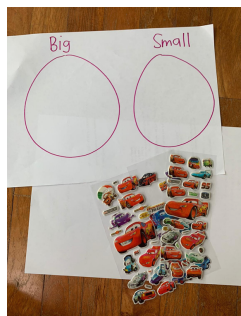


## WEEK 1 DAY 4

**You need: Random stickers, paper, marker**

### STICKERS SORT

Draw two circles and sort stickers according to size. Extend activity by sorting according to type/colours etc



**You need: Paper plates, painters tape**

Take turns to slide the paper plates, tally the score!

### PAPER PLATE SLIDE

### ART: PAPER CUP PAINTING

**You need: Paper cups, paint, paper**

Process art: make circles on the paper using the mouth of the paper cup. Use the sides to roll and create designs.



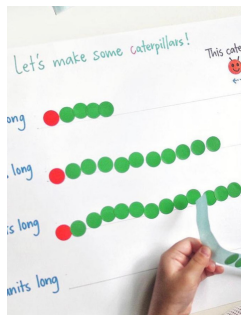


## WEEK 1 DAY 5

**You need: Dot stickers (red and green)**

### MAKE SOME CATERPILLARS

Make some caterpillars according to their lengths.



**You need: Duplo, magnetic tiles, blocks, any of their favourite toys**

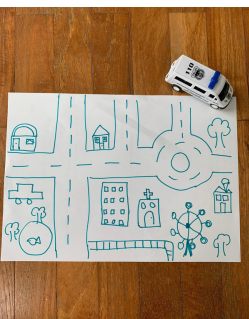
Build the biggest house for the animals! Ask open ended questions "Tell me more about this space!"

### BUILD A HOME

### BOWLING PAPER CUPS

**You need: Paper cups, ball**

Stack cups in a pyramid and roll the ball. Make the kids pick up and stack the cups!



**You need: Paper, all art supplies at home**

Draw buildings, road, trees, people on a big sheet of paper. Use tape to connect smaller pieces to form a giant canvas.

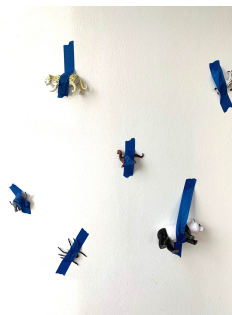
### ART: GIANT CITY COLOURING

## WEEK 2 DAY 1

### SAVE THE ANIMALS

**You need: Animal figurines  
Painter's tape Washi Tape**

Tape animals around the house (on walls, sofa, cabinets etc) at various heights.



**You need: Animal Figurines**

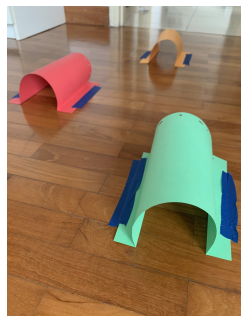
Hide animal figurines around the house. Sit on the sofa and make your kids search for them.

### ANIMAL HIDE AND SEEK

### TRANSPORT BALLS

**You need: Balls, vehicles,  
construction papers**

Drive the balls into the tunnels!



**You need: Water colour, clear  
containers, brushes**

Pour yellow + blue = green,  
red + blue = purple  
Provide droppers/scoops/spoons for  
enhanced play experience!

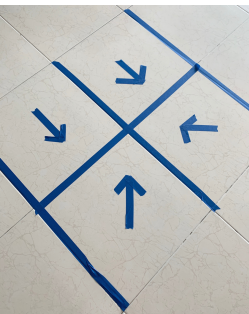
### ART: COLOUR MIXING

## WEEK 2 DAY 2

### HIGHLIGHTER TRACE

**You need: Paper, marker, highlighter**

Draw your kids' favorite picture and make him highlight the lines!



**You need: Painters tape/masking tape, marker, post its**

Draw grids, make your kids jump according to the arrows. Challenge older kids by using 3x3 or 4x4 grids

### ARROW JUMPING

### PAPER PLATE MAZE

**You need: Coloured Papers, tape, pom pom**

Cut strips and create a paper plate maze. Challenge your kids to move the pom pom from start to finish!



**You need: Watercolour, brushes, paper**

Excite the kids "Let's make rainbow hands" Frame up the beautiful work!

### ART: HAND PRINTING

## WEEK 2 DAY 3

### DOT A DOT HAND TRACING

**You need: Paper, marker**

Trace your child's hands with dots and number them. Get your kids to join the dots!



**You need: Hard covered book, ball, construction papers, tape**

Play indoor hockey with the hard covered book as a stick, and score the goal through the paper tunnels (see week 2 day 1)

### INDOOR HOCKEY

### DOT STICKER ICE CREAM

**You need: Paper, markers, dot sticker**

"Let's make ice cream for everyone in the family! What's your favorite flavour?"



**You need: Paper, markers, watercolour, brushes**

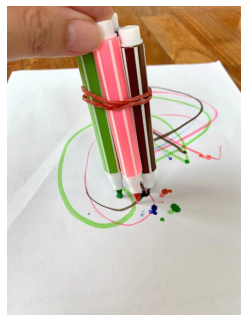
Draw overlapping circles and paint the spaces.

### ART: OVERLAP CIRCLES



## WEEK 2 DAY 4

**You need: Markers, rubber band, paper**



### BUNDLED MARKERS DOODLE

Tie markers together and let your kids doodle!



**You need: Painters's tape/masking tape**

Create a simple obstacle course with lines, crosses, shapes.

### OBSTACLE COURSE

### ART: CRAYON RESIST ART

**You need: Crayons, watercolours, brushes, paper**

Draw circles on the paper and paint with black water colour for a colour pop effect! Or doodle with white crayon and paint with rainbow colours!

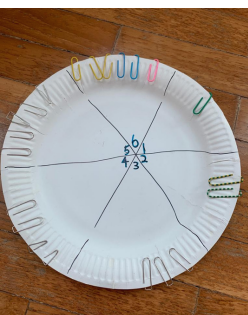


## WEEK 2 DAY 5

### DIY PAPER PLATE PUZZLE

**You need: Paper plate, scissors, markers**

Draw shapes or your kids' favourite picture, colour and cut the paper plate into parts. Invite your child to fix the DIY jigsaw puzzle



**You need: Paper plate, paper clips, marker**

Divide paper plate into sections, add clips according to the numbers written at each sector, or add colours for paper clips sorting.

### PAPER CLIPS ON PAPER PLATE

### PARKING LOT

**You need: Transport vehicles (or any other toys like toy foods, dolls, soft toys etc)**

Place all the toys in a pile, tell your child "The vehicles need a place to park!"

Get them to drive the vehicles into the lots.



**You need: Paint, paper plates**

Add paint to the back of the paper plates and rub them together!

### ART: PAPER PLATE TWISTING

## WEEK 3 DAY 1

### POM POM DROP

**You need: Paper cups, (use TP rolls if you have) pom poms, painters tape, container**

Cut the base of the paper cups, tape the cups (or TP rolls) on the wall for pom poms to drop into a container below!



**You need: Post its, marker**

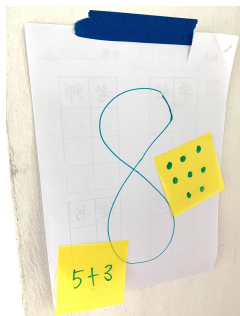
Jump according to the letters called out, or spell a name!

### LETTERS JUMPING

### POST IT NUMBERS MATCH

**You need: Post-its, marker, Papers**

Stick the post-its around the house. Write numbers on A4 papers and get kids to match!



**You need: Paper, art supplies, all art resources (e.g. ice cream sticks, dot stickers, crayons)**

Create a garden with tinkering or recyclable materials found in the house.

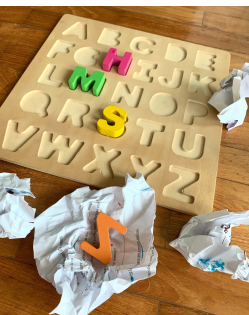
### ART: BUILD A GARDEN

## WEEK 3 DAY 2

### DOT STICKER WHEELS

**You need: Dot stickers, marker paper**

Draw your child's favorite trains/cars and have them paste the wheels!



**You need: Recycled paper (or wrapping paper/ Aluminium foil, puzzle pieces, tape**

Wrap up the puzzle pieces in paper. Hide these around the house, get your kids to search for them, open the wrapper to reveal the puzzle piece!

### PUZZLE WRAP

### THROW IN THE BIN

**You need: Recycled paper,  
basket (or trays/bins)**

Stand at a distance and throw the paper balls in the bin. Count the total number in the bin at the end of each game.



**You need: Recycled paper, paint, brushes**

Paint the paper balls with different colours. Open up when the paint has dried to get crumpled paper art!

### ART: PAINT PAPER BALLS

## WEEK 3 DAY 3

**You need: Pom poms, ice cube tray, coloured bowls, chop sticks, spoons, dot stickers**

### POM POM TRANSFER

Transfer pom poms according to colours on ice cube tray (use dot stickers). Enhance the experience with chopsticks or spoons.



**You need: Poker cards**

Hide cards around the house, sit on the sofa and call out the numbers. For older kids, call out addition/subtraction sums, e.g "9 - 4"

### NUMBER SEARCH



### ART POPSICLE STICKS PAINTING

**You need: Popsicle sticks, art supplies, paper, paint, brushes**

Paint the sticks, make prints on paper. Let your imagination run wild!

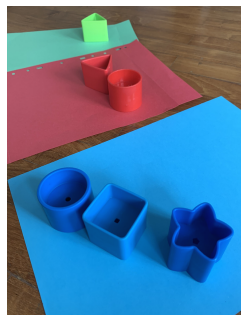


## WEEK 3 DAY 4

**You need: blocks, coloured construction paper**

### BLOCK SORTING

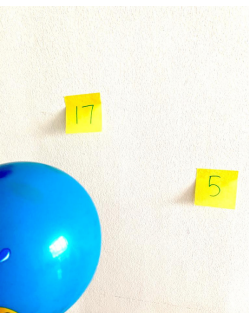
Sort the blocks according to colours, encourage your child to be an architect and create their own structures!



**You need: Ball, post its**

Write letters/numbers/doodles on post-its and space them out on the wall. Spell out a word and have your child bounce the ball on the post-its accordingly.

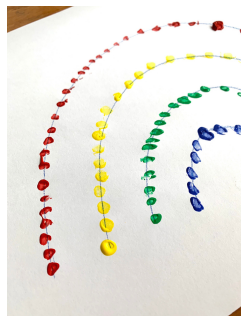
### BOUNCING BALL ON WALL



**You need: Q-tips, paint, paper**

### ART: Q-TIP RAINBOW PAINTING

Create a rainbow! Ditch the brushes and use q-tips instead. Encourage your little ones to paint other pictures as well!

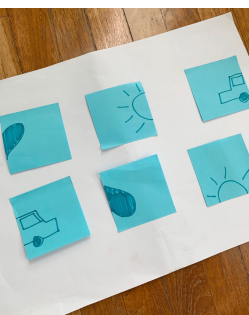


## WEEK 3 DAY 5

### POSTING POM POMS

**You need: Pom poms, cups, scissors**

Cut a slit and post pom poms into the cups. Add colours to the cup for colour sorting, or draw animal faces to encourage your kids to feed the "animals"



**You need: post-its, marker**

Draw pictures/ numbers/ shapes on 2 post its and get your little ones to match!

### POST IT SHAPE MATCHING

### RAINBOW OBJECTS

**You need: Objects around the house, coloured construction paper (optional)**

Search for objects around the house, arrange in archs and form a rainbow!



**You need: Paints, paper, marker**

Draw branches of a tree and add in leaves using your child's fingers and paints. Feel free to create any other masterpieces!

### ART: FINGER PRINT ART

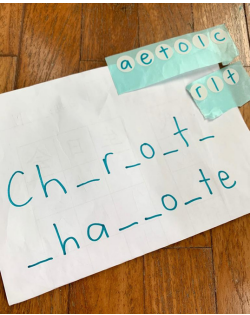
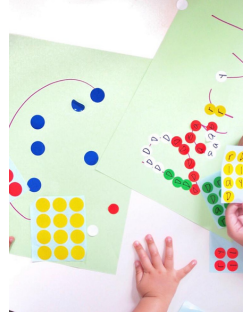


## WEEK 4 DAY 1

**You need: Dot stickers, recycled paper, marker**

### DOT STICKER LETTERS SORT

Spell out your child's name on a paper. Write the letters on the dot stickers and have them stick the dots accordingly. You can start by sticking 1 or 2 dot stickers on the letters. Do 1 letter for little kids.



**You need: Dot stickers, marker, recycled paper**

Leave empty spaces between letters, get your kids to fill in the places with dot stickers. For younger kids, you can spell out their entire name for them to match.

### SPELL WITH DOT STICKERS

**You need: Recycled paper, markers**

Write down your handphone number on recycled papers (1 number per A4 sheet). Stick them on the floor with tape and make your kids find the correct number of objects. As you count to check, get your kids to return the items!

### TELEPHONE NUMBER



**You need: Coloured construction paper (or magazines, recycled wrapping papers), glue, scissors, paper**

Cut the coloured papers into small pieces in various shapes. Create a brand new collage on another piece of paper.

### ART: COLLAGE

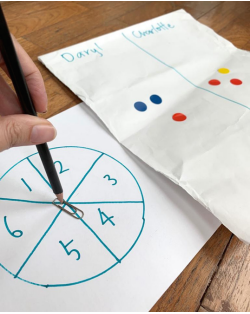


## WEEK 4 DAY 2

### PAPER CLIP CHAIN

#### **You need: Paper clips**

Create a necklace or bracelet with the paper clips! Allow your kids to freely create anything they want.



#### **You need: Paper clips, paper, pencil, dot stickers**

Draw a circle on a paper, divide it into 6 sectors and number them 1 to 6. Use this to create a spinner using a pencil and paper clip (see pic). Spin the clip, and add the number of dot stickers to the name column.

### PAPER CLIP SPINNER

### BALANCE AND WALK

#### **You need: Paper cups, paper plates**

Balance a paper cup or paper plates on the head, and walking from point A to point B, without toppling the cups/plates!



#### **You need: Paint, brushes, recycled materials like TP rolls, cereal boxes, tissue boxes**

Allow your kids to paint freely on these recycled materials. Let their imagination run wild as they explore and create.

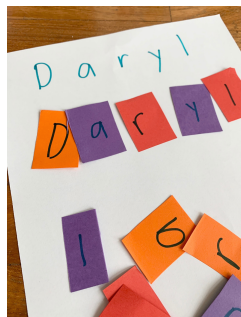
### ART: PAINT RECYCLED MATERIALS

## WEEK 4 DAY 3

**You need: Coloured construction paper, marker, scissors**

Cut small squares from coloured papers and write down your child's name. Turn the papers face down, get them to pick one and fill up the blanks. For younger kids, spell out their name on paper and get them to form as many names as they can.

### SQUARE NAMES



**You need: Socks**

Hide socks around the house and get your kids to match them. Use words like "a pair of socks, same, different, match" Make them fold and clean up after the game!

### SOCKS MATCHING

**You need: colored construction paper (red, yellow, green), ice cream sticks, tape**

### STOP SLOW GO

Cut out 1 circle from red, yellow and green paper. Paste them on ice cream sticks. Tell your kids to jump, hop, gallop, skip from point A to B according to your sign!



**You need: Paper plates, paint, marker**

Create a sun, moon and stars from paper plates!

### ART: SUN, MOON, STARS MOBILE

# WEEK 4 DAY 4

## COLOUR BY NUMBER

**You need: Paper, marker**

Draw anything your child is interested in, divide into parts and label each part by number or letters. At the side, pair each number with a colour. Let your kids colour accordingly.



**You need: Painter's Tape/ Masking Tape, marker**

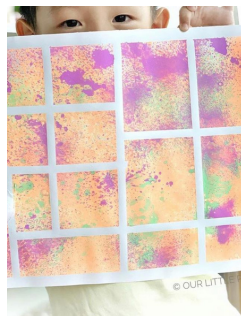
Paste tape on the floor and get your kids to trace along the tape. If the ink comes out of the line, get your kids to clean them.

## TAPE LINE TRACING

## ART: TAPE RESIST ART

**You need: Washi tape, paper, watercolours, brush**

Paste washi tape on paper, and get your kids to paint on the spaces. Wait for the paint to dry before tearing the tape out.



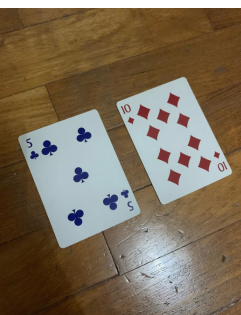
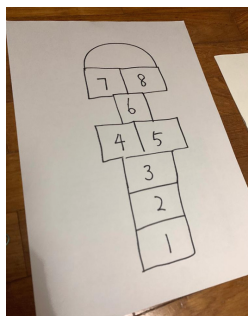
## GUIDED ACTIVITIES

Require more parental involvement. Skip this section if you don't have the time and energy. You can always do these in future!

### FINGER HOPSCOTCH

**You need: Paper, marker**

Draw out a hopscotch on paper, and jump using your fingers! You can create a hopscotch on the floor with painter's tape too!



**You need: Poker cards**

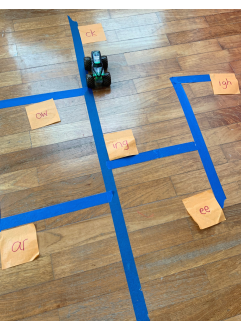
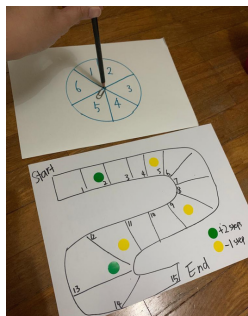
Each player will open one card each, at the same time. The player with the biggest card wins! Set rules before you start!

### POKER CARD BIG OR SMALL

**You need: Papers, paper clip, marker, toys as counters**

### DIY BOARD GAME

Create a simple board game, use the paper clip spinner as a dice. Enjoy the game as a family!



**You need: Painter's tape, post its (or letter manipulatives), toy cars or animal figurines**

Create paths and place post its or letter blocks at various parts of the path. Call out the letter /letter sounds, and have your little one drive the cars over!

### DRIVE AND PARK

## GUIDED ACTIVITIES

Require more parental involvement. Skip this section if you don't have the time and energy. You can always do these in future!

### PAPER AEROPLANE THROW INTO BIN

**You need: Paper, basket/bin**

Fold paper aeroplanes and throw them into the baskets/bin! Not sure how to fold? Search for videos on youtube!



**You need: Ice cubes, pom poms, tray, salt)**

Freeze pom poms in ice cube tray and seek your child's help to save the pom poms! Use salt and discuss how it can lower the melting point of ice.

### POM POM ICE CUBES

### BOOK LETTER SEARCH

**You need: Books, paper, markers**

Gather 3-5 books, list down the letters on a paper and have your child find the total number of each letter from the title of the books!



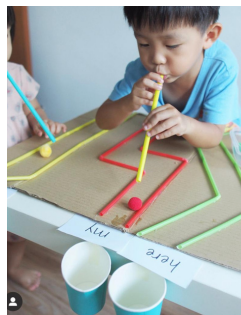
## GUIDED ACTIVITIES

Require more parental involvement. Skip this section if you don't have the time and energy. You can always do these in future!

### BLOW WIND BLOW

**You need: Table, cup, tape, pom  
pom, straws**

Score a goal by blowing through a straw, and guiding the pom poms into the cups. Tape the cups to the end of the table.



**You need: Duplo, balls, figurines**

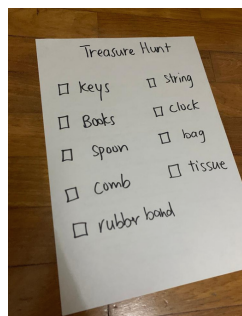
Build a mini soccer pitch with duplo and play a game of soccer!

### DIY SOCCER GAME

### TREASURE HUNT

**You need: Paper, marker**

Write down a list of items found in your house, get your kids to hunt for them!



## GUIDED ACTIVITIES

Require more parental involvement. Skip this section if you don't have the time and energy. You can always do these in future!

### CUTTING STATION

**You need: Scissors, coloured paper**

Draw dotted lines on papers, encourage your child to cut according to the lines. Prepare a small bin for your kids to collect the scraps.



**You need: Ice, tray, watercolor, brush**

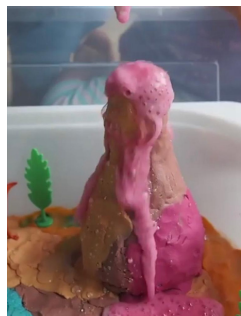
Paint the ice cubes!

### PAINT THE ICE

### BAKING SODA & VINEGAR EXPERIMENT

**You need: Baking soda, vinegar, tub, animal figurines, scoops, droppers etc**

Scoop baking soda into small containers, and pour vinegar to watch the fizz! Pretend play by adding animal figurines into the tub.



**You need: Ice, paper**

Create water marks on the coloured paper!

### MARK MAKING WITH ICE



## WHAT IF MY CHILD REFUSES TO DO ANY OF THESE?

The trick is the way you present the activity to him!

Do not instruct him to play these activities - kids don't like to be directed.

Instead, **set up the play invites and leave them on the desk/floor.** Your child will naturally be curious and drawn to the set up. If they are not, it's ok.

Leave the set up there.. 1 day, 2 days.. They will eventually want to check out what you are up to.

If your child is going through separation anxiety, developmental leaps and wants to stick to you, they can work on the activities close to you e.g. on the kitchen floor while you cook, or beside you while you send the email.



## MUST I CONDUCT THESE ACTIVITIES ALL DAY, EVERY DAY?

No! Of course not!

I have provided a guide and activity planner to help parents who are clueless and do not want their kids to watch tv all day.

Like I mentioned, you don't need to do everything! You can just hang out at the sofa and read with your kids all day, play board games, card games, or get them to help you with the laundry!

These are just options for you, you can choose to do 1 activity a day or even 1 activity a week!

Please do not stress yourself because of these activities!

I hope this guide has been useful for you. Feel free to contact me if you have any questions! You can tag me @ourlittleplaynest on Instagram or Facebook, I'll love to see how your kids are engaged in these activities!

Stay safe everyone!

xx  
Jacinth