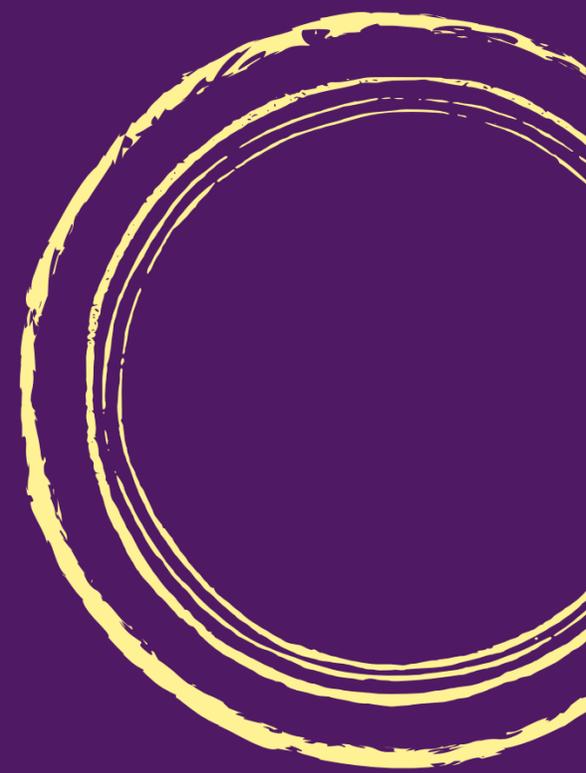




5 FUN ACTIVITIES FOR PRE-SCHOOLERS TO DO AT HOME.

Make your Child more Creative & Active





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Potato Drop

Age: 3–5 years

- **Learning Objectives:** focus, self-confidence, following instructions, balance & agility
- **Bonus:** physical (gross motor activity)
- **Materials:** some clean potatoes, plastic bowls, stopwatch
- **Activity:** Your child has to place a potato between their knees and race to a finish line where they have to drop it into a designated bowl or basket within a minute. If the potato is dropped, or if hands touch it, they have to go back to the start and try again.

Note to parent: Here is a children's rhyme featuring the potato that will help the children in their language development and as a counting game



Rhymes with Potatoes! One potato, two potato, Three potato, Four; I like mashed potato, May I please have some more?





Musical Colours

Age: 3–5 years

- **Learning Objectives:** recognition and following instructions.
- **Bonus:** gross motor skill development
- **Materials:** coloured chart paper, music player
- **Activity:** Cut pieces of paper of different colours and spread them around the room. Play some music for the children to dance and then stop it and call out one of the colours. They have to immediately find the colour and sit down on it. If they pick the wrong one, have them find an object of that colour in your house.

Note to parent: Scale this activity to fit the level of your children. Use numbers or sight words to make it easier or harder.





Mirror, Mirror

Age: 3–5 years

- **Learning Objectives:** observation, association, and creativity.
- **Bonus:** gross motor, social-emotional activity
- **Materials:** open ground
- **Activity:** stand face to face with the children, about a foot apart, and have them attempt to copy all your movements
 - a. Reach up and stretch to the sky
 - b. Do 5 jumping jacks.
 - c. Run in place
 - d. Act like a monkey

Note to parent: make it fun and you'll all be working up a sweat in no time. Ask children to play it with partners.





Freeze Dance

Age: 3–5 years

- **Learning Objectives:** listening, and following instructions.
- **Bonus:** physical activity
- **Materials:** music player
- **Activity:** put on some music and ask all children to start dancing as the music plays. When the music stops, everyone must freeze immediately and hold that position until the music begins again. If you catch someone moving, they're out. The last one standing (or dancing in this case), wins

Note to Parent: assign players as a lookout and have them pick out a unique dance move. When the music stops, they demonstrate the move for everyone; the group tries the new move at the start of the next round.





Balance In The Air

Age: 3–5 years

- **Learning Objectives:** following instructions, patience, and focus.
- **Skills:** physical, social, logical and spatial skills
- **Material:** balloons and thread to knot
- **Activity:** children can be given air-filled and knotted balloons. Instruct them to throw the balloon up in the air and balance the same by patting it. The balloon should not fall down or burst. This can be done as a group activity and children should balance only their balloon.

Note to Parent: To make it more fun children can be put in teams according to color of the balloons.

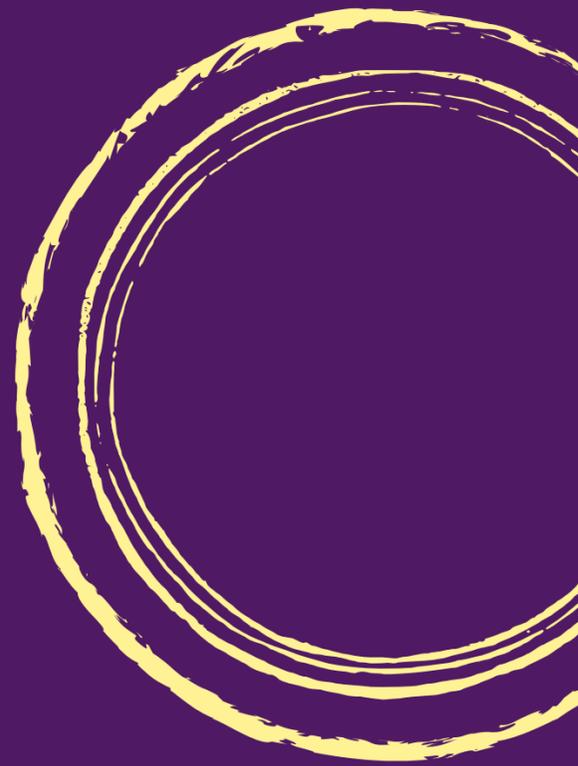




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