

Day – 1 Day – 1 Health and Fitness

Do the following exercises every day along with your family members.



Refer to the given link for the video

<https://www.youtube.com/watch?v=nCNS-Lpubaw>

Instructions to open the link

- 1. Right click on the above link.**
- 2. Click on Open Hyperlink.**
- 3. Video will start on YouTube.**

Day- 2 Fine Motor Fun

Pegs on a Bucket



Material Required-

- Some plastic Pegs/Cloth Clips
- A Small bucket.

Instructions –

1. Give some pegs/ cloth clips to the child.
2. Now place the bucket in front the child and let the child peg them onto the lip of a bucket as shown in the above picture.
3. Then let the child take all the pegs/ cloth clips off again.

Day-3 Rhyme Time-Action Song

Do this action song every day along with actions

“Na Na Na I Am So Happy Sing With Me”



Refer to the given link for the video

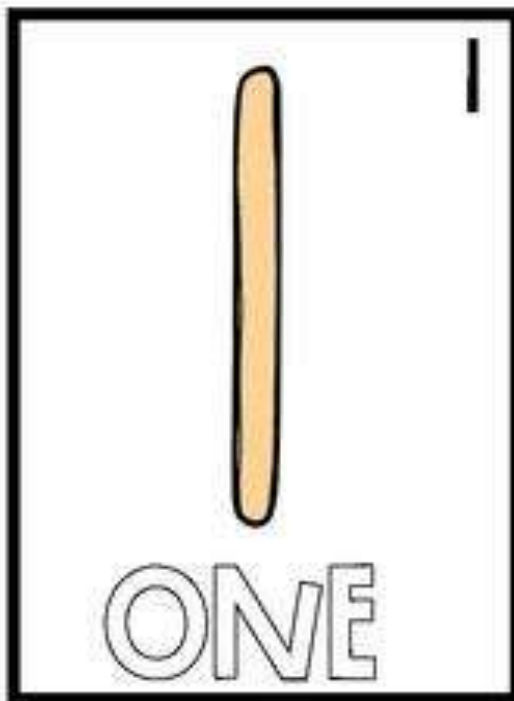
<https://www.youtube.com/watch?v=dUXk8Nc5qQ8>

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Day- 4 Number Fun

Number of the day – Number 1



Material required-

- 1 Popsicle stick/ ice – cream stick
- 1 A-4 size sheet
- A fevicol

Instructions –

1. Take an A-4 size sheet and draw 1 standing line on it.
2. Now take the popsicle stick and let the child apply fevicol on it.
3. Then let the child paste popsicle stick over the standing line drawn on an A-4 size sheet to form number 1.

Day 5 -हिंदी राइम

“बंदरमामा”



“बंदरमामा”- राइम को देखने केलिए नीचे दिए गये लिंक पर क्लिक करें।

<https://www.youtube.com/watch?v=JeLIYZJ3hfM>

नोट-यह बच्चे की संगीत योग्यता ,और भाषा को बढ़ाने में सहायता करेगा।