

Day – 1 Health and Fitness

Practice the following yoga poses every day along with your family members.

TRANSPORTATION YOGA



I am a boat.

BOAT POSE



I am a surfboard.

PLANK POSE



I am a sailboat.

TRIANGLE POSE



I am a train.

STAFF POSE



I am a motorbike.

LUNGE POSE

Day- 2 Fine Motor Fun

Hand Impression



Material Required-

- A-4 size sheet.
- Poster Colors
- Plate
- Crayons.

Instructions –

1. Instructions will be given in the class.

Day-3 Rhyme Time

Let's learn and recite the rhyme "Star light Star Bright".



Star light Star bright

Star light, star bright
The first star I see tonight
I wish I may, I wish I might
Have the wish I wish tonight
Star light, star bright
The first star I see tonight
I wish I may, I wish I might
Have the wish I wish tonight

Day- 4 Number Fun

Salt Tray Tracing



Material required-

- Salt Tray
- 1 A-4 size sheet.

Instructions-

1. Take an A-4 size sheet and write numbers on it as shown in the above picture.
2. Now give the salt tray and the A-4 size sheet to the child.
3. Now let the child trace all the numbers using their pointer finger.

Day 5 - हिंदी राइम



पानी बरसा छम छम छम- राइम को देखने के लिए नीचे दिए
गये लिंक पर क्लिक करें ।

<https://www.youtube.com/watch?v=hCe9hRelLw8>

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