

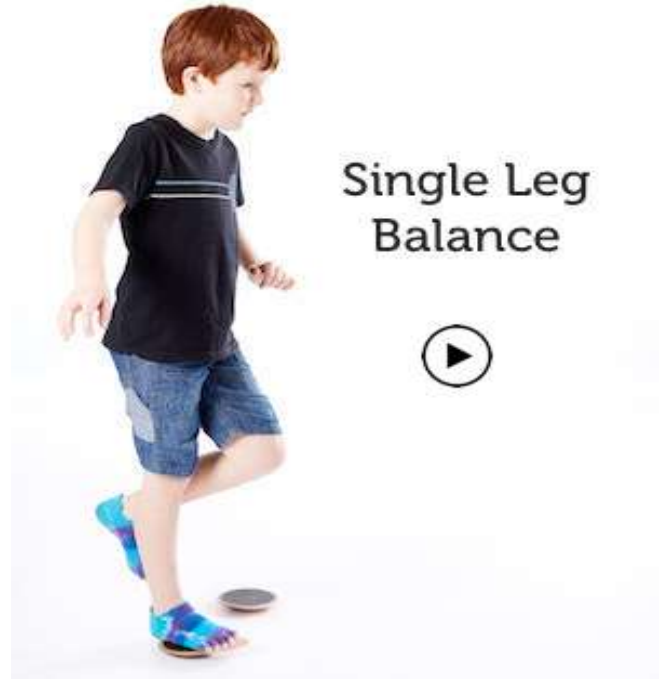
## Day – 1 Balance your body

Practice these poses along with your parents and make yourself healthy and strong.

### Standing on One Foot



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Single Leg Balance



### Movement Breaks for focus & attention



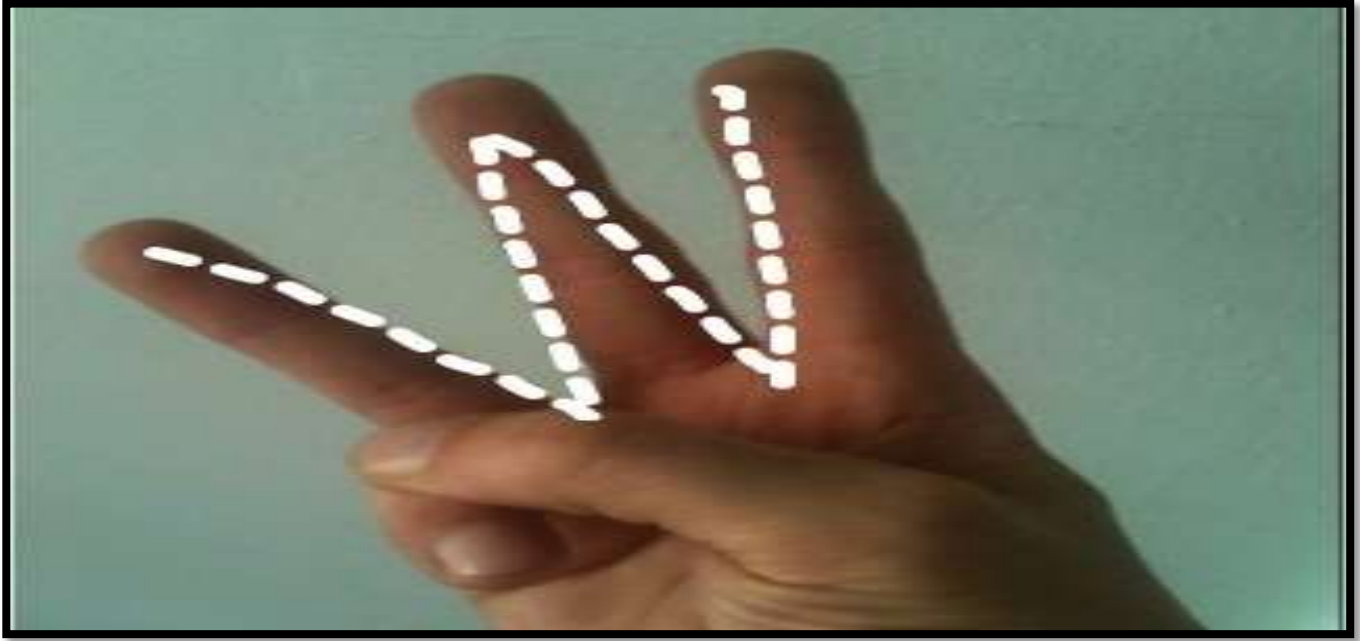
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### FUN WAYS TO MOVE LIKE THE ANIMALS DO!



PINK OATMEAL

**Day- 2 Letter of the day – Letter W**  
**Fun with fingers**



**As shown in the above image Letter W is formed using three fingers.**

**Similarly you can form letter W using your three fingers and can find more things at your home to make letter W.**

**Note- This activity will help the child to learn the correct formation of letter W and develops creativity skills in the child.**

## Day – 3 General Awareness

### Vegetables Name



**For song refer to the links given below**

<https://www.youtube.com/watch?v=RE5tvaveVak>

<https://www.youtube.com/watch?v=rl2l4KKtqVA>

## Day – 4Fun with Buttons



### Material required –

**1shirt**

### Instructions-

- 1. Give the child 1 shirt.**
- 2. Now ask the child to wear it.**
- 3. Then let the child button their shirts.**

**Note – This activity will help the child to develop the fine motor skills.**



## Day – 5 General Awareness

### Rhyme Time- Good Habits

Help your ward learn good habits along with this good habit song.



Refer to the following link for the video

<https://www.youtube.com/watch?v=ywP0wXaABiQ>

### Instructions to open the link

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

Note- This activity will inculcate good habits and help the child to develop musical aptitude.