

Day – 1 Calm Down Yoga

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

CALM DOWN YOGA FOR KIDS



I am strong.



I am kind.



I am brave.



I am friendly.



I am wise.



Day- 2 Letter of the day- Letter N

Fun with Popsicle sticks



Material required-

3 Popsicle sticks, 1 A-4 size sheet (any color) and fevicol.

For instructions refer to the link given below –

<https://youtu.be/oLYArwAX-R4>

Note- This activity will help the child to learn the correct formation of letter N and also develops the fine motor skills.

Day – 3 Fun with number- 10

Play dough fun



Material required:

Play dough, A-4 size sheet and a marker.

For instructions refer to the link given below-

<https://youtu.be/uKqKepDvBmE>

Note- This activity will improve the pincer grip of the child and also helps the child to learn the correct formation of Number 10.

Day – 4 Wonders of the sky

What's in the sky



To learn about the wonders of the sky refer to the links given below.

<https://www.youtube.com/watch?v=cozWC98zKTY>

<https://www.youtube.com/watch?v=bNsXGB3Sp94>

Instructions to open the link

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

Day – 5 Fun with Buttons



Material required –

Different color bottle tops, some different paper plates/ bowl and a tape.

Instructions-

1. Stick one single coloured bottle top on one paper plate as shown in the picture.
2. Mix the rest of the different color bottle tops.
3. Now ask the child to sort the different color bottle tops and place them in correct paper plate/ bowl.
4. Now let the child count the total number of bottle tops of each color.

Note – This activity will help the child to recognize different colors and also helps in their counting skills.