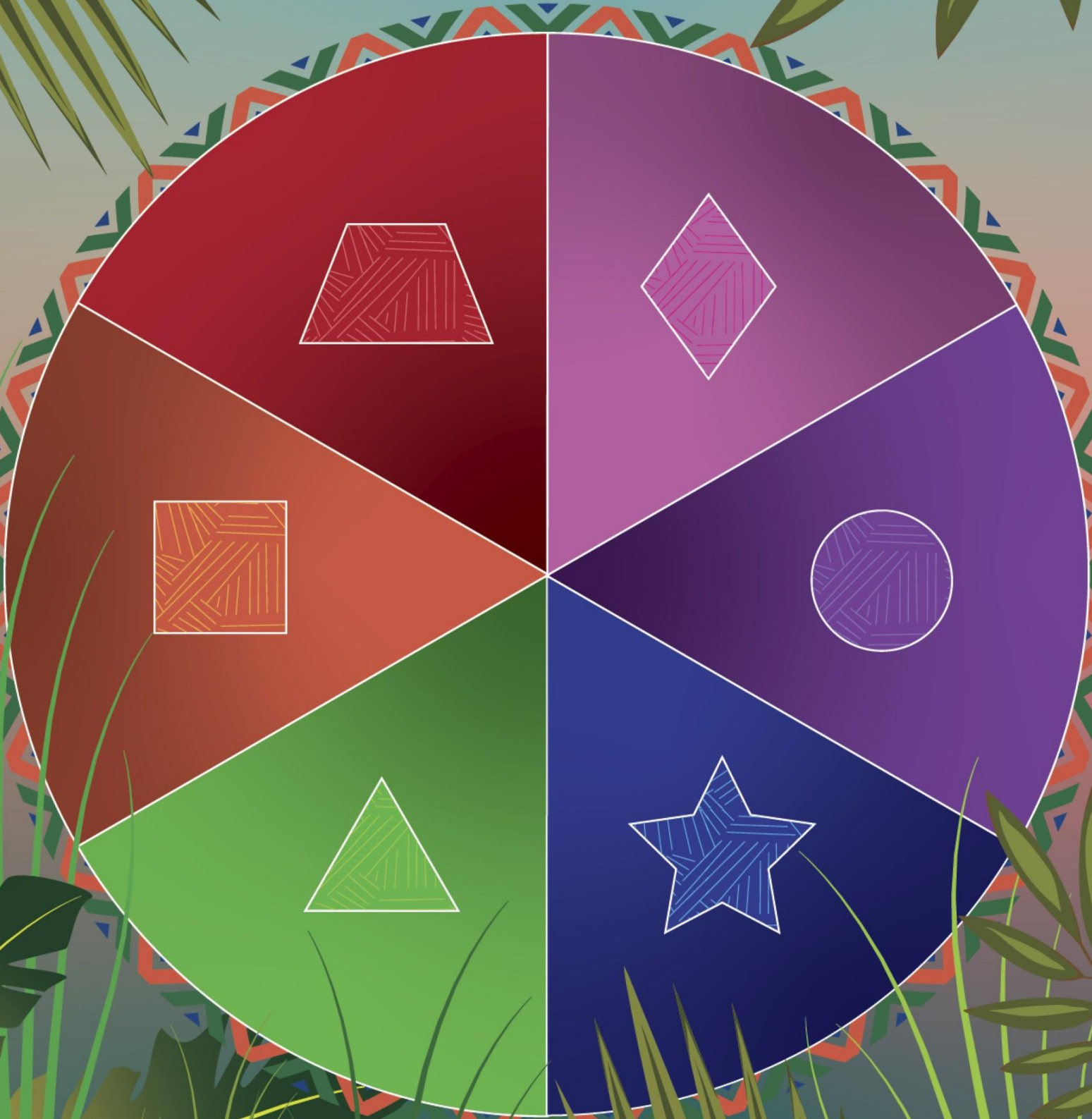


PlayMatters at Home

Primary



If you choose to play this as a game, follow the steps below:



Step 1: Toss a rock at the target on the cover.



Step 2: Select any activity in the packet with a shape that matches the shape your rock landed on.



Step 3: Play the activity!

Use this packet any way you want.
Try it as a game, or simply pick an activity that looks fun to you!

You can
play with
anything!

Materials



- Household items, such as shoes, sandals, cups, buckets, bottlecaps, plastic bottles, mats, rope, string, cloth, mat, flour sack, sheet, brooms, old tins, jerricans
- Pieces of paper
- Dice or a ball (made of plastic bags, fabric, or banana leaves)
- Pens or pencils
- Books, newspapers, exercise books, homework - anything with writing
- Items from around the yard - sticks, stones, leaves, mud, and water
- **You, your family, and your imagination!**

Dear Caregivers,

This packet is for you and your family. It offers **learning games** that your child can play daily, independently, with siblings, or with you. **Everyone in your home**—sisters, brothers, aunts, uncles, cousins, grandparents—can play!

Remember, a daily routine helps your child's mind and body grow. Plan a day that **works for you**, but includes time to play with your child. If you have older children, they can help you create a routine.

Play is a child's favorite way to learn—it helps them to develop a wide range of skills—thinking, counting, moving, speaking, managing emotions, and getting along with others. Playing with the family is a great way to encourage learning and build positive relationships. Make a promise to your child that you will try to play a learning game with them each day.

Repeat play! Young children will happily repeat an activity they enjoy, so repeating these games can help strengthen their learning.

Most importantly, find time to **take care of yourself**. If you are happy, your child will be happy.

Morning



WASH



BREAKFAST



LEARNING GAME



FAMILY CHORES

Afternoon



WASH



LUNCH



PLAY



LEARNING GAME



REST OR SLEEP

Evening



WASH



PLAY



DINNER



STORY AND SLEEP

Caregiver Tips

Tip 1

All children—girls, boys, children with disabilities—should be given time each day for learning, play, and rest.

Try activities 2, 11, 19 or 27.

Tip 2

As your child plays learning games, they will make mistakes and that's ok! Encourage children to try again, as mistakes are the first step towards learning something new.

Try activities 1, 5, 8, 30 or 34 for problem solving skills.

Tip 3

It is normal to feel worried or stressed during these times. Remind your children that they are not alone, and anxiety is a normal reaction to a very abnormal situation. Encourage your child to express their feelings, but be mindful that every person has their own way of doing this.

Try activities 3, 4, 16, 21, 22 or 28.

Tip 4

All children—girls, boys, children with disabilities—should be given equal amounts of love, safety and opportunity for play. This includes both indoor and outdoor (if safe) activities.

Try activities 6, 7, 10, 12, 16, 24 or 25.

Tip 5

Remember to speak calmly to your child, even when it seems like they are not listening. Praise your child when they are behaving well. This way, they learn that they've done a good thing and are encouraged to do it again!

Try activities 17, 15, or 22 for calm energy.

Information about the Packet

In this packet you will see the following pictures. Here is what they mean.



Movement



Creative



Cognitive



Language



Number



Emotion

Activity Number
To find an activity easily.

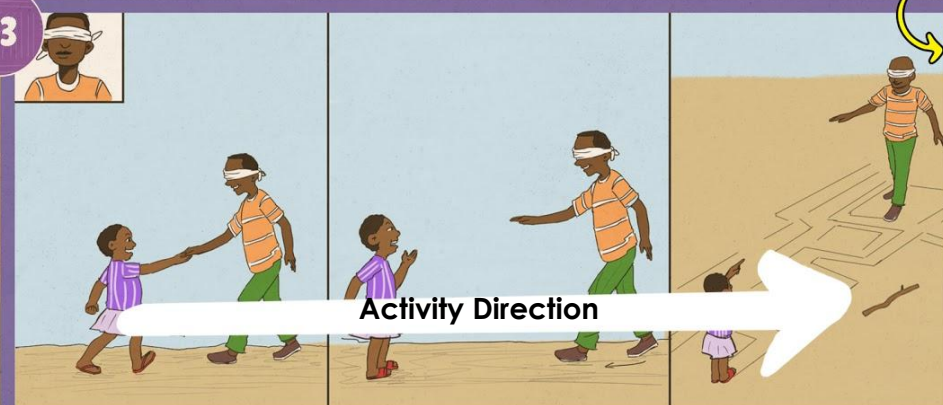
33

Important Action
To see important helpful steps.

Activity Instructions
To understand what to do.

Activity Direction

Repeat Symbol
To try an activity again!



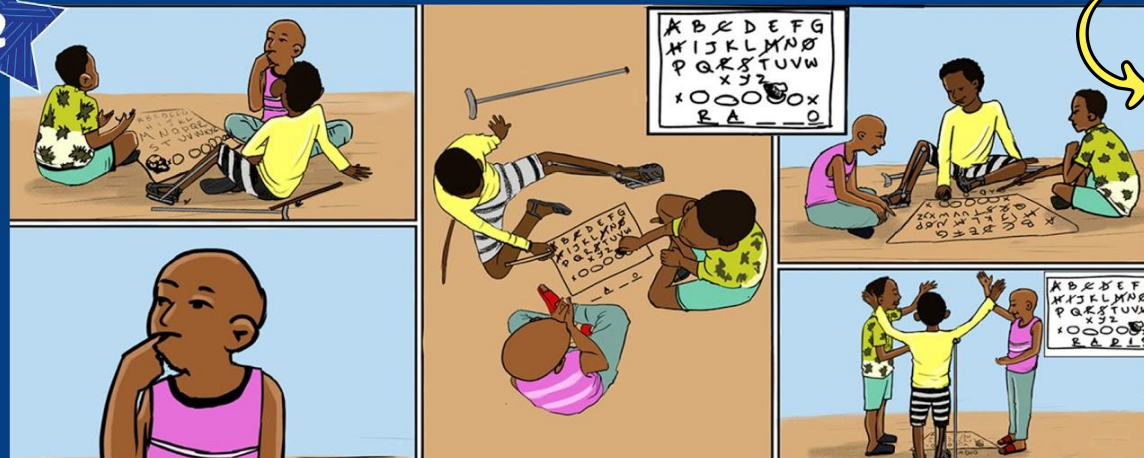
First, cover a family member's eyes. Start to build trust by carefully guiding them around the room. Next, guide them with just your voice. Finally, create a maze on the ground and try to direct them through it with your words. Switch roles and let your family member guide you!

1



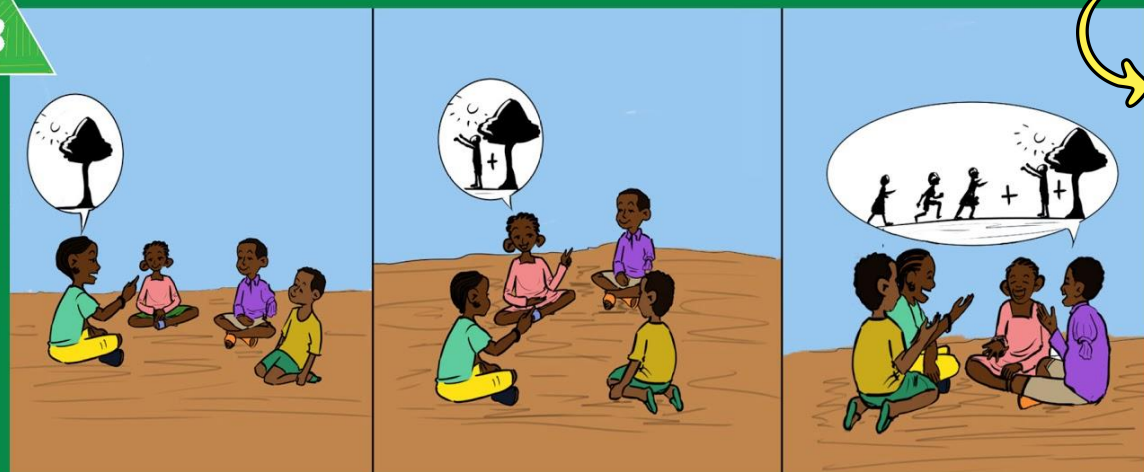
First, create an obstacle course with items that are safe to be on the ground. Next, have a family member cover their eyes. Finally, guide them through the obstacle course with your words. Can you do it without bumping into anything? Switch roles and try again!

2



First, write the alphabet and think of a secret word. Next, draw this: X O O O O X, and place a rock on the leftmost "X". Finally, draw short lines for each letter of your secret word. Challenge family members to guess letters. If they guess a letter in your word, cross it out in the alphabet and write it on its line in the word. If they guess a letter not in your word, move the rock one space to the right. Try to figure out the secret word before the rock reaches the last "X"!

3



First, form a circle and choose someone to create the first line of a story. Next, the player to the left of this person repeats the first line and adds their own. Finally, go around the circle repeating the entire story and adding new lines. How many details can the group add before someone forgets part of the story?

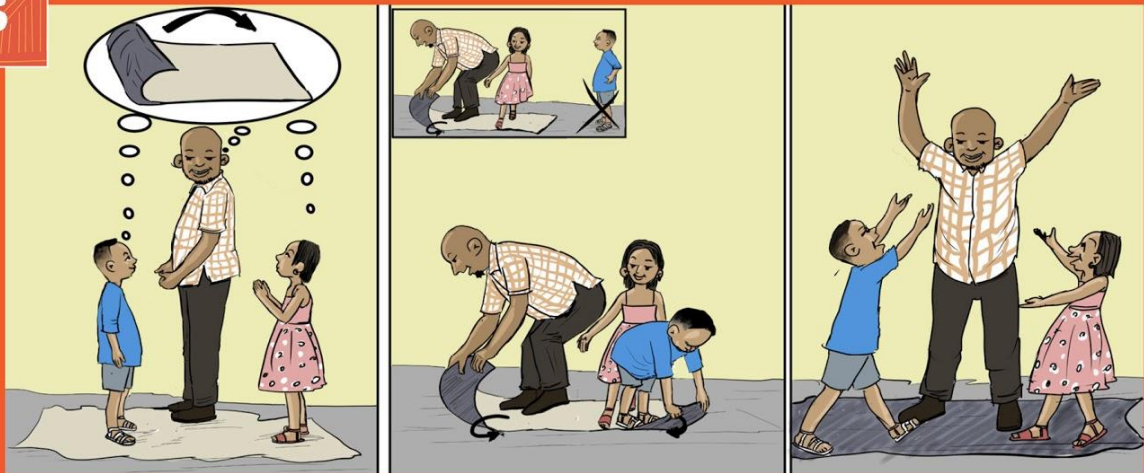
You don't have to know how to read to help your child practice. Encourage your child to read to you while you relax and listen.

4



First, ask a family member to share a happy memory with you. Next, while they are sharing their memory, try recreating it through a drawing, sculpture, or other method. Finally, share the memory back to your family member. Switch roles and share a memory of your own.

5



First, find a large square item that can be stepped on, like cardboard or a sack. Next, stand on the item with family members. Finally, use communication and problem-solving skills to try to flip the item over without anyone stepping on the ground!

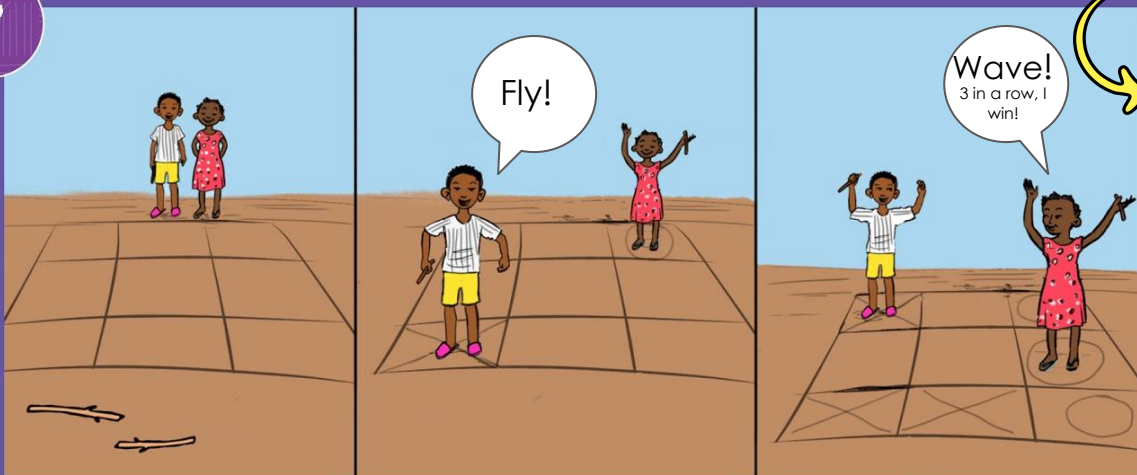
6



First, set up empty bottles in a triangle. Next, roll a ball into the bottles. Count how many have been knocked down and how many are standing up. Finally, create a short story about the bottles. For example: There were seven goats in the yard, then a horn honked and 3 goats ran away! Repeat this until all the bottles have been knocked down.

*Encourage your child to read the same book again!
Repeated reading will help build reading fluency, speed, and accuracy.*

7



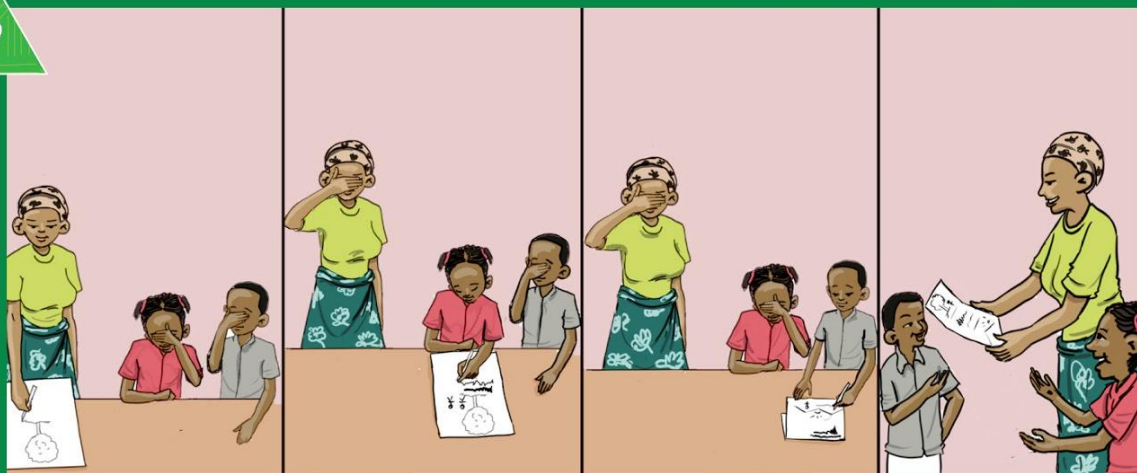
First, create a tic-tac-toe board by drawing 2 lines down and 2 lines across. Next, someone chooses the letter "X" and someone the letter "O." Finally, take turns trying to win spaces by stepping on a blank square and acting out a verb. For each verb you act out, mark the square with your "X" or "O". The first player to get 3 in a row wins!

8



First, find 10 words from any written material. Write these words on slips of paper. Add two slips of paper that say "Oh, no!" Next, place all the slips into a cup or bowl. Take turns picking and reading one slip of paper from the cup. Try to collect 5 slips without picking an "Oh no!". If you pick an "Oh no!" return all your slips back into the cup and try again!

9



First, draw a picture at the top of a piece of paper, but don't let anyone else see! Next, pass the paper to a family member and have them write a sentence describing the picture. Next, fold the paper so that the picture is hidden and only the sentence can be seen. Draw a picture that matches what the sentence says. Repeat this until you get to the bottom of the paper. Finally, compare the first drawing to the last!

Encourage readers to follow along with their finger as they read each word and sound out the letter sounds of unfamiliar words.

10



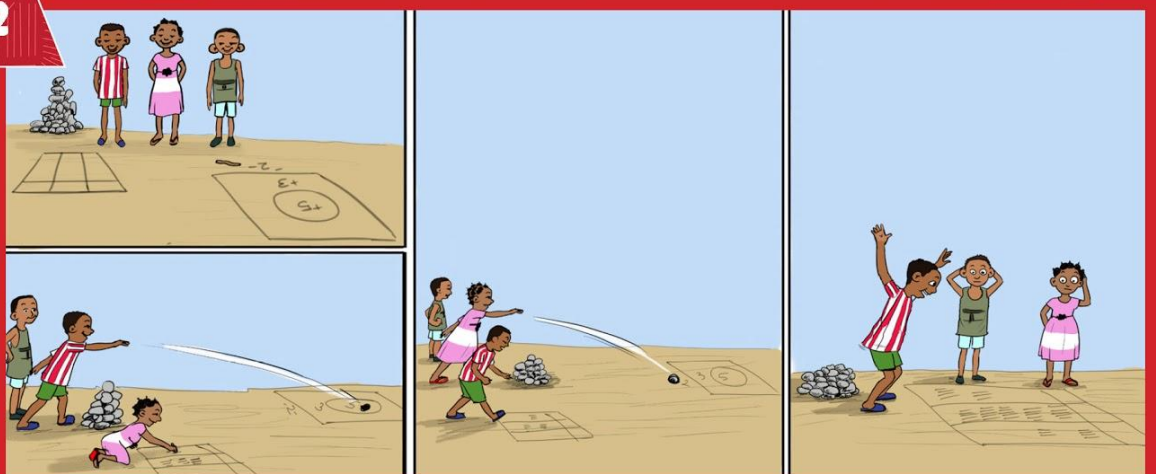
First, gather items like leaves, sticks, stones, string, etc. Next, use the items to create an image of a family member. Finally, share your image with your family member and share what you love about each other.

11



First, form a circle. Next, one player whispers a silly sentence to the person next to them—tell them to listen carefully! Keep whispering the silly sentence around the circle until it gets back to the person who started it. Finally, say the silly sentence out loud for all to hear. See how much it changed!

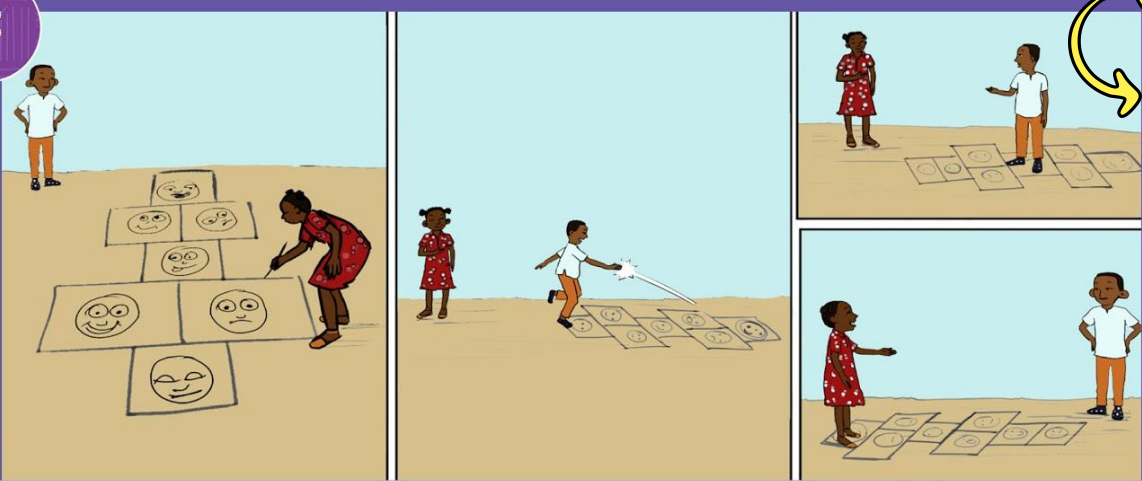
12



First, draw a target on the ground, like the one above. Next, take turns tossing a rock at the target. Add or subtract points depending on where the rock lands. The first to reach a score of 20 wins! Finally, try again, but create your own target with different shapes and numbers!

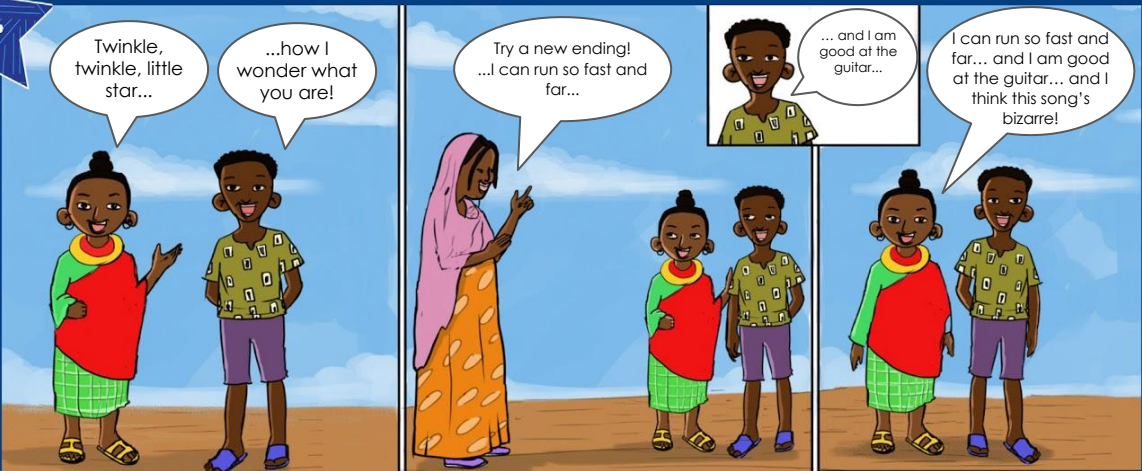
*Be patient, correct gently, and praise with enthusiasm!
Ask questions to stay engaged in the learning process.*

13



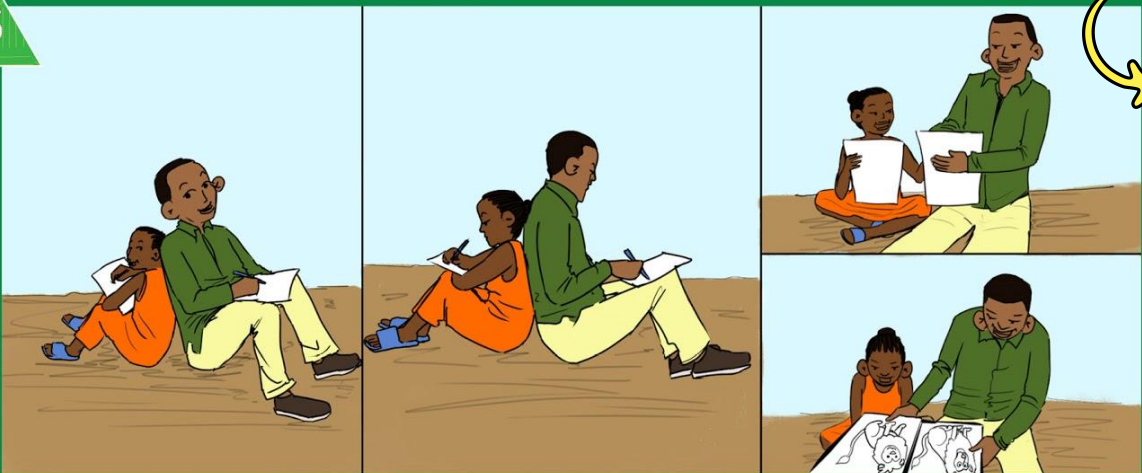
First, draw a hopscotch board on the ground with a stick. Draw an emotion inside each square. Next, toss a rock, and hop on the board to the rock, counting out loud with each hop. Finally, when you reach the rock, act out the emotion it landed on and share a time you felt this. The first one to act out all emotions at least once wins!

14



First, sing your favorite rhyming song. Next, create and sing your own rhyming line at the end of the song. Finally, challenge someone to add another new line. How many lines can you remember and add?

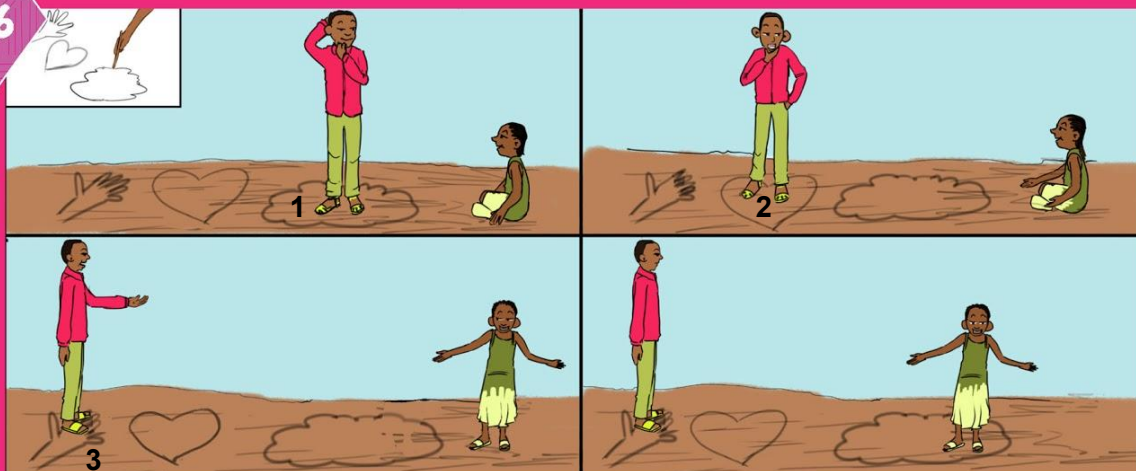
15



First, sit back-to-back and choose a family member to draw something. Don't look at what they draw. Next, ask questions about their drawing and try to create the same thing. Finally, when you think the drawings match, share and compare! What questions or directions would have helped make the drawings more alike? Switch roles and try again!

*Have children point out patterns or shapes that they find around the home.
Try to find all the triangles, circles, or squares!*

16



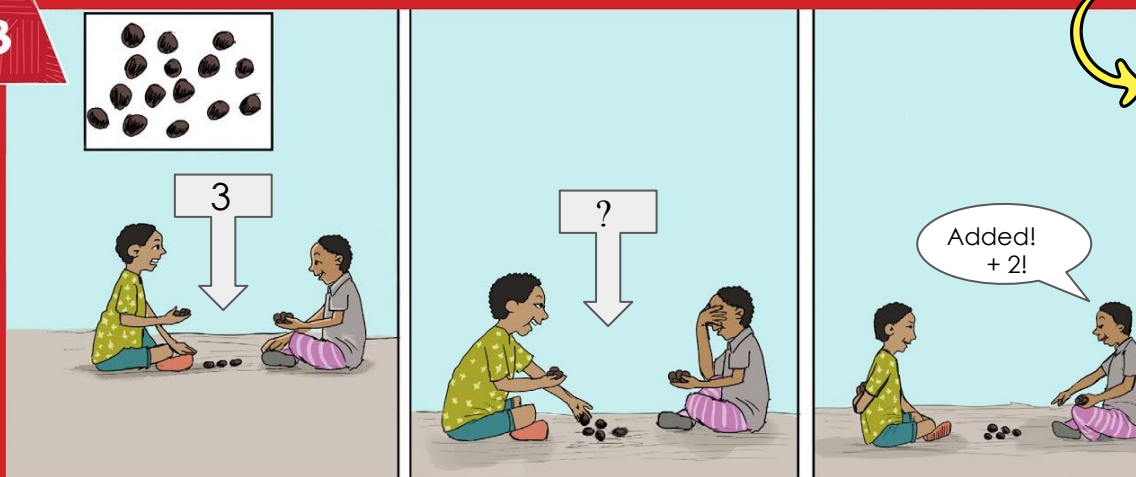
First, draw a large cloud, a heart, and a hand on the ground. Next, step into the cloud and state something that is worrying you. Then, step into the heart and express how it makes you feel. Finally, step into the hand and express what you can do to solve your worry. Repeat this, encouraging another family member to go next.

17



First, find a place to draw (on the ground or on paper). Next, talk about your future goals and ask a family member about theirs. Together, draw a picture of these goals. Finally, think of one action you can both take to reach your goals.

18



First, collect 15 small items (bottle caps, rocks—you choose!). Next, each player gets 6 and the remaining 3 are put in the middle. One player closes their eyes while the other adds or subtracts from the pile of items in the middle. Finally, the player opens their eyes and figures out the differences. Take turns. Add more players (and small items) to see who can find the change the quickest!

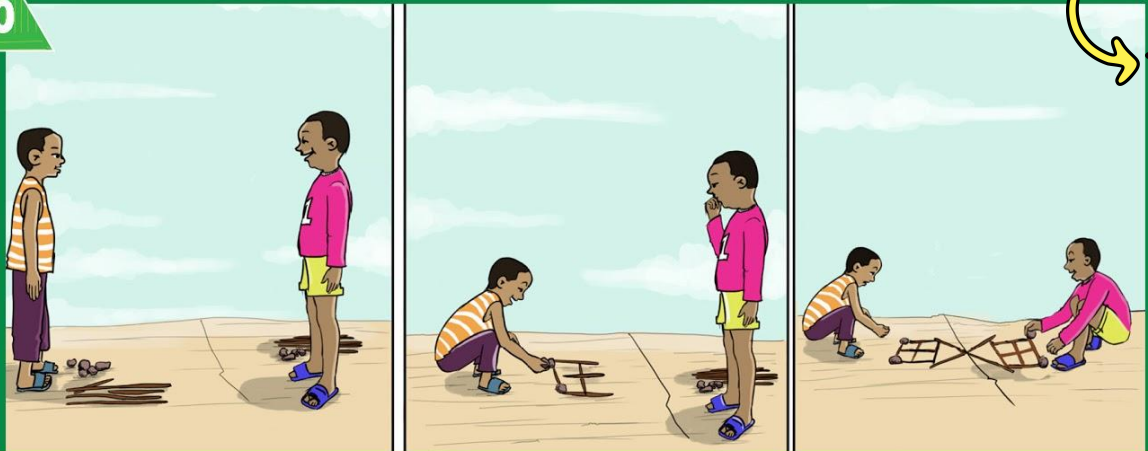
Let girls and boys know they have unlimited potential when it comes to math. Math takes patience, time, support, and hard work. Believe in your child's potential!

19



First, sit down with anything that can be read. Next, read and explain the meaning. Finally, ask questions about the reading. Can you recreate what you read but make it more exciting? Add or change details? Make it a story?

20



First, gather simple items (bottle caps, rocks—you choose!). Next, create a shape from these items. Finally, challenge someone in your family to create a mirror image of yours. Switch roles and try again!

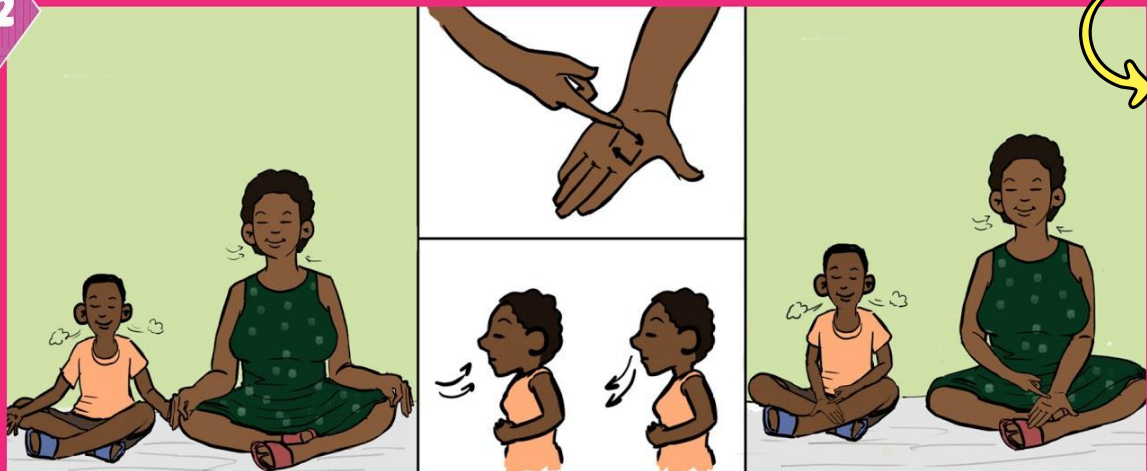
21



First, ask players to move their bodies into different shapes and to think about what emotion they feel when in each shape. Next, share emotions felt in each pose. Do different body shapes create different emotions? Finally, repeat with a new player leading. Let each player lead at least once.

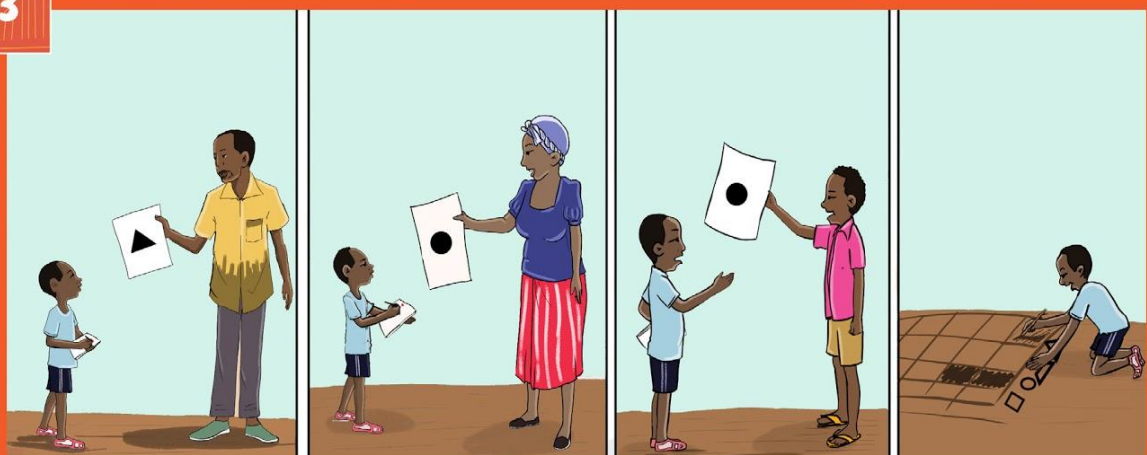
*Math is everywhere! Ask your child to help you solve simple problems in your daily life.
Problem solving skills are always helpful.*

22



First, breathe in and out slowly. Next, trace the shape of a square onto your palm. As you draw the square, slowly breathe in, counting 1-2-3-4. Draw another square and slowly breathe out, counting 1-2-3-4. Repeat this 4 times. Finally, take one last deep breath, then repeat.

23



First, think of a question you want to ask. For example: What is your favorite shape? Next, ask this question to family members. Finally, record your results to see what the most popular answer is! Try again with a new question to see how the results change!

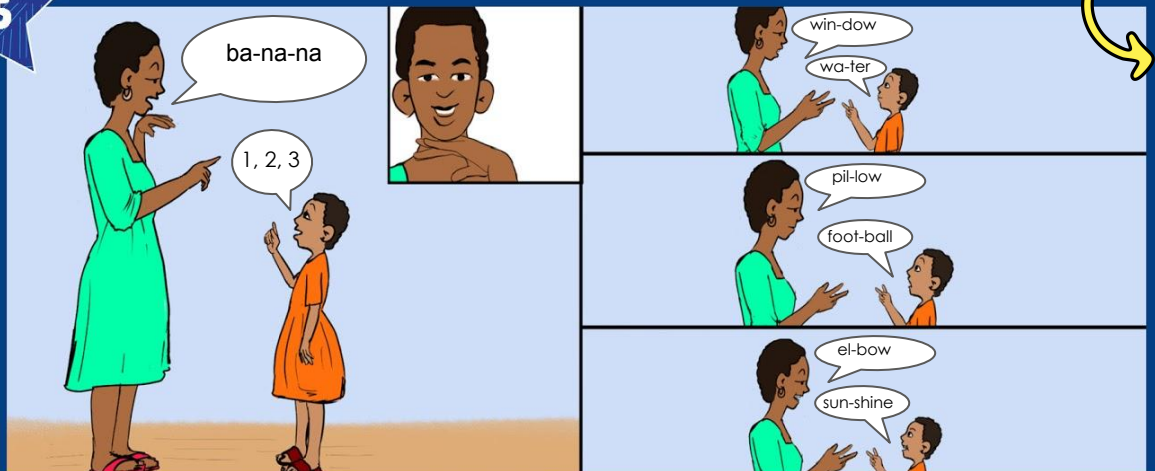
24



First, set a goal object across the room. Next, toss a small item (such as a rock or shoe) at the goal object. Finally, measure the distance between the small item you tossed and the goal object. How close can you get? Play with family members and whoever is the closest gets 1 point! The first to 5 points wins!

Let your child help you cook! Cooking involves a lot of measuring and counting.

25



First, place your hand under your chin and say 3 different words with different numbers of syllables (for example: cat = 1, monkey = 2, banana = 3). Let your chin push your hand down. Can you count how many times your hand goes down? That's how many syllables are in that word! Finally, challenge a family member to take turns brainstorming words with 2, 3, 4, or even 5 syllables! Take turns until someone can't think of a word.

26



First, create a musical rhythm by clapping, snapping, stomping, or using your body. Next, use this rhythm to skip count. With a family member, see how high you can count without missing a number. Try different musical rhythms with different numbers!

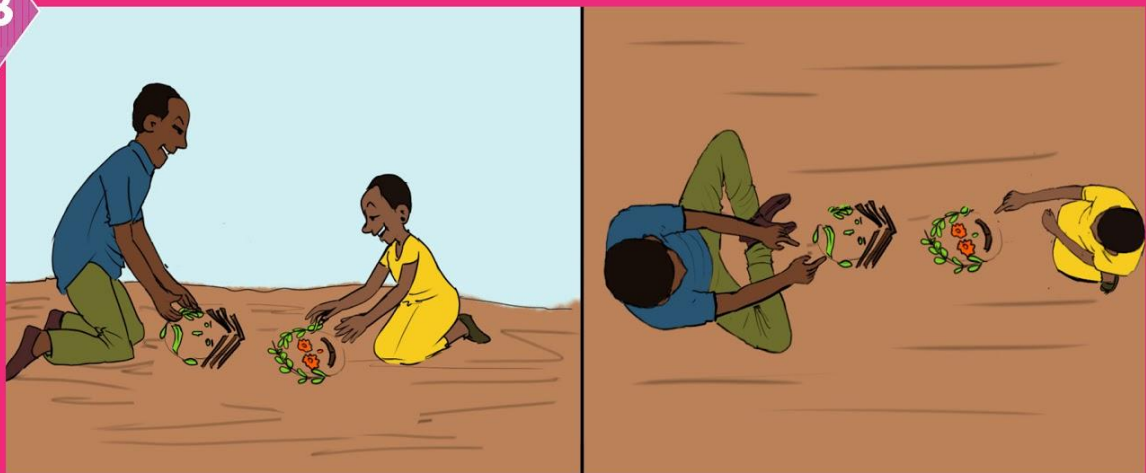
27



First, form a circle and gather some items that can be tossed or kicked. Next, everyone starts passing the items around and across the circle. Communicate with other players to see how many passes you can make as a group. How many passes can you make without letting a ball escape the circle?

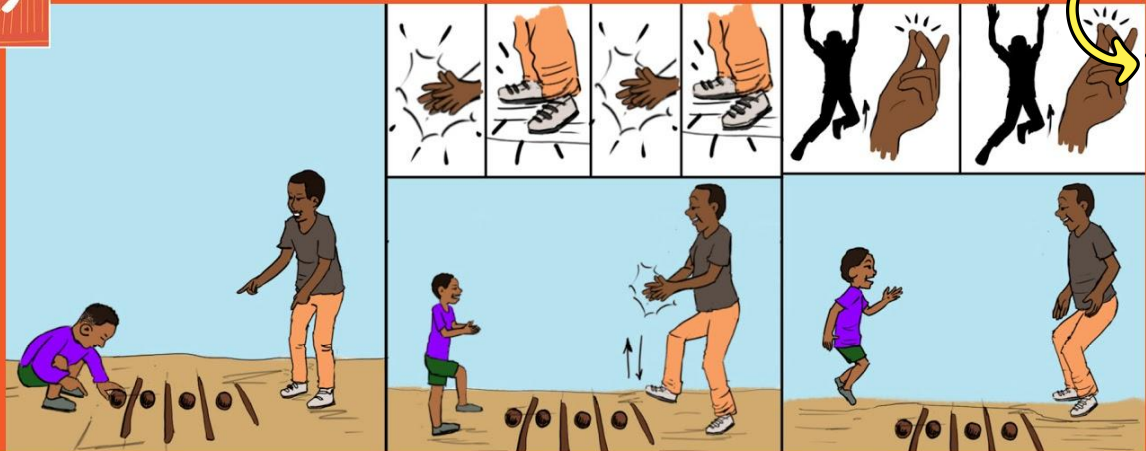
Throughout your day, encourage children to verbally express their emotions by creating opportunities to calmly discuss how they are feeling.

28



First, gather items like leaves, sticks, rocks, bottle caps, etc. Next, create different faces with different emotions. Finally, explain what emotions you created and why you chose to create them.

29



First, observe how patterns are everywhere. Next, create a pattern such as clap-stomp-clap-stomp. Finally, make a different pattern using other body parts. For example, snap-jump-snap-jump. How many different patterns can you make? Can you make them more challenging each time you try?

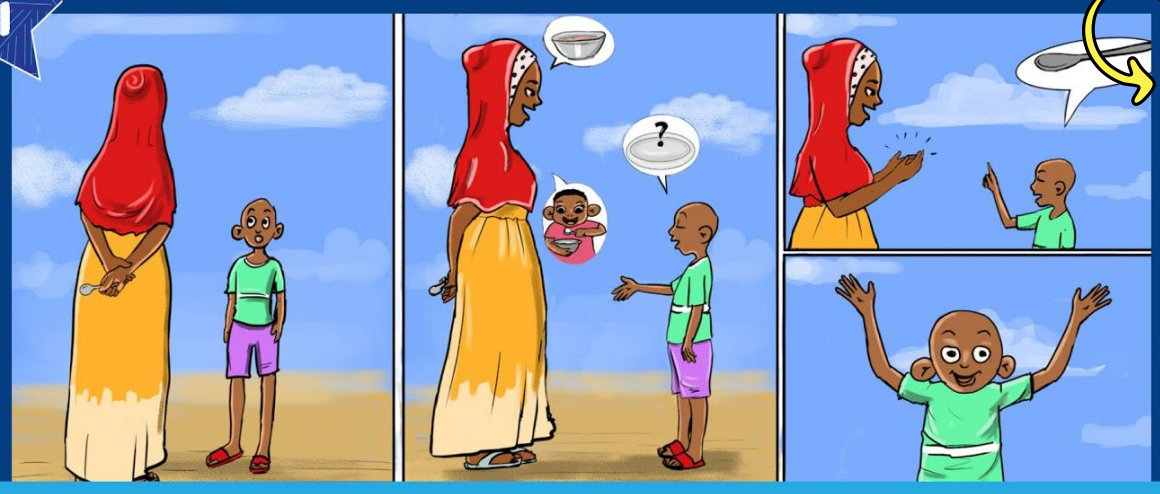
30



First, draw a big circle on the ground using a stick. Write the numbers 1 through 10 around the circle. Next, sing a favorite song and dance outside the circle. When the song stops, stop dancing. Stand on the closest number and point to another player. Next, multiply, divide, add, or subtract the number you are standing on and the number they are standing on. Whoever makes the lowest number wins a point! Play until someone has 5 points.

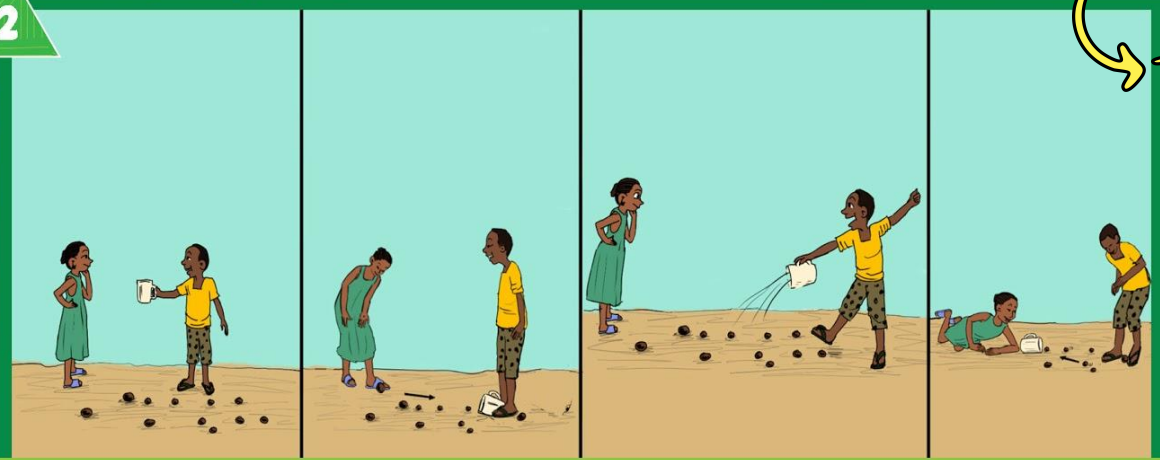
More can be achieved when everyone works well together! Help your child understand the importance of collaborating with their siblings and other children.

31



First, ask players to close their eyes while you hide something behind your back. Next, players ask questions about the item. What is it used for? What does it look like? Finally, how many guesses does it take to figure out what the item is? Take turns and let someone else hide an item!

32



First, gather 10 small items and scatter them on the ground. Next, try to find a creative way to get the items into a cup without using your hands. Repeat with someone else. How many different ways can you gather the items?

33



First, cover a family member's eyes. Start to build trust by carefully guiding them around the room. Next, guide them with just your voice. Finally, create a maze on the ground and try to direct them through it with your words. Switch roles and let your family member guide you!

*If conflict comes up, look for ways to resolve it calmly and fairly.
Finding a compromise such as sharing or taking turns always helps!*

34



First, form a circle. Next, grab the hands of two different people in the circle. Finally, communicate and work as a team. Without letting go of anyone's hands, untangle yourselves and return back to a circle!

35



First, have fun playing any game of your choice. Next, make sure to wash your hands with soap when you come back from playing. Finally, try singing a fun song to see how long you can wash your hands for. Can you sing and scrub with soap for more than 20 seconds?

36



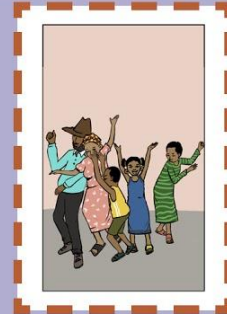
First, throw an item (such as a shoe, a rock, or other item). Next, make a guess at how far away that item is. Finally, measure the distance to the item using your feet (or anything you can find to measure with). Who's guess was the closest? Try again and see how to improve your estimates each time!

Encourage compassion and caring for one another throughout the day, every day!

Take Care of You

1. If you do not understand an activity in this packet, don't worry!

The most important thing is to stay healthy and happy. Try to have playful times with your child and do what it takes for you to take care of yourself, and to keep yourself and your child happy.



2. Breathing exercises are great for reducing stress.

While you are doing chores around the house or lying down at night, count to four as you breathe in slowly, and again as you breathe out. Slow breathing is healing. Try activity 22.



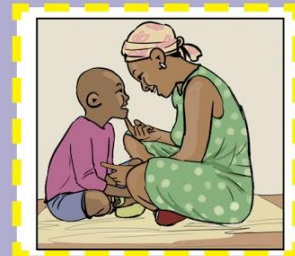
3. Remember: It is okay to take time for yourself!

Allow yourself time to be alone or take care of yourself. Encourage your child to take this packet and play games from it so you can take a break. Ask for support from loved ones. If your usual support system is not in place, we have included numbers (on this page and the next) that you can call for help.



4. Don't forget to smile.

Smiles can travel quickly. If you feel overwhelmed, smile at your child. When they smile back, it might help make your day feel lighter.



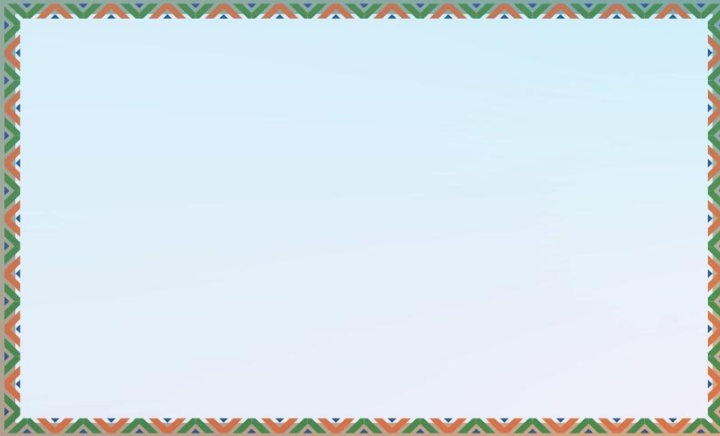
NEED SUPPORT?

Call any of these TOLL FREE numbers.



Resources

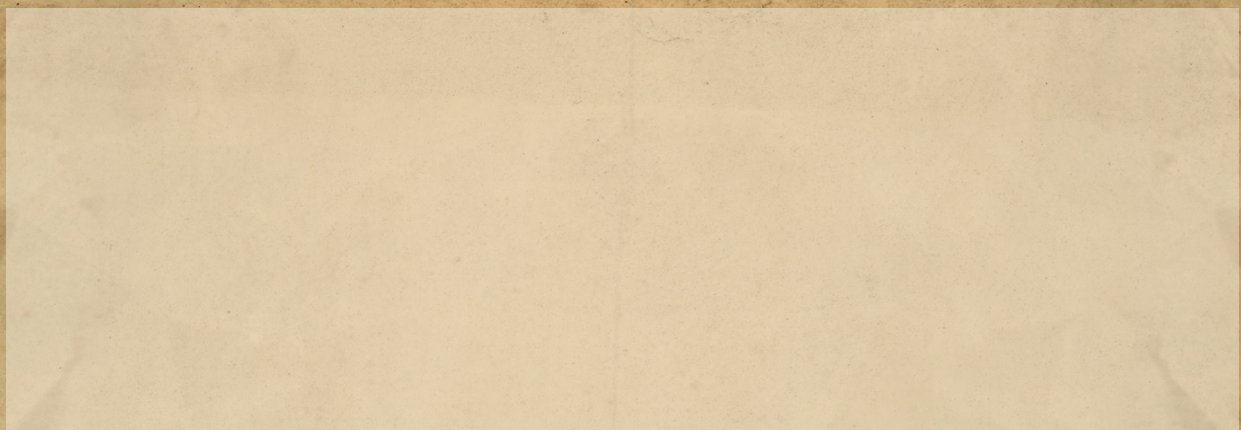
HEALTH SERVICES AND COVID-19 INFORMATION:



TEACHERS OR FACILITATORS TO SPEAK WITH:



NATIONAL EDUCATIONAL SERVICES AVAILABLE:



In partnership with:



The LEGO Foundation