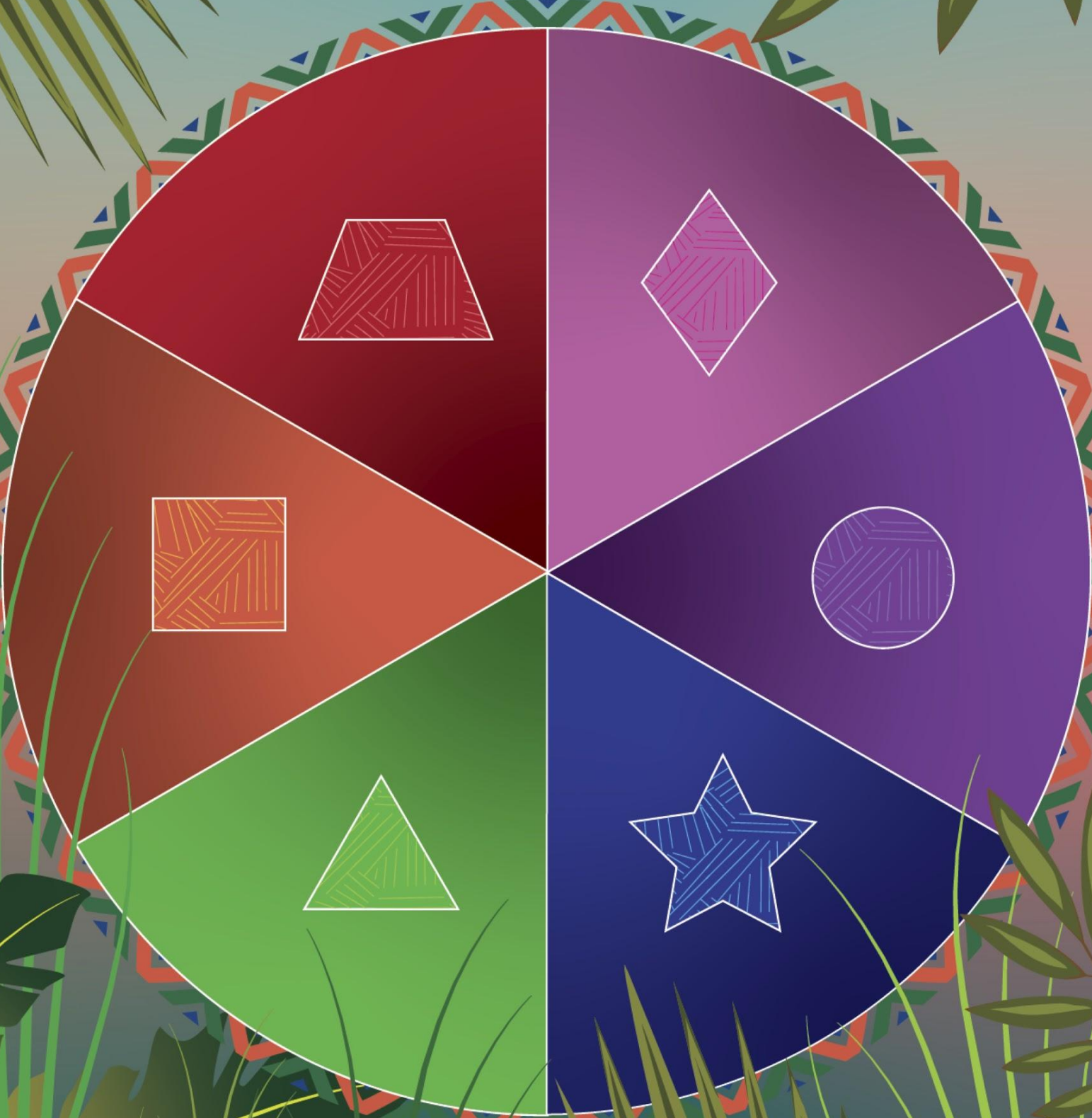
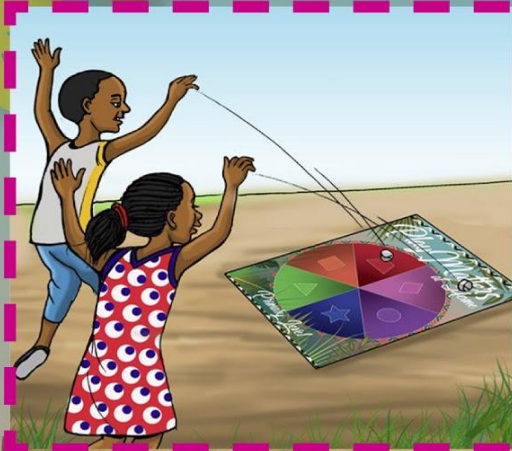


# PlayMatters at Home

*Pre-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 11, 16, or 21.

## 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 3 or 24 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 4, 8, 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 9, 18, or 27.

## 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 14, 13, or 25.

## 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.

23

**Important Action**

To see important helpful steps.

**Activity Instructions**  
To understand what to do.

**Activity Direction**

**Repeat Symbol**  
To try an activity again!

First, gather items and place them in a bag. Next, without looking, challenge a family member to reach in and describe what they feel inside the bag. Is it smooth or bumpy? Big or small? Hard or soft? Finally, guess the item! Switch roles and try again!

1



First, make a line to walk on. Next, walk on the line—try normally, backwards, on one foot, and more! Finally, after crossing the line, name something you see nearby. Switch roles and try again!

2



First, practice the alphabet. Next, identify items and sound out their beginning sound. Finally, take turns with a child finding different items and saying the beginning sound. How many different sounds can you find?

3



First, gather items like rocks, cans, bottlecaps, boxes, sticks, or others you can find. Next, try and build something together. How many different things can you build with the same items? What is the tallest thing you can build?

*When your child is resting, you can take a rest too.*

4



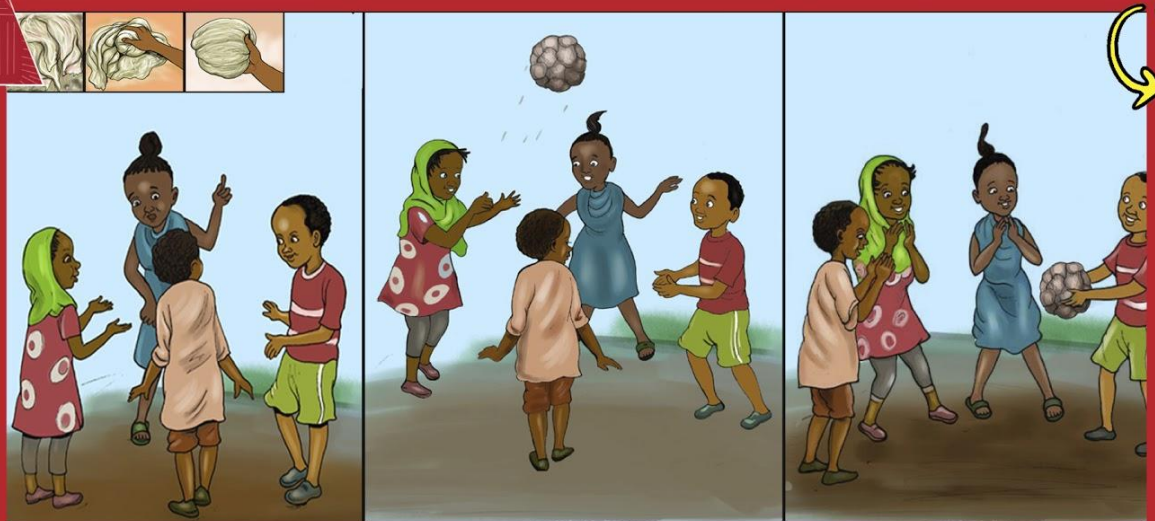
First, get low and be round like an egg. Next, jump up, name, and act out an emotion. Finally, other players must also jump up and act out the same emotion. Take turns and choose different emotions!

5



First, gather items. Next, challenge a family member to figure out which item is the biggest and which is the smallest. Are any items the same size? Finally, switch roles and try again! Invite more family members to join and race to see who can find the biggest and smallest items the quickest!

6



First, create or find a ball. Next, take turns tossing the ball without letting it hit the ground. When someone catches the ball, they should share something positive or funny. Finally, try to make 10 catches without dropping the ball.

*Talk to your child each day about the day of the week or the weather. This will help build their understanding of time and seasons.*

7



First, encourage children to help in everyday tasks that promote small, coordinated movements with their hands. Next, create a small movement game of looking closely for letters in all places. For each letter found, a player earns one point. Can you find all of the letters of the alphabet?

8



First, begin a task with your child. Next, while completing the task, explain what you are doing and how you are doing it. Finally, talk about your day with other family members. Can children help with at least 1 task each day?

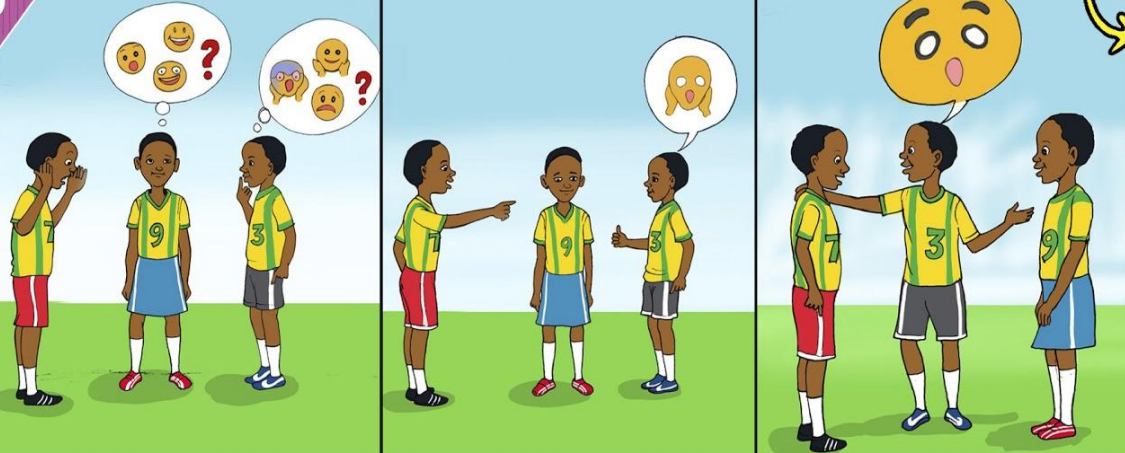
9



First, gather family members. Next, create and act out a story using key phrases such as "first," "next," and "in the end". Allow children to create parts of the story. Finally, offer questions or thoughts about the story. Was everyone listening closely?

*Quiet moments telling or reading stories with your child can be perfect for allowing yourself to take a break.*

10



First, act out an emotion. Next, challenge children to guess what emotion is being acted out. Finally, invite players to share a time they felt this emotion. Repeat with other emotions!

11



First, gather 3 cups and one small rock. Next, place the rock under one of the cups. Change the order of the cups by moving them quickly. Finally, guess which cup has the rock underneath it. Switch roles and try again!

12



First, try to measure the distance between items using your feet. Next, play a game and measure how far everyone can jump. Can different jumping styles help you jump further? Finally, invite children to practice measuring in other ways, such as when cooking.

*You can play with your child anytime! Cooking or cleaning—you can make any activity fun with dancing, singing, or telling stories!*



13



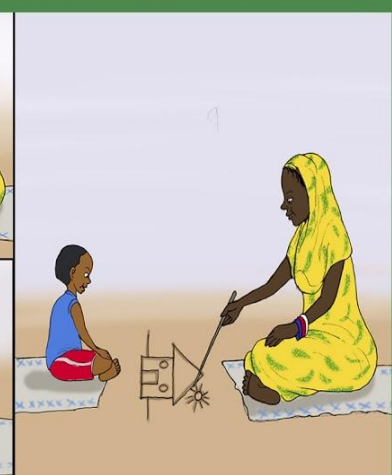
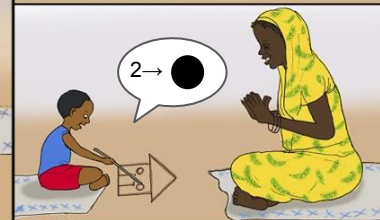
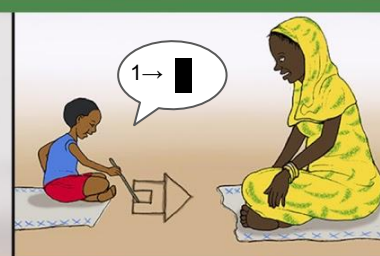
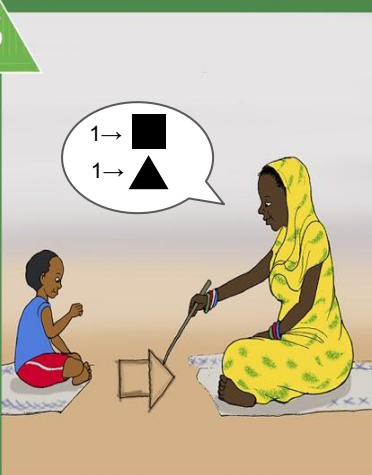
First, encourage children to do things independently. Next, celebrate the things they can do! Finally, challenge children to do 5 tasks independently each day. Praise and support them when they do!

14



First, tell stories of the past. Next, discuss the present. Finally, discuss the future. Do children have dreams? Goals? Happy memories? Do you? Use the words "past," "present," and "future."

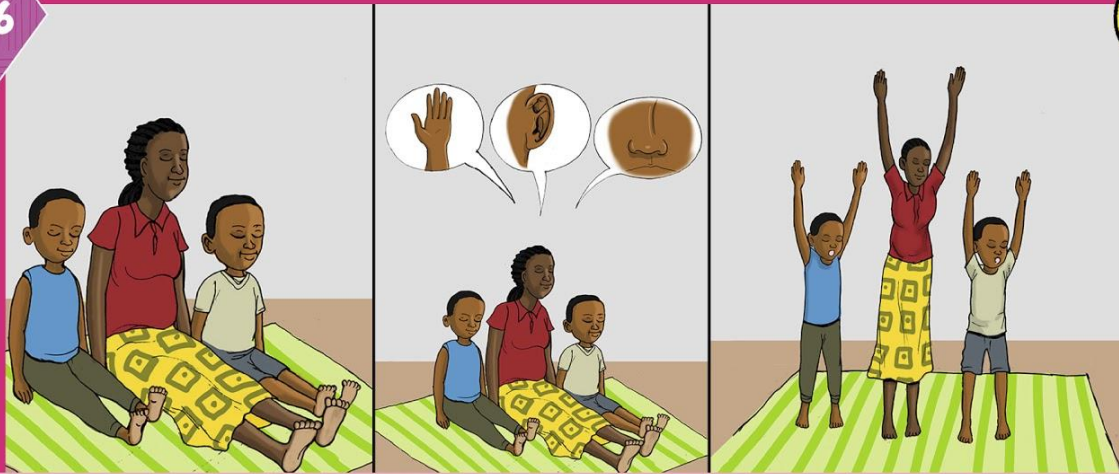
15



First, draw a shape and say its name out loud. Next, invite a child to add another shape and say its name. Finally, build a picture out of shapes together. How many shapes are in the final picture?

*Invite your child to get creative with you by asking them to help solve simple problems throughout the day.*

16



First, sit and close your eyes. Breathe slowly, filling your belly with air. Next, focus on what you hear, feel, and smell around you. Do this for 5 deep breaths, keeping your eyes closed. Finally, stand up and stretch to the sky. Relax and breathe for 3 more deep breaths.

17



First, encourage one player to close their eyes while the other makes sounds from somewhere nearby. Next, the player with their eyes closed should try and guess where the sound is coming from and what sound it is. Finally, switch roles and try again!

18



First, say a movement and a number of times to do it (for example, "Take 3 steps!"). Next, each participant acts out the movement. Finally, choose who did the movement correctly. This person leads the next new movement (for example, "Hop 5 times!"). Finally, repeat until everyone has one turn leading the movement.

*Children benefit from all opportunities to learn! They are very curious and are always taking in new knowledge. Remember, every child learns at their own pace.*

19



First, say the beginning sound of an item in sight. Next, challenge children to find an item that begins with that sound. Finally, say both the sound and name of the item together. Switch roles and try again! How many items have the same beginning sound? How many are different?

20



First, draw shapes on the ground. Next, name the shapes and trace them with rocks or other small items. Finally, see who can fill their whole shape. Do some shapes need more items to fill them? Do some need less?

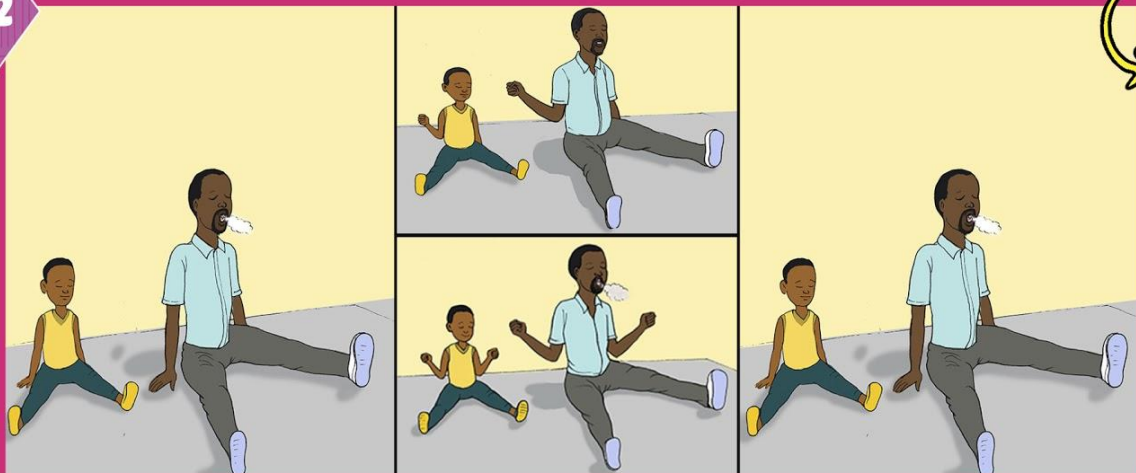
21



First, gather pairs of items (they can match in color or shape). Put one item from each pair into a bag, and put the others in a line. Next, ask players to stand back, while you pull one item out of the bag. Finally, challenge everyone to race to the item's match in the line. Play again and let the winner of the race take the next item from the bag.

*Chat with your child all the time! The more your child talks with you, the more they will build many skills!  
Encourage your child to brainstorm multiple ways to describe something  
(an item, an action, a thought) when they are talking.*

22



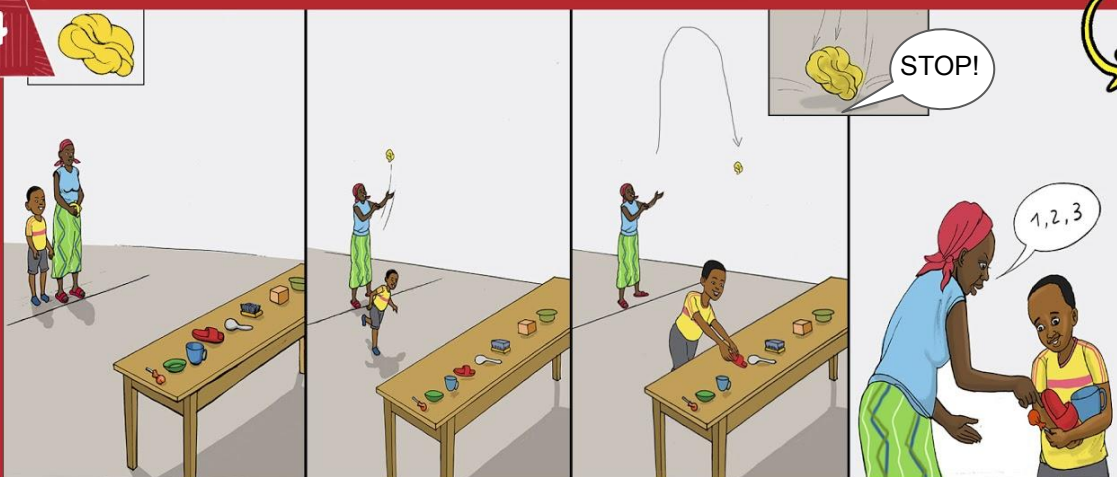
First, close your eyes and slowly breathe in and out. Next, squeeze your fists really tight, as if you were squeezing a lemon. Finally, relax your whole body, and slowly breathe in and out. Repeat this five times.

23



First, gather items and place them in a bag. Next, without looking, challenge a family member to reach in and describe what they feel inside the bag. Is it smooth or bumpy? Big or small? Hard or soft? Finally, guess the item! Switch roles and try again!

24



First, create or find a ball. Next, toss the ball up in the air while players run to collect items. Once the ball hits the ground, players must stop! Finally, count the items collected. Switch roles and try again. What can you do to collect the most items?

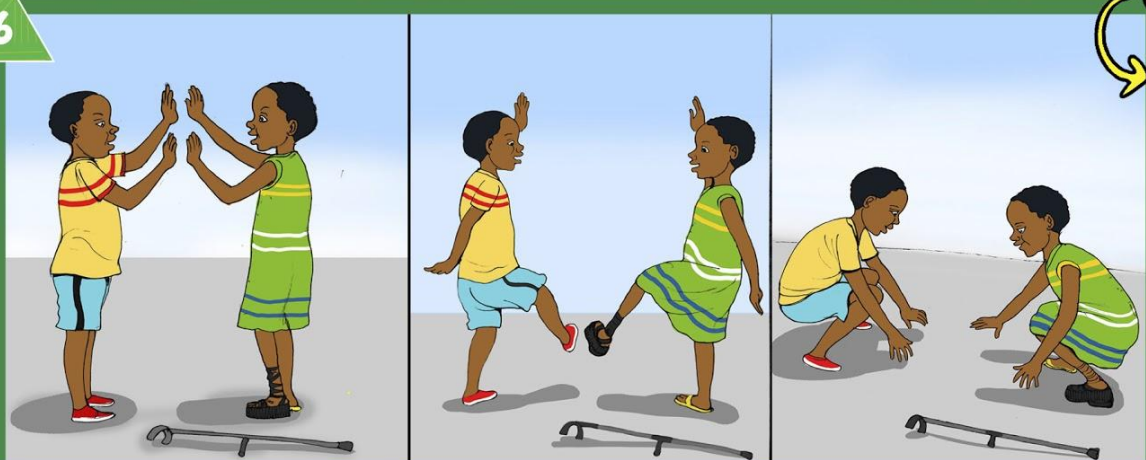
*Always encourage your child to count. Can they count how many hands are in the family or how many steps it takes to walk from one spot to another?*

25



First, find a quiet place. Next, take time to read or tell a story with children. Can this be done at least once each day?

26



First, one player starts a movement. Next, another player copies that movement, just like a mirror. Try moving really fast and really slow. Be as creative as you can when making new movements!

27



First, find a favorite song or dance. Next, take time to sing, laugh, and dance together!

*Throughout your day, find time to stop and breathe. Invite your child to close their eyes with you and focus on calmly breathing for a minute or two.*

28



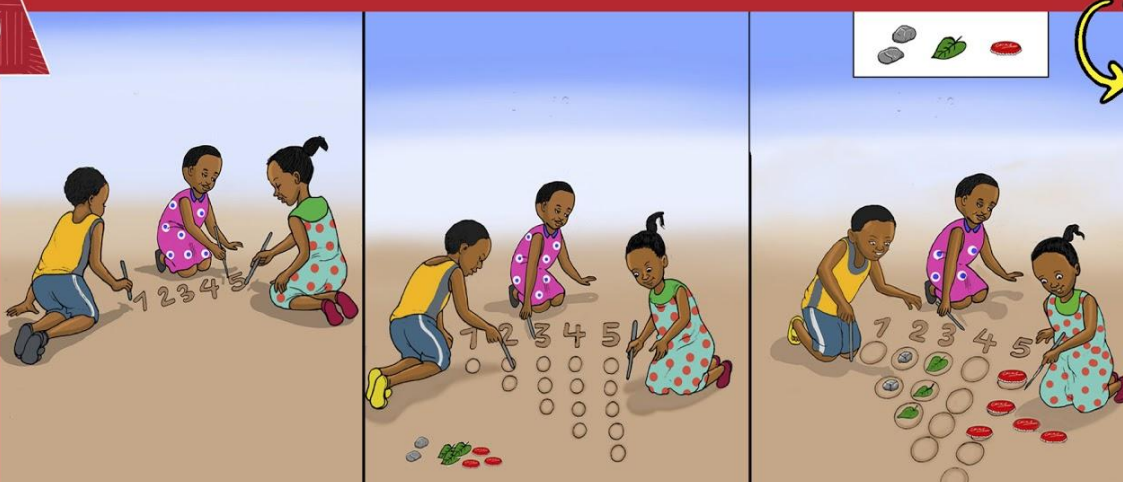
First, choose someone to be a statue. Next, try to make the statue laugh. Make funny faces, silly sounds—you choose! Just don't touch the statue! Finally, once the statue laughs, switch roles and try with a new statue.

29



First, gather items. Choose 2 items that are the same and 1 that is different. Look at their color, shape, and size. Next, line them up. Finally, challenge a family member to find which item is different and explain why. Switch roles and try again with 3 new items!

30



First, write the numbers 1 through 5 on the ground, with matching circles underneath. Next, collect items to fill the circles while counting out loud. Finally, try again, but race to see who can gather and count new items the quickest!

*Remember to ask your child questions and encourage them to explain their thinking. Why are they doing something a certain way? Why do they like certain foods or games more than others?*

# Take Care of You

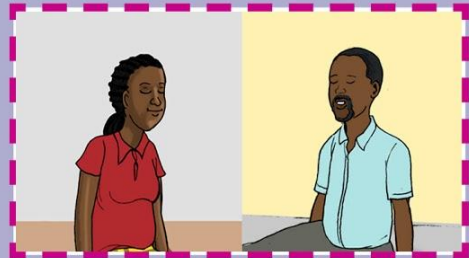
## 1. If you do not understand an activity in this packet, don't worry!

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 4, as you breathe in slowly, and then again as you breathe out. Slow breathing is healing. Try activities 16 and 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

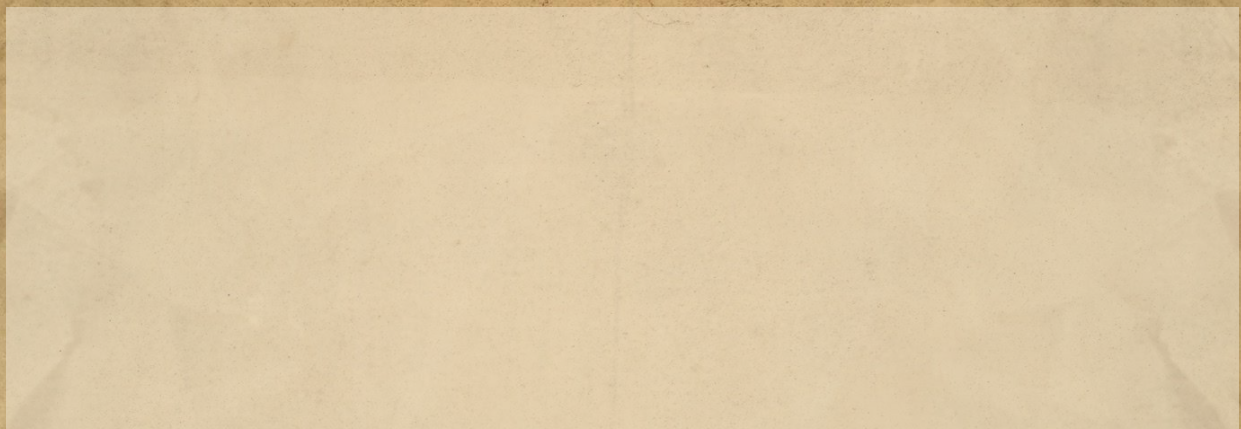
## HEALTH SERVICES AND COVID-19 INFORMATION:



## TEACHERS OR FACILITATORS TO SPEAK WITH:



## NATIONAL EDUCATIONAL SERVICES AVAILABLE:



In partnership with:



The LEGO Foundation