



CATEGORY A: NURSERY, JKG & SKG

WEEK: 4 ACTIVITIES





WEEK: 4 ACTIVITY
THEME: 4 DAY: 1

NAME OF THE
ACTIVITY: BREATHING BUDDIES



Description

Material Required

Resources

Type of Submission

Ask Child to Lie down, keep the Toy on the stomach of the child.
Set the alarm for 2 min ask child to observe the up and down motion of the toy while they are breathing slowly.
Repeat the activity till student observes and attain calmness.
Take a video of the activity and Submit via google form.

**A toy (children's favorite)
Alarm clock**

No Resources

VIDEO





WEEK: 4 ACTIVITY
THEME: 4 DAY: 2

**NAME OF THE
ACTIVITY: I EAT...**



Description

Material Required

Resources

Type of Submission

**Take a chocolate or a slice of an apple.
Ask them to observe the food, smell it, touch it,
listen it. (Ask them to keep it near ear)
Ask them to put it in the mouth slowly chew it and
Ask them to feel the difference. Write students
response on paper and their experience.**

**Chocolate
/ Apple,
Paper**

No Resources

Image

**Take a Photo of the activity and Submit via google
form.**





WEEK: 4 ACTIVITY
THEME: 4 DAY: 3

**NAME OF THE
ACTIVITY: I THANK...**



Description

Material Required

Resources

Type of Submission

**Take a thick chart paper & cut it into an A4 paper.
Ask them to think of three things that they are
happy and grateful for today.
It can be anything, such as a person, a place, or an
object.
Then ask them to write them down, draw them, or
say them out loud.**

**Chart
Paper,
Crayons**

No Resources

Image

**Take a Photo of the activity chart and Submit via
google form.**





WEEK: 4 ACTIVITY
THEME: 4 DAY: 4

NAME OF THE
ACTIVITY: MY BODY



Description

Material Required

Resources

Type of Submission

Teach the song that is attached in the link below. Sing the names of different body parts like head, shoulders, knees, and toes. Encourage the children to touch each body part as they sing along. Play the song with zero volume and ask the students to lip sync the song by singing along with the video.

No resources

[Click here for the video](#)

Video

Take a video of the student singing rhyme along with the action and Submit via google form.





WEEK: 4 ACTIVITY
THEME: 4 DAY: 5

**NAME OF THE
 ACTIVITY:
 MY FAMILY TREE**



Description

**Material
 Required**

Resources

**Type of
 Submission**

**Take an A4 paper and Draw a big tree.
 Take the photo of the father and mother and apply glue
 to them one by one.
 Paste them on the top of an A4 sheet of paper
 Write Father & Mother on the bottom of the Photo
 after pasting them.
 Do the same process for grandparents, siblings, uncles
 and aunts too
 Take a photo of the Family tree you made and submit via
 google form.**

**Photograph
 s of
 Mother,
 father,
 siblings
 A fevicol
 A4 sheet of
 paper
 Sketch
 pens**

Image

