

PICNIC IN MY CASTLE

EAT PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN



STEPS:

- 1 Use some chairs and blankets to make a tent
- 2 Make a plate of fruit or lunch, eat with your child, and create a story together



WHAT YOU WILL NEED:

Chairs, blankets, some food, any decorations to make it look like a castle!

BENEFITS:

Develops creative skills and strengthens family ties

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I SPY FOOD!

EAT PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN



STEPS:

- 1 With the ingredients, ask your child to tell you more about their colour, texture and shape, etc.
- 2 With foods nearby, say "I spy with my little eye a food beginning with... [insert first letter of food]?"



WHAT YOU WILL NEED:

Food, such as vegetables, and a clean, safe space

BENEFITS:

Children begin to recognise and name different foods and better understand language.

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WASH AND NAME VEGETABLES

EAT PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN



STEPS:

- 1 Start by washing your hands with soap
- 2 Ask your child to wash the vegetables and name them



WHAT YOU WILL NEED:

Vegetables, water, soap and a basin

BENEFITS:

Improves language skills and teaches important hygiene skills

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VEGETABLE STAMPING

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STEPS:

- 1 Cut vegetables into chunks and cut designs into them like stars, crosses and smiley faces
- 2 Add some food colouring to water, dip the side of the vegetables with the design in, and print it on the paper



WHAT YOU WILL NEED:

Hard vegetables like potatoes, okra, bok choy and carrots, food colouring, water, paper

BENEFITS:

Improves creativity

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BOOM, BOOM, BOOM

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STEPS:

- 1 Ask your child to beat out a rhythm and play along with songs or music
- 2 proves imagination, rhythm, coordination and counting



WHAT YOU WILL NEED:

Pot or pan, a spoon, your voice!

BENEFITS:

Improves imagination, rhythm, and coordination, counting

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SPIDER WEB

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

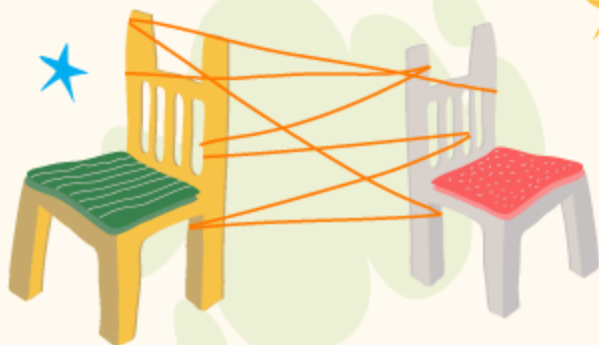


STEPS:

- 1 Tie or loop a rope across the room and around furniture



- 2 Carefully, without touching the web, try to climb through the spaces in the web.



WHAT YOU WILL NEED:

A rope or thick string

BENEFITS:

Develops dexterity & builds creativity

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DANCE... AND FREEZE

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STEPS:

- 1 Play music and ask your child to dance
- 2 At a random moment, stop the music and ask your child to freeze. Add to the challenge - ask her/him to freeze in the shape of an animal or shape

WHAT YOU WILL NEED:
Music, speaker/phone

BENEFITS:

Develops listening skills, coordination and imagination, and enables the child to identify rules

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INDOOR BASKETBALL

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STEPS:

- 1 Find a clean bucket or pot and roll up a sock into a ball.
- 2 Ask your child to throw the ball in. With each success, she/he must take a further step back. The further away, the more points!

WHAT YOU WILL NEED:

A bucket or a pot;
a rolled up sock

BENEFITS:

Develops hand to eye
coordination and depth
perception, rule setting

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LET'S BUILD

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN



STEPS:

- 1 Find some empty cardboard boxes
- 2 Discuss with your child what to create. Then build a house, a car, an animal. Anything!



WHAT YOU WILL NEED:

Cardboard, scissors or knife (for parent), pens, pencils or markers, paints and other decorative materials (optional)

BENEFITS:

Develops imagination, planning skills & helps parent-child bonding.

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LET'S DANCE

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN



STEPS:

- 1 Choose a selection of songs together
- 2 Play the music and dance like crazy!



WHAT YOU WILL NEED:
Music, speaker/phone

BENEFITS:

Develops coordination;
great form of exercise

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SOCK PUPPETS!

EAT, PLAY, LOVE TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Make a puppet out of socks or discarded clothes - get creative with wool, buttons and string.
- 2 Use the puppet to talk to your child. Use different voices to tell stories and express moods



BENEFITS:

Inspires imagination;
helps children understand
story structures; helps
understanding of emotions

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CAN YOU COPY ME?

EAT, PLAY, **LOVE** TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Sit or stand with your child and ask 'can you copy me?'
- 2 You can dance, make a funny face, pretend to be an animal... see if they can copy you.

BENEFITS:

Children learn how to mimic & use their imaginations.

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BROOM, BROOM, WHAT'S THAT SOUND?

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STEPS:

- 1 Go around the house, outside if you can, or just open a window.
- 2 Listen for sounds. Ask your child what it is, and invite him/her to copy the sound.



BENEFITS:

Learn how to listen,
and identify sounds

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DRAWING FAMILY AND FRIENDS

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STEPS:

- 1 Using pen or pencils, ask your child to draw family members.
- 2 Draw with your child, add your home, pets, places, etc.



BENEFITS:

Improves dexterity, understanding of family, creativity, and encourages children to talk about feelings



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QUIET TIME TALKING

EAT, PLAY, **LOVE** TO BUILD YOUR CHILD'S BRAIN

STEPS:

- 1 Find a time to rest, sit with your child and talk together
- 2 Hold your child's hand, smile, chat together. Listen well and respond positively when your child tells you something.

WHAT YOU WILL NEED:

Cushions, blankets

BENEFITS:

Calms your child,
increases bonding,
makes child feel secure

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