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

#LEARNINGATHOME

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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

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

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

eat, play, love to build your child's brain

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

#LearningAtHome

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

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

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

#LEARNINGATHOME
**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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[Unicef logo] for every child
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?

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

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

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

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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