

Home-Based Learning Infants





NOTE TO PARENTS/ GUARDIANS

Dear Parents/ Guardians,

We would like to invite you to be part of your child's learning journey. This pack of activities is meant to reinforce what your child has been learning in school. Rest assured that printing is **not** required and all activity ideas may be done with resources that you have at home. Feel free to improvise and make changes as you wish, to suit the interest of your child and to work with readily available materials.

We hope you will enjoy exploring the activities together and please feel free to share photos of your experience with us! ☺





Bingo Sing-Along



What you will need:

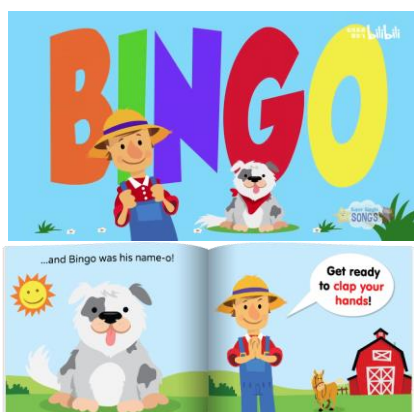
Simple props if available (farmer's hat, pillows or cushions to support child while seated)

Sing a Repertoire of Songs to Your Child!

Play and sing along with your child the following song:

BINGO: <https://tinyurl.com/48ew4np5>

- Singing is one of many methods of play and a fun way to interact with babies.
- Like reading, singing is an activity that requires listening. It's an opportunity for your baby to begin to understand language and feelings, expressed through language.
- You can have fun singing and doing the actions with your child while developing his/her language, social-emotional and motor skills.
- Sit with your child on the floor securely using your body to support his/her back.
 - Draw your child's attention to the dog's barking.
 - Tell your child BINGO is the dog's name.
 - Follow the farmer's instructions on the various actions (clap, pat your legs, pat your tummy, pat your head, jump)
 - *hold your child up to do a slight jump
 - Hold your child's hand to help with all the actions.
- If your child is old enough to sit on his/her own without support, you can sit opposite each other and do the actions while your child imitates you.



I am learning to...

- Listen and enjoy action songs.
- Copy and imitate actions.





Water Tray Play

What you will need:

High chair tray or any other large tray, deep enough to hold about 1 cm depth of water; light weight milk bottle caps or any other light weight objects.

Let your baby explore with water!

***Babies need constant supervision. Especially when near water regardless of how little an amount.**

- Pour about 1 cm (or less) of water in baby's high chair tray (or any other tray) and let your baby touch and play with the water.
- He/she can barely see the water so draw their attention to it.
- Allow your child to splash and explore the properties of water.
- Add some milk bottle caps and watch them float and glide across the tray.
- Let your baby grasp the milk bottle caps as they glide in the water.
- You can also do this by sitting baby on your lap and letting them dip their hands in and splash around with a small bowl of water. Let baby bat at the bottle caps or splash to move them.
- Talk to your baby about what he/ she is doing, to develop their vocabulary.
- You can use any other light weight objects that will float in the water.
- For older babies you can mention the colours of the bottle caps and encourage baby to grab for specific coloured caps.
- Repeat this activity as often as you like as your child needs repetition in order to internalise their learning and understanding.



I am learning to...

- Track with my eyes, a moving object.
- Understand cause and effect (hitting water makes it splash).
- Have better hand-eye coordination.





Tummy Time Sensory Bags



What you will need:

Zip lock bags, items to fill the bags ranging from pom poms, glitter, oil, paint, sticks, colourful shape cut-outs, hair gel, tape to seal the bags etc.

Tummy Time is Fun Time!

- Tummy time is vital for infants to develop strong neck, shoulder and back muscles.
- Babies must be placed on their backs to sleep and on their tummies to play.
- For tummy time play, aim for two or three times a day, for three to five minutes at a time to start, and progress to 10 minutes gradually.
- Here are some simple ways to prevent boredom and make tummy time downright fun.
- Create tummy time sensory bags! It is a great way to make tummy time more exciting. You can experiment with a few designs such as:
 - Plain water and glitter
 - Large colourful pom poms and water
 - Baby oil, water and food colouring

Following is a link with more ideas on:

How to Make Sensory Bags for Babies - <https://tinyurl.com/4uty42xw>

- Enjoy tummy time with your baby!



I am learning to...

- Hold up my neck for a longer time.
- Focus and track with my eyes.
- Feel with my hands and explore.





Stacking Blocks Way Up High



What you will need:

Blocks of any kind, nesting cups or any other stacking toys available.

Let's Stack Them Up!

Listen to the song with your child:

Stacking Blocks Way Up High: <https://tinyurl.com/cj3mw9wd>

- Being able to stack one object on top of another is an important developmental milestone for young children.
- As your child stacks the blocks, he/she develops important skills like eye-hand coordination, and they refine their fine and gross motor skills.
- Listen to the song, sing along and sway your hands with the rhythm. Either you do it holding your child's hands or get him/her to imitate your swaying of the hands.
- Show him/her how to stack the blocks.
- When the block stack is two or more blocks high, you can invite your child to knock it over. Alternatively, keep stacking till it topples.
- Your child will find it exciting to stack and will be thrilled to knock it down!



I am learning to...

- Use my pincer grasp to pick up blocks.
- Refine my eye-hand coordination.
- Enjoy interactive play with my caregiver.



Playing with My Shakers



What you will need:

Empty water bottles, tape or hot glue, beans, bread tags, coins, buttons etc.

Let's Make Music!

Musical Instruments Song: <https://tinyurl.com/5y5c7p5d>

Make some shakers for your child to shake to the beat of a song. Listening and identifying musical beats supports the development of listening, concentrating and motor skills in young children. Let your child enjoy and discover the sound made by different shakers.

- You will need a few self-made shakers for this activity.
 - A few water bottles.
 - You can use different materials like beans, bread tags, coins, small Lego pieces, buttons etc. to place in the bottle.
 - Be sure to screw the bottle cap very tightly and to permanently fasten it for the safety of your child. You can dab a little hot glue or use tape around the screw part of the lid.
- Your child can get rattling with the bottles and explore the sounds made by the different bottles.
- Play the Musical Instruments Song, sing to your child and let him/her shake to the beat of the song as you demonstrate.



I am learning to...

- Listen to and explore different types of sounds.
- Understand cause and effect (moving the shaker makes a sound).





躲猫猫

活动准备：

干净的单色毛巾一条



一起来玩躲猫猫吧！

活动内容：

1. 婴儿呈仰卧或坐立的姿势
2. 家长与婴儿呈面对面坐立的姿势，拿着毛巾先蒙住自己的脸，然后对婴儿说：“猜猜我在哪里？”
3. 等待并邀请婴儿伸手把毛巾拉下来，笑着对他说：“啊！我在这里！”
4. 待婴儿熟悉后，家长可以将毛巾递给婴儿，让婴儿自己蒙脸，或者协助他蒙脸，继续玩此游戏，家长也可以在玩游戏的过程中，念儿歌《躲猫猫》



躲猫猫

小小毛巾蒙住脸
不见鼻子不见眼
妈妈妈妈你别躲
(宝宝宝宝你别躲)
放下毛巾就出现

我将会学到：

- 初步探索客体永久性
- 愉快地与家人进行互动游戏





寻找声源



活动准备：

能够发出声响的打击乐器或玩具一个

一起来找找声源在哪里吧！

活动内容：

1. 让婴儿以舒服的姿势仰卧或坐好
2. 在婴儿视线看不到的地方，如：右后方、左后方轻轻摇动打击乐器或玩具
3. 等待并观察婴儿是否转头并朝向发出声音的方向进行寻找
4. 鼓励婴儿继续寻找，直到找到该打击乐器或玩具，让婴儿自行探索、摇晃
5. 再次从不同的方位进行该游戏



我将会学到：

- 发展听觉能力，寻找从不同方向发出的声音
- 愉快地与家人进行互动游戏

