

# School Readiness Activities



By Our Journey At Home

Welcome to #ojahfamily

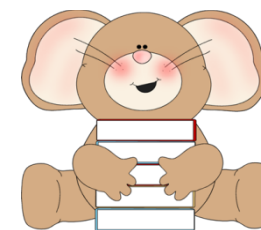
This curriculum is designed for children of age group 1.5 years to 3 years, who want to have fun and learn at home. It is a very flexible curriculum which you can pick and choose from a list of activities for basic subject matters, according to your child's cues and interests.

## **Aim :-**

To expose our young learners to a wide variety of topics and ideas.

## **Essentials :**

- Hands-on activities are essential in helping them remember concepts. Never skip them.
- Encourage Imaginative play. Create imaginary scenes where they can be the heroes.
- Plan Open-Ended Art Projects, every week.
- Play with your children!
- Sensory Activities are vital. They help these young bundles to calm, and redirect their (non-stop/never-ending) ENERGY and help them focus.
- Read Aloud to your Children Every Single Day.
- Loads and Loads of Outdoor Play.
- Read and Sing Rhymes, Songs and Poems.

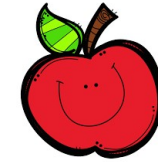


**The way we view education at any age here in #ojahfamily is to make it fun!**

**Fun leads to the desire to want to learn more!**

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# Fine Motor Skills Exercises



1. Building towers with any kinds of blocks and knocking them down.
2. Playdoh – make snakes, roll the playdoh, knock at it, use cookie-cutters to create shapes, push the playdoh with fingers, hammer pegs into it ,insert tooth-picks / popsicle sticks, create imaginary scenes like garden, fish pond , sea, etc.
3. Clothespins – Any plastic or wooden (plastic are easier on their hands at first).  
Pick up pom-poms or cotton balls and put in a container.  
Clip them to a recycled cardboard.  
Use hairclips (tic-tac) to open and close
4. Kulfi Moulds – open and close the lids.
5. Rubber Bands – Put rubber bands around cup/glass.  
Put them around a cardboard.  
Put them on a flower loom
6. Cotton Buds – Use cotton buds for dot painting, tracing along the lines, shapes patterns etc.
7. Lacing – String Big Beads(take precautions for choking hazard) into a shoe-lace or ribbons.  
String beads onto a pipe cleaner.  
String straws onto a pipe cleaner.
8. Scissor Skills – (Use a blunt and small school scissor) Cut paper, newspaper , magazine paper, crepe paper, chart paper, tissue paper, craft paper etc.
9. Cut & Paste – Paper tearing, Paper crumpling, Paper cutting and pasting it onto a paper with craft glue or glue sticks. Paste Straws, ribbons, matchsticks, cotton, buttons, rice, lentils, etc.. #ojah

# Fine Motor Skills Exercises



10. Scribbling - On chalkboard, on slate, or whiteboard. Use Grip Crayons (at first) to scribble on paper.
11. Popsicle Sticks / Match Sticks – Put them in a plastic box with small holes, for hand-eye coordination.
12. Pin pricking – Use toothpicks or push-pins to prick in a thermocol.
13. Stickers – Peeling and pasting them on paper/cardboard.
14. Stamping – Diy stamps or foam stamps or ready-made fun stamps. Use them for stamping onto a paper.
15. Balls – Throwing and catching balls of different sizes.
16. Pom- Poms – Sort by colour and sizes.
17. Punch holes – Use Punching machine to make holes into a paper.

# Gross Motor Exercises



1. Run
2. Hop
3. Skip
4. Jump
5. Crossing Hurdles
6. All kinds of outdoor play
7. Show animals, birds, trees, plants etc. while wandering outdoors or travelling.
8. Collect stones, sand, flowers, leaves, twigs etc.
9. Visit different places like Museums, Sanctuary, Hills, etc.

# Language



1. Learn ABC's with alphabet chart or flash cards.
2. Teach one letter a week with corresponding activities.
3. Finger tracing letters.
4. Sort Uppercase and Lowercase letters.
5. Sort letters and numbers.
6. Match Uppercase to Uppercase
7. Match Lowercase to Lowercase
8. Match Uppercase to Lowercase
9. Match objects or pictures to alphabet.
10. Memory Game with Flash-cards.
11. Read Alphabet books, Picture books, Board Books. Match Magnetic letters or flash-cards to letters in the books.
12. Picture to Picture Match
13. Picture to Object Match
14. Picture to Letter Match
15. I-Spy Games

# Math



1. Learn Numbers with Chart or Flash-cards.
2. Draw Lines, Curves, Patterns ,Spirals ,Zig-Zags, and let them trace with fingers ,with different manipulatives, scribble on slate with water brush, or chalk , etc.
3. Shapes – Cut out different colored shapes, and ask them to match, sort, classify.
4. Colors - Cut out circles(or any shapes) in different colors and ask them to match, sort, classify.
5. Counting – Use beads, pom-poms or any other manipulative to learn counting with flash cards or magnetic numbers or just write numbers on paper and complete the activity.
6. Number Puzzles – Count objects and match to the corresponding number.
7. Big/Small Concept – Use similar objects around the house or from their toys.
8. Long /Short Concept - Use similar objects around the house or from their toys(blocks or legos).
9. Match colors in the books.
10. Find out objects from the room that match with the colors.
11. Foam Numbers Puzzles.
12. Counting with manipulatives in a number book with large pictures.

# Other Fun Activities



1. Read books together.
2. Sing and Dance along on Rhymes and Poems.
3. Cook together.
4. Practical Life Activities around the house and outside.
5. Nature Scavenger Hunt.
6. House Scavenger Hunt.
7. Logical Activities.
8. Open-Ended Art Activities.
9. Story-telling through pictures or props.
10. Healthy Conversations.

I hope you find this curriculum helpful and enjoy these activities with your children.  
Do share photos with us on our Fb page with hashtag #ojahfamily !

Paid Curriculum will soon be available with more ideas and weekly lesson plans too.

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