

**BAL BHARATI PUBLIC SCHOOL PITAM PURA  
PRESCHOOL**

**Academic session: 2020-2021**

**Parent Letter- April**

Dear Parents



We at Bal Bharati Public School extend you a warm welcome and thank you for entrusting your child with us.

Our endeavour is to continue to provide our Preschool parents with all the well informed curriculum with the aim to make teaching and learning at home effective during the " COVID19" lockdown.

We are excited about the activities that have been planned for your child. Please do not hesitate to contact us with any questions or concerns.

Remember less is more in the beginning. We need to work on skill development. The most important skills we need to teach in the Early Years aren't academic.

We suggest the following activities for your child to take part in to develop Fine Motor Skills, Gross Motor Skills, Learn to Problem Solve, and Regulate Emotions.

Playing with your child encourages a variety of these skills.

**FINE MOTOR SKILLS**—A child needs to be able to hold and use pencils appropriately before using them in classroom context. We cannot expect them to be able to write if they haven't yet developed the strength needed in their hands and fingers. Some easy to do activities with your child using everyday materials and a bit of creative fun to strengthen these muscles, practice coordination and develop hand: eye coordination are:-

- Scrunching Paper
- Tearing Paper into small pieces using fingers
- Making marks in wheat flour spread in tray with fingers
- Roll, squeeze, twist and build with play dough or wheat dough
- Opening and closing lids of containers
- Stacking plastic glasses
- Threading macroni or pasta or beads into thread
- Playing with blocks
- Weaving with yarn or ribbons on forks, spoons, small piece of cardboard
- Scribbling using thick crayons on newspapers, paper bags



**GROSS MOTOR SKILLS**—Working on Gross Motor Skills helps a child gain strength and cover the large muscles of the body, get exercise and physical activity important for healthy lifestyle and to do more complex skills in future. They need lots of opportunities to practice movement.

**1. Loco motor activities**- movement from one spot to another like walking, jumping, climbing, hopping, running, sliding, and skipping.

**2. Non Loco motor activities**-movement in a stationary place like pushing, pulling, bending, stretching, twisting, swinging, swaying, rising and falling

**3. Manipulative Skills**-moving objects in a variety of ways like throwing, kicking, striking and catching.

Engage in Activities like:-

- passing the ball, throwing the ball
- Movements- hop on one foot, jump forward, take tiny steps, take big steps, move like an animal
- Simple stretching exercises-- touch the toes, lie on the back and pedal the feet
- Dancing- play music and instruct to dance slow, fast
- Balloon play-throwing and trying to catch or kick balloons



**EARLY MATHEMATICS**-Sorting is a fun way to introduce Mathematics to early learners. Sorting activities are most beneficial when they relate to everyday life so kids can see math in everyday world. Here are some easy sorting activities with concrete objects to sort and organise. Colour, shape, size are all great attributes to sort by.

- Mixed vegetable/fruit sorting
- Mixed button sorting
- Washed laundry sorting
- Clothes pin sorting



**PRE NUMBER CONCEPT**- Identify Big and small objects

You can use concrete items like shoes, shirts, vests, pants, plates, leaves, etc to compare sizes.

Daddy's shirt is big

Mummy's hand is big

My shirt is small

My hand is small

The elephant is big

The mouse is small

You may draw objects and ask your child to identify which one is big/ small.

**GOOD MANNERS MATTER**- The way we act affects others. The building blocks of good manners begin with the

**MAGIC WORDS**- Please, Thank you, Sorry

These should be taught to children from an early age and the best way is through role playing, songs and fun activities.

You need to introduce these magic words by telling them that each word has magic powers.

Teach this song....

**Say Please when asking for something**

**Lalalala**

**It's a golden way to get you everything!!!**

**Say sorry when you are wrong**

**Lalalala**

**It's a golden way to get you respect!!!**

**Say Thank you when you get something**

**Lalalala**

**It's a golden way to make someone happy**

**Don't forget Please sorry Thank you**

**These are golden words that always help you**

**These will work wonders for you!!**

**(Utube chu chu tv)**



Help your child Practice using these magic words in daily situations.

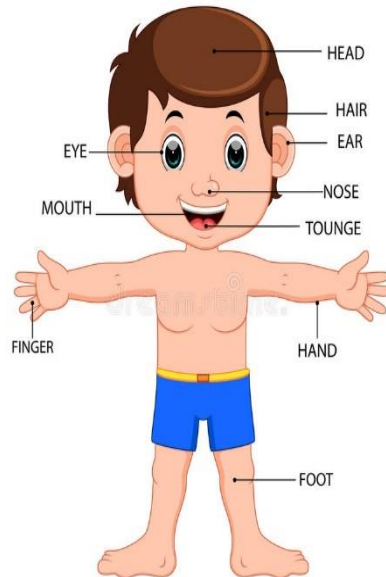
## **NAME AND IDENTITY EXTERNAL BODY PARTS** - eyes, nose, lips, ears, hands, fingers, legs

Your child can learn to name and identify body parts using various songs, games and fun activities

- Show where each body part is located by pointing it out and saying its name. Ask them to point and repeat the same.

- Play the “Simon says” game

For example you could ask them to touch their nose or legs or eyes.



- Sing songs with them

### **ALL OF ME**

My hands are for clapping  
My fingers can snap  
My legs are for jumping  
My nose can smell  
My ears are for hearing  
My eyes can see  
This is my body and  
I love all of me

### **ALL ABOUT ME**

Ten little fingers,  
Ten little toes.  
Two little ears  
And one little nose.  
Two little eyes  
That shine so bright.  
Two little lips  
To kiss you goodnight.

### **EMOTIONAL SKILLS**

Pre-school children need to talk about their feelings and express their emotions. These are crucial for their successful participation in school and home experiences and overall growth.

Identify emotions - Happy, Sad, Angry, Scared

- Inact these out with them by showing your happy face and ask them to show theirs

## emotions



- Sing these songs with them

### **I HAVE FEELINGS**

I have feelings

So do you

Let's all share a few

I'm happy (smile)

I'm sad (frown)

I get angry (stomp feet)

I get scared (scared face)

I'm proud of me

That's a feeling too you see

(Sing to the tune of twinkle twinkle)

### **HAPPY AND SAD**

If you are happy and you know it

Show a smile

If you are sad and you know it

Cry boo boo

If you get angry and you know it

Make a fist

If you get scared and you know it

Shiver and shake

- Teach them calming strategies like deep breathing, counting upto ten, make fists and release, squeeze balls, use play dough, play relaxing music, simple yoga poses to reduce stress and anxiety and help them learn to manage their emotions