



NAVCHETANA



**NATIONAL FRAMEWORK FOR
EARLY CHILDHOOD STIMULATION 2024**

FOR CHILDREN FROM BIRTH TO THREE YEARS
Stimulation Activity Calendar

Activity: Eating Healthy

Steps:

1. During the pregnancy period, the family members can make sure that the mother is provided with healthy and nutritious food
2. She should also be sufficiently hydrated.
3. She should be provided with the necessary dietary supplements to enable her to have a successful pregnancy and childbirth.

Value of Activity: This will help mother and child become healthy and strong.



Activity: Physical Activity and Exercise

Steps:

1. The pregnant mother should be encouraged to do regular physical exercise such as walking, simple yoga, etc.
2. Household chores and responsibilities should be carefully organized to ensure that the pregnant mother does not have to perform heavy work and is provided with sufficient time for rest.

Value of Activity: This will boost mental and physical well-being for mother and child.



DURING PREGNANCY

Activity: Create a positive and calming environment

Steps:

1. Reduce all kinds of stress for the mother by supporting, caring and loving her.
2. Encourage the mother to take up calming hobbies such as painting, stitching, or other arts and crafts.
3. Listen to soothing music and practice meditation.

Value of Activity: A child in the womb will develop better if the mother is feeling stress-free, positive and calm.



Activity: Communicate with the child

Steps:

1. Mother and father should be encouraged to have positive conversations with their unborn child.
2. Mother can tell them about their daily activities, narrate stories, sing them songs in a soothing voice.

Value of activity: All of this will encourage the fetus' mental and emotional stimulation and will support their secure development.



Discovering Loving Faces

Steps:

1. While looking at the baby, smile, and see if baby smiles back.
2. Open and close your mouth, making soft sounds for them.
3. Hold baby's hands and gently guide them over your face.
4. Let baby hold your nose and have fun!

Value of activity:

Enhances visual engagement, promotes facial recognition, and fosters tactile exploration, strengthening the bond between baby and caregiver.



0-3 MONTHS



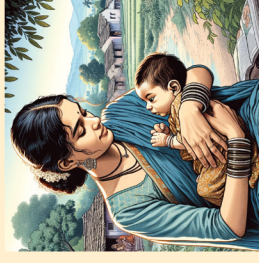
Singing to Baby

Steps:

1. Choose any song or lullaby and sing it softly to your baby.
2. Use a soothing voice and look at your baby while you sing
3. Watch for baby's reactions, noting what they enjoy about the singing
4. Enjoy this bonding moment through shared melodies and repeat whenever you have time!

Value of activity:

Singing promotes language development, emotional connection, and a sense of security



Imitating Sounds

Steps:

1. Sit with the baby and listen to the sounds they make.
2. When baby makes a sound, repeat it back to them.
3. Encourage baby to make the sound again.
4. Smile and express joy, showing that you appreciate baby's sounds - "Baby can talk!"

Value of activity:

Builds a secure attachment, promotes emotional regulation, and provides comfort through responsive caregiving



Gentle Soothing

Steps:

1. Identify what the baby needs; are they wet, hungry, tired, or uncomfortable?
2. If the baby is tired or uncomfortable, hold them closely, moving slowly and speak softly.
3. Say the baby's name quietly to reassure them.
4. Gently touch and rub the baby's back to soothe them.

Value of activity:

Builds a secure attachment, promotes emotional regulation, and provides comfort through responsive caregiving

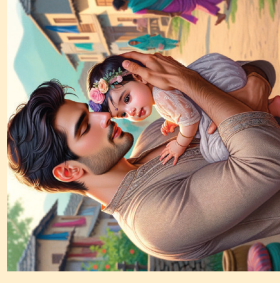
Loving and Hugging

Steps:

1. Hold your baby close for a cozy, safe hug.
2. Rock and cuddle your baby gently and give them small affectionate kisses.
3. Softly tell your baby you love them to make them feel secure.
4. Cuddle often, just to show your love at any time!

Value of activity:

Singing promotes language development, emotional connection, and a sense of security



Follow the Bee

Materials: None

Steps:

1. Imagine your finger is a bee and gently place your buzzing finger in front of baby's face.
2. Move it around, inviting baby to follow the "bee."
3. Playfully land the "bee" on baby's nose, giggling together.
4. Share laughter and enjoy the delightful game.

Value of activity: Enhances visual tracking skills, hand-eye coordination, and creates a joyful bonding experience.



Reaching for Objects

Materials: Baby's favorite toy or object

Steps:

1. Show the baby a beloved toy and get them excited
2. Dangle it in front, encouraging them to reach out for it
3. Guide the baby to touch the object
4. Praise the baby with joy when they reach out to the object!

Value of activity: Develops reaching skills, hand-eye coordination, and builds confidence through positive reinforcement.



4 MONTHS

Imitating Sounds

Materials: None

Steps:

1. Spend time with the baby and listen to the sounds they make.
2. When the baby makes a sound, repeat it back to them.
3. Encourage the baby to make the sound again.
4. Smile and express joy, showing that you appreciate their sounds - "Baby can talk!"

Value of activity: Fosters communication, strengthens the caregiver-baby connection, and encourages baby's vocalization development in a playful manner.



Talking with Baby

Materials: None

Steps:

1. Face the baby and make a new sound.
2. Wait and see if the baby repeats or makes any sound.
3. Respond to the baby and patiently wait for another sound.
4. Enjoy this back-and-forth and soon you will have a conversation with your little one!

Value of activity: Boosts language development, encourages communication, and creates an interactive and engaging conversation between caregiver and baby.



Dress-Up Fun

Materials: Baby's shirt, top or other clothes

Steps:

1. When putting the shirt or dress over baby's head, say, "Where is baby?"
2. Pull the shirt down and cheer, "Oo! There he/she is!"
3. Smile and share laughter with your baby!

Value of activity:

Enhances sensory experience, fosters language development, and creates a joyful dressing routine



Taking a Walk Together

Materials: None

Steps:

1. Take a walk around the house or outside the house with baby.
2. Point out different things and people, naming them.
3. Share simple stories or descriptions during the walk.
4. Enjoy a delightful walk and talk with baby!

Value of activity:

Enhances language development, introduces vocabulary, and creates a stimulating and interactive environment during a walk.



5 MONTHS

Fingers and Toes

Materials: None

Steps:

1. Play with baby, engaging their attention.
2. Move each toe and finger separately
3. Sing a cheerful rhyme about fingers and toes 'little finger, ring finger, middle finger, pointer finger, thumb!'
4. Watch baby laugh and enjoy the delightful fun!

Value of activity:

Enhances body awareness, promotes motor development, and creates a joyous and interactive playtime experience.



Gripping Fingers

Materials: None

Steps:

1. Place one of your fingers in the middle of the baby's hand.
2. Encourage the baby to grasp your finger gently.
3. Slowly pull your finger back and see if the baby holds on.
4. Praise and celebrate the baby's achievement of holding on!

Value of activity: Strengthens fine motor skills, promotes hand-eye coordination, and creates a positive environment for developing a baby's grip.



Soft Words with Baby

Materials: None

Steps:

1. Engage with your child using soft and gentle words.
2. Pay attention to their "baby talks," gestures, and sounds.
3. Respond sensitively to create a dialogue with your baby.
4. Enjoy the connection formed through caring communication!

Value of activity: Enhances sensitivity and responsiveness, strengthens the caregiver-child bond, and promotes a nurturing and supportive environment.



Sing a song together

Materials: None

Steps:

1. Choose a favorite song or a lullaby for the baby.
2. Gently sing the chosen tune, making eye contact with the baby.
3. Embrace the joy of singing, and don't be shy about your voice.
4. Observe the baby's reactions and respond with warmth and smiles.
5. Enjoy this special bonding time through the magic of music.

Value of activity: Cultivates language development, emotional connection, and auditory recognition



6 MONTHS

Cheek Balloons

Materials: None

Steps:

1. After changing your child's clothes, puff up your cheeks like a balloon.
2. Place your child's feet on your cheeks to make a "phat" sound.
3. Make various sounds and funny faces to captivate your child's attention.
4. Enjoy the laughter and engagement with your child.

Value of activity: Develops visual tracking, fosters responsiveness, and strengthens communication skills



Swinging Time

Materials: Soft cloth or blanket

Steps:

1. Create a gentle swing using a soft cloth at home.
2. Place the baby in the improvised cradle with a secure knot.
3. Lovingly swing the baby from side to side with soothing motions.
4. Share smiles and laughter with the baby throughout the activity.
5. Ensure a comfortable and secure experience for the baby.

Value of activity: Fosters a sense of security, promotes bonding, and enhances the baby's sense of balance.



Peek-a-Boo with Baby

Materials: None

Steps:

1. Cover your face with hands, saying, "Where is Mommy?"
2. Open hands and joyfully exclaim, "Boo! Here I am!"
3. Share laughter with baby as she discovers you each time.

Value of activity:

Encourages visual tracking, fosters a sense of object permanence, and creates a delightful bonding experience through peek-a-boo play.



Reaching out to the ball

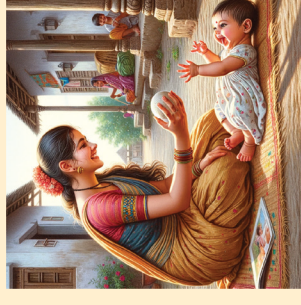
Materials: Soft, lightweight ball

Steps:

1. Place the baby on their belly or back with a soft ball nearby.
2. Gently move the ball from left to right, just within reach.
3. Encourage the baby to reach out for the ball with excitement.
4. Cheer and celebrate even small attempts to touch or grab the ball.
5. Repeat the movement, creating a playful and engaging activity.

Value of activity:

Enhances gross motor skills, encourages grasping movements, and improves hand-eye coordination



7 MONTHS

Lip Movements

Materials: None

Steps:

1. Copy the sounds made by your child while dressing, like "Aa, S, S, ee, S, S, ooo, S, bee, S, S."
2. Observe how your child responds to the imitation, encourage them to repeat!
3. Place your child's fingers on your lips, letting them feel the movements and vibrations.
4. Explore various sounds together for a playful and interactive experience.

Value of activity:

Enhances sensory awareness, promotes language understanding, and strengthens the relationship between caregiver and child.



Bath Time Fun

Materials: Plastic container or cup, water

Steps:

1. Show baby how to splash water gently during bath time.
2. Fill the container, saying "full," then pour, saying "empty."
3. Repeat and encourage baby to try with your assistance.
4. Have a joyful time together, celebrating each splash!

Value of activity:

Bath time becomes a playful learning experience, teaching concepts of fullness, emptiness, and enhancing sensory exploration.



Locating the Sound

Materials: Household items that make a sound (e.g., plate, cup, bowl, etc.)

Steps:

1. Play with your child using a household item that makes a sound, such as a plate.
2. Move around, banging a plate softly, and observe your child's reactions.
3. Notice if the child moves their head to follow the sound, try to get their attention!
4. Smile and praise to the child when they figure out where the sound is coming from.

Value of activity:

Enhances auditory tracking skills, encourages observation, and fosters communication through joyful interaction.



8 MONTHS

Spinning Bangles

Materials: Thick plastic or metal bangle

Steps:

1. Sit with the baby and hold the thick bangle in front of them.
2. Spin the bangle gently, creating a captivating visual effect.
3. Encourage the baby to reach out for the spinning bangle.
4. Praise the baby enthusiastically for their reaching efforts.
5. Repeat the spinning motion, making it a joyful and interactive experience.

Value of activity:

Enhances hand-eye coordination, visual tracking, and reaching skills.



Repeating New Sounds

Materials: None

Steps:

1. Face baby, make eye contact, and smile.
2. Introduce a new sound that baby doesn't know yet.
3. Repeat the new sound slowly several times for the baby.
4. Encourage baby to imitate and repeat the sound, praise them plenty when they do it!

Value of activity:

Boosts language development, promotes imitation, and creates a fun and interactive learning experience for the baby.



Dress-Up Conversation

Materials: Baby's clothes

Steps:

1. Talk to baby while you are dressing them, mentioning each item, e.g., "Let's put on your shirt."
2. Name body parts during dressing, saying, "Hold up your arm."
3. Play finger and toe games, such as "This little piggy," for added fun!

Value of activity:

Enhances language development, introduces body parts, and creates an enjoyable and interactive dressing routine for the baby.



Dropping is Fun!

Materials: Safe object (e.g., ball, crumpled paper)

Steps:

1. Give your child a safe object to hold and drop, like a ball or crumpled paper.
2. Allow the child to drop the object, saying, "Down it falls and up it comes."
3. Encourage the child to repeat the action and play with different objects.

Value of Activity:

Develops hand-eye coordination, introduces cause and effect, and creates an entertaining and interactive playtime.



Roll and Reach

Materials: Small clear plastic bottle, water, shiny paper (optional)

Steps:

1. Clean a small, clear plastic bottle and half-fill it with water.
2. Optionally, add small pieces of shiny paper and close tightly.
3. Roll the bottle away from the baby.
4. Encourage the baby to move forward and reach the bottle.
5. Praise the baby when they successfully reach the bottle!

Value of Activity:

Promotes crawling and reaching skills and enhances gross motor development



9 MONTHS

Action Words and Action Sounds

Materials: Safe object (e.g., rattle)

Steps:

1. Sit with your child with any safe object, then encourage your child to shake, slam, or twirl it.
2. Observe and talk to the child about their exploration, e.g., "You shook the rattle and made a sound."
3. Create action words and sounds to describe the child's play, like "Chhuk.. Chhuk... Chhuk.. Chhuk.", encourage child to repeat!

Value of Activity:

Enhances sensory exploration and encourages language development



Mealtime Conversations

Materials: Baby's food

Steps:

1. Talk to the baby during feeding, discussing the foods they are eating.
2. Smile and respond to the baby's cues, especially when they show they want more.
3. Encourage baby to interact and make mealtime a happy and positive interaction!

Value of Activity:

Enhances language development, promotes positive associations with food, and strengthens the caregiver-child bond



In and Out

Materials: Clear plastic box or bottle, small safe objects

Steps:

1. Provide a clear plastic box or bottle and small, safe objects that the baby can hold.
2. Show the baby how to put objects into the bottle, saying "in."
3. Assist the baby in placing an object inside while emphasizing "in."
4. Help the baby shake the object out, saying "out."
5. Praise the baby when they successfully put an object in!

Value of activity:

Enhances fine motor skills and promotes hand-eye coordination



10 MONTHS

Open the Knot

Materials: Soft handkerchief

Steps:

1. Tie a loose knot in a soft handkerchief.
2. Hand the knotted handkerchief to the baby with a smile.
3. Encourage the baby to explore and try to undo the knot.
4. Praise the baby for their concentration and efforts.
5. Celebrate together when the knot is successfully unraveled.

Value of activity:

Develops fine motor skills, problem-solving, and focus, fostering confidence and cognitive growth.



Fun Action Song

Materials: None

Steps:

1. Face the baby and do actions while singing any action song you like!
2. Encourage the baby to join in and do the actions too.
3. Perform actions like opening and closing hands, clapping, and patting hands in the lap.
4. Enjoy a lively and interactive playtime with the action song, and repeat whenever you can!

Value of activity:

Promotes coordination, improves imitation skills, and enhances sensory engagement



Naming Family Members

Materials: None

Steps:

1. Point to family members in front of baby, saying names like "Mom," "Dad," "Sister." in your local language.
2. Use names when speaking to your baby, such as "Give the ball to Sarah"
3. Encourage baby to mimic by saying simple family names.
4. Repeat the names with smiles to make learning engaging!

Value of activity:

Introducing family names fosters early language development, social awareness, and strengthens the bond between the baby and family.



Pouring water at Bath-time

Materials: A small mug or container and water

Steps:

1. During bath time give the baby a small mug or container.
2. Show the baby how to scoop water into the mug and how to pour it
3. Encouraging the baby to scoop and pour water
4. Share laughter and joy as you both enjoy the playtime.

Value of activity:

This bath time adventure adds an element of fun to routine activities, fostering a positive association with bath time and promoting sensory and motor development.



11 MONTHS

Stack and Tumble

Materials: 3 objects of similar sizes

Steps:

1. Show your baby how to stack the objects, saying "on top of" as you place each one.
2. Help your baby stack the objects, guiding their little hands.
3. Cheer and give your baby a big hug when they place the last object on top.
4. Encourage your baby to knock the stack down and enjoy the fun!

Value of activity:

This activity boosts your baby's motor skills, hand-eye coordination and understanding of balance. Celebrating their success with hugs makes learning fun and builds confidence.



Story Time

Materials: None (Diaper changing time)

Steps:

1. While sitting with your child, such as during changing the child's diaper, stretch their arms over their head.
2. Tell a funny story about the tallest little child in the world.
3. Use a playful and engaging tone, emphasizing how tall the child is.
4. Enjoy and repeat the storytelling experience whenever you have time!

Value of activity:

Enhances language exposure and understanding



This is My Face

Materials: None

Steps:

1. Sit with the baby and help them learn parts of the face by pointing to the features and naming them, such as pointing at the eye and saying 'eye'.
2. Point to the baby's eye and say 'eye.'
3. Encourage touch when naming.
4. Try with other parts like nose and mouth in a similar way.
5. Praise the baby for touching and participating, repeat the same for all parts of the face!

Value of activity:

Introduces body parts, promotes sensory exploration, and encourages participation through touch and recognition.



Hide and Discover

Materials: Baby's toy or safe objects (such as plastic container or plastic cup)

Steps:

1. Let the baby play with a toy and a plastic container or cup.
2. While the baby is watching, hide the toy under the container.
3. Ask, 'Where is it?' and encourage the baby to lift the container to find the toy. Praise them when they find it!

Value of activity:

"Promotes object permanence, improves spatial awareness and enhances fine motor skills



12 MONTHS

Self-Feeding Adventure

Materials: Child-friendly food items

Steps:

1. Prepare child-friendly, easy-to-hold food items.
2. Place the food within the baby's reach.
3. Encourage the baby to pick up and explore the food with their hands.
4. Celebrate each attempt to self-feed with smiles and positive words.
5. Provide gentle guidance if needed, letting them enjoy the sensory experience.

Value of activity:

Encourages independence and a positive relationship with food, fostering a sense of accomplishment as the baby explores self-feeding.



I Can Read

Materials: Colorful picture cards or a picture book

Steps:

1. Choose colorful picture cards or a vibrant picture book.
2. Sit with the baby and show them each picture one by one.
3. Use simple words to describe each picture.
4. Encourage the baby to focus on the images and listen to your words.
5. Share smiles and excitement during this visual exploration.

Value of activity:

Enhances the baby's cognitive skills by introducing them to different images and associating words with visual stimuli, promoting language acquisition in a joyful way.



Household Exploration

Materials: None

Steps:

1. Take a short walk around the house with the baby.
2. Point out different things and people, talking about them.
3. Share observations like, "Look at the tree. Do you see the pretty bird?"
4. Identify and talk about things that capture the baby's interest, encourage them to engage!

Value of activity:

Enhances language development, introduces new vocabulary, and creates a stimulating and interactive exploration within the home.



Baby's Baby

Materials: Doll or soft toy

Steps:

1. Hug and rock the doll to demonstrate.
2. Give the doll to the baby and help him hug and rock it.
3. Praise the baby, e.g., "Well done, you are loving the baby."

Value of activities:

Enhances cognitive development and promotes nurturing behavior and sensory engagement



Copying Actions

Materials: None

Steps:

1. Use action words and demonstrate corresponding actions, such as nodding your head to say yes or no.
2. Shake your head when saying 'no' and see if the child imitates. Praise baby when they do so!
3. When lifting the baby, say 'up,' and when putting the baby down, say 'down.'

Value of activity:

Enhances language development and association of words to actions



13 MONTHS

Let's Eat With a Spoon

Materials: Child-friendly spoon, soft food (e.g., mashed potatoes, yogurt)

Steps:

1. Offer a child-friendly spoon and a small portion of soft food.
2. Demonstrate how to hold and use the spoon.
3. Encourage the baby to grasp the spoon and bring it to their mouth.
4. Celebrate each spoonful attempt with smiles and positive reinforcement.
5. Provide gentle guidance as needed for a delightful eating experience.

Value of activity:

Develops fine motor skills, hand-eye coordination, and promotes a positive association with mealtime.



Family Spaces Discovery

Materials: None

Steps:

1. Sit with the baby in different corners of the house.
2. Point to the corner and engage in conversation about how each space is used by the family.
3. Encourage the baby to crawl or walk with your support to each corner.
4. Share excitement and positive words as you explore and talk together.

Value of activity:

Boosts spatial awareness, encourages movement, enhances language development, and promotes family connection.



Hide and Seek

Materials: None

Steps:

1. Find various hiding spots around the house.
2. Playfully hide and say, "Peek-a-boo, where am I?"
3. Encourage the baby to crawl or walk towards the hidden spots.
4. Celebrate with joy when the baby finds you, using positive words.

Value of activity:

Enhances gross motor skills, spatial awareness, stimulates curiosity, and bonding.



Following instructions

Materials: None

Steps:

1. Use simple commands like "clap hands" or "wave bye-bye."
2. Demonstrate each action and encourage the baby to imitate.
3. Repeat the commands, providing gentle guidance as needed.
4. Celebrate every attempt with smiles and positive words.

Value of activity:

Develops language comprehension, imitation skills, and reinforces communication.



14 MONTHS

Little Drummer

Materials: Plastic or metal container, object to hit the container (shaker or wooden spoon)

Steps:

1. Get a plastic or metal container and an object for hitting.
2. Allow the baby to play with objects and explore.
3. Help the baby hit the container while saying 'bang.'
4. Sing a song together while the baby enjoys drumming.
5. Praise the baby, e.g., "You are a great drummer!"

Value of activity:

Promotes sensory exploration, enhances hand-eye coordination, and introduces rhythmic play, creating a delightful and musical playtime."



Kitchen King / Queen

Materials: Ingredients for cooking, such as banana or lentils

Steps:

1. Involve your child in the kitchen while you are cooking.
2. Discuss what you are cooking, explaining the smells, sounds, textures, and tastes.
3. Later, offer the child a piece of banana or some lentils to explore.
4. Encourage them to touch, smell, and, if appropriate, taste the ingredients.
5. Talk to your child about the different sensations and properties.
6. Embrace their natural curiosity and excitement for exploring new things.

Value of activity: Enhances sensory experiences and promotes understanding of different textures, smells, and tastes.



Musical Start and Stop

Materials: Music player or instrument (optional)

Steps:

1. Play music and dance with the baby.
2. Stop the music abruptly and freeze in place.
3. Encourage the baby to stop moving when the music stops.
4. Praise and celebrate with smiles and positive words when they pause.
5. Resume dancing when the music restarts, creating a rhythmic playtime.

Value of activity: Provides a fun way for the baby to engage with sound, movement, and responsive play, promoting both physical and cognitive development.



15 MONTHS

Let's Make Animal Sounds

Materials: None

Steps:

1. Introduce simple animal sounds like "tweet, tweet" for birds or "moo" for cows.
2. Imitate the sounds with enthusiasm and encourage the baby to join in.
3. Make corresponding gestures or movements for each animal.
4. Celebrate the baby's attempts to imitate with smiles and positive words.
5. Explore various animal sounds together, creating a playful mimicking session.

Value of activity: Stimulates the baby's auditory senses, promotes early language skills, and adds a fun element to playtime by incorporating gestures



Playing with Dough

Materials: Soft playdough in various colors

Steps:

1. Offer the baby different-colored playdough.
2. Show how to make simple shapes like circles, squares, and triangles.
3. Encourage the baby to touch and explore the dough, creating shapes.
4. Celebrate their efforts with smiles and positive words.
5. Explore making different shapes together for a creative experience.

Value of activity: Enhances fine motor skills, encourages sensory exploration, and introduces basic shapes.



I feed you, You feed me!

Materials: Baby-friendly food items, small spoon

Steps:

1. Sit facing the baby with baby-friendly food nearby.
2. Take turns feeding each other with a small spoon.
3. Use positive words and smiles during the feeding exchange.
4. Encourage the baby to hold the spoon and feed you.
5. Celebrate the shared feeding experience with laughter and joy.

Value of activity: Promotes bonding through shared experiences, encourages the development of fine motor skills, and introduces the concept of give-and-take in a playful and enjoyable manner.



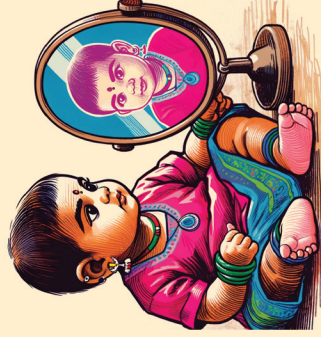
Who is that in the Mirror?

Materials: Any mirror in the home

Steps:

1. Find a mirror in the home and bring the baby in front of it.
2. Hold the baby and ask, "Where is baby?" while looking in the mirror.
3. Encourage the baby to touch their own image, saying, "Ahh! There's baby! What a smart baby."
4. Have fun exploring expressions and movements together in front of the mirror.

Value of activity: Allows the baby to discover their own reflection, fostering a sense of self and creating joyful moments of connection with the caregiver.



Following Instructions

Materials: Familiar objects like a ball or a comb

Steps:

1. Engage the child by using their name and selecting familiar objects.
2. Give simple directions such as "Zeenat, pick up the ball" or "Zeenat, bring me the comb."
3. Encourage the child to follow the instructions, providing guidance if needed.
4. Use positive reinforcement like smiles and praise for their efforts.
5. Repeat with different objects and directions to make it an enjoyable learning experience.

Value of activity: Builds a connection between the child's name and familiar objects, builds ability to follow simple directions, lays ground for language and cognitive development.



16 MONTHS

Climbing the Cushion Mountain

Materials: Mattresses or cushions

Steps:

1. Create a soft and safe pile of mattresses or cushions.
2. Encourage the child to climb up with your support if needed.
3. Celebrate each step upward with praise and positive words.
4. Once at the top, encourage a gentle descent, supporting as necessary.
5. Share smiles and excitement during this climb-and-descend adventure.

Value of activity: Enhances gross motor skills, spatial awareness, and builds confidence.



Lets clean up!

Materials: Materials: Basket or bucket

Steps:

1. Introduce the large basket or bucket for collecting toys.
2. Encourage the child to pick up and place toys in the container.
3. Use positive words and praise as they tidy up.
4. Make it a game by counting or naming each toy together.
5. Celebrate the accomplishment with smiles and encouragement.

Value of activity: This simple cleanup activity teaches the child the importance of tidying up after play, instilling good habits and supporting the development of motor skills.



Are they the same?

Materials: 2 sets of different items (such as 2 spoons and 2 cups)

Steps:

1. Show the baby 2 spoons and 2 cups, saying their names.
2. Point out that the 2 spoons are the 'same' and the 2 cups are the 'same.'
3. Give the child all four objects and ask them to put the 'same' objects together.
4. Offer help if needed and praise the child when they correctly sort the objects!

Value of activity: Enhances cognitive skills and fosters problem-solving through hands-on sorting.



Pull it Along

Materials: Any object or toy and a short piece of string

Steps:

1. Tie an object or toy to the end of a short piece of string.
2. Hold the string and pull the toy while walking, saying, 'This is my car. I can pull it. Let's go for a drive. Vroom, Vroom!'
3. Give the string to the child and encourage them to pull the toy while walking.
4. Praise the child when they walk and pull the toy!

Value of activity: Enhances gross motor skills, fosters imaginative play, and promotes physical movement



17 MONTHS

Pretend Play with Everyday Objects

Materials: Everyday objects from around the house

Steps:

1. Gather safe and suitable everyday objects from the house.
2. Demonstrate how to use each object through pretend play.
3. Encourage the child to imitate and engage in their own pretend play.
4. Use positive words to describe their imaginative play.
5. Join in the play, making it a collaborative and enjoyable experience.

Value of activity: Enhances creativity through exploring child's imagination, cognitive development and language development.



Bedtime Story

Materials: None

Steps:

1. Think of a short, soothing story for bedtime.
2. Snuggle with the baby in a comfortable and quiet space.
3. Use gentle and expressive storytelling tones.
4. Point to pictures if using a picture book.
5. Conclude with a calming phrase or routine to signal bedtime.

Value of activity: Fosters language development, emotional connection, and establishes a bedtime routine.



Shadow Play Delight

Materials: Light source (lamp or flashlight), flat surface

Steps:

1. Set up a light source in a dimly lit room.
2. Create shadows with your hands or use simple objects.
3. Encourage the child to watch and explore the shadows.
4. Name and discuss shadow figures.
5. Engage in a gentle shadow chase or name the shadow figures.

Value of activity: Enhances visual tracking, stimulates imagination, and promotes interaction as the child explores the magical world of shadows.



18 MONTHS

Discovering Body Parts

Materials: None

Steps:

1. Sit with the baby in a comfortable and playful position.
2. Ask the baby, "Where is your hand? Where is your nose?"
3. Encourage the baby to point to the mentioned body parts.
4. Use positive reinforcement with smiles and praise.
5. Repeat the activity, introducing new body parts gradually.

Value of activity: Encourages language development as the baby associated words with specific body parts in a fun and engaging way.



Fun with Scribbles

Materials: Crayon/pencil, and paper

Steps:

1. Sit with baby and use a crayon to scribble on paper while they watch
2. Allow the baby to hold the crayon in any way and in any hand.
3. Praise the baby for any type of marks they make!
4. Have fun and make different shapes for the baby to follow

Value of activity: Encourages fine motor skills and introduces creative expression.



Joyful Songtime

Materials: None

Steps:

1. Choose a simple and upbeat song.
2. Sit or stand with the baby in a playful position.
3. Sing the chosen song with enthusiasm and joy.
4. Incorporate hand movements or clapping for added fun.
5. Engage the baby by encouraging them to join in or mimic gestures.

Value of activity: Encourages language development through song, and strengthens the connection between parent and child as they share in the joy of music together.



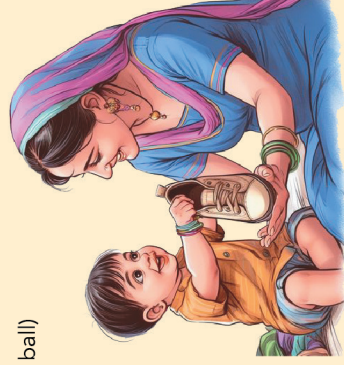
Touch and Bring

Materials: 3 common and safe objects (e.g., shoe, cup, ball)

Steps:

1. Think of 3 objects in the house that the child can easily get, like a shoe, cup, or ball.
2. Sit with the child and play a game asking the child to bring each object to you.
3. Praise the child when they get the correct object.
4. Encourage the child to say the name of each object, praise when they do so!

Value of activity: Enhances gross motor skills, promotes object recognition, and encourages language development



Open and Close

Materials: Empty box or jar with a lid

Steps:

1. Provide a sturdy box or jar with a secure lid.
2. Demonstrate opening and closing the box or jar.
3. Encourage the child to imitate the action.
4. Use positive words to praise their efforts.
5. Place small, safe items inside for added discovery.

Value of activity:

Enhances fine motor skills, introduces cause and effect, and promotes sensory exploration.



19 MONTHS

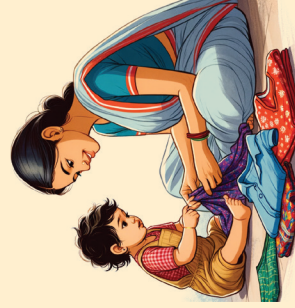
Cleaning Together

Materials: Child-safe cleaning supplies, small cloth or sponge

Steps:

1. Invite the child to join you during your household chores.
2. Provide them with child-safe cleaning supplies and a small cloth or sponge.
3. Playfully demonstrate cleaning actions, using positive words.
4. Encourage the child to mimic the actions in a fun and pretend manner.
5. Make it a routine, turning household chores into playful and interactive moments.

Value of activity: Integrates the child into the household routine, encourages responsibility, and fosters imaginative play.



Matching Big and Small Circle

Materials: Paper or cardboard cut out in the shape of a big circle and a small circle

Steps:

1. Use cups or bowls to draw the outline of a big circle and a little circle on 2 pieces of paper or cardboard
2. Cut out the circles from any one piece of paper
3. Describe each circle using the words 'big circle' and 'small circle'
4. Carefully show the child how to place the cut out circles on top of the circles on paper
5. Ask child to place one circle at a time.
6. Praise the child when she places them correctly!

Value of activity: Promotes cognitive development through solving simple puzzles and improves vocabulary by learning new words such as big, small and circle.



Sorting Same Objects

Materials: 4 pieces of 2 different items (such as 4 cups and 4 spoons OR 4 leaves and 4 sticks)

Steps:

1. Sit with the baby and allow them to play with the objects.
2. Show the child how cups are the 'same' and spoons are 'same' (or leaves and sticks).
3. Mix up the objects and ask the child to put all the 'same' objects together.
4. Praise the child when they do so and repeat with different objects!

Value of activity: Enhances cognitive skills, introduces the concept of sorting, and fosters problem-solving



Sweeping Together

Materials: Broom, dustpan, dustbin

Steps:

1. Invite your child to join you in sweeping, saying, "It's time to sweep together!"
2. Ask the child to hold the dustpan while you sweep.
3. Encourage them to throw the dirt into the dustbin.
4. Take turns holding the dustpan for each other.
5. Positively discipline the child if needed, emphasizing the importance of helping.

Value of activity: Involves the child in everyday chores and instills a positive attitude towards cleanliness and cooperation, promoting valuable life skills.



20 MONTHS

Greetings and Actions

Materials: None

Steps:

1. Encourage the child to do the actions you name.
2. Walk a little away and ask the child to wave 'bye-bye.'
3. Give the child an object and see if they say 'thank you.'
4. Ask the child to 'clap hands', praise the child every time they follow the actions correctly!

Value of activity:

Promotes imitation and action comprehension, encourages language development, and creates a lively and interactive playtime focused on action words.



Opening and Closing Doors

Materials: Child-safe door or cupboard

Steps:

1. Choose a child-safe door or cupboard.
2. Demonstrate opening and closing the door.
3. Encourage the child to imitate the action.
4. Use positive words to praise their efforts.
5. Turn it into a playful game of "open" and "close."

Value of activity:

Enhances fine motor skills, introduces cause and effect, and promotes spatial awareness.



Let's Pretend - Animals and Birds

Materials: None

Steps:

1. Talk about animals your child likes. Use hands for bird and cat.
2. Make animal sounds together – roar, tweet, meow!
3. Sit on the floor with your child, pretend to be animals.
4. Have a giggle-filled time playing together!



Value of activity: Sparks imagination, builds words, and brings joy through simple and friendly animal play.

Cup Tower

Materials: Plastic or metal cups

Steps:

1. Collect a few plastic or metal cups.
2. Demonstrate how to stack them into a tower.
3. Celebrate by knocking down the towers together.
4. Encourage the child to throw the ball back to you.
5. Discuss the activity with the child, asking questions and using descriptive words.



Value of activity: Provides a fun and engaging experience for the child and encourages exploration and conversation, fostering an understanding of the physical world around them.

21 MONTHS

Over and Under

Materials: Various objects, a container

Steps:

1. Allow the child to explore different objects.
2. Show the child how to put objects on top and under the container, using words like 'on top' and 'under.'
3. Encourage the child to replicate the actions independently when you say the words 'on top' and 'under.'
4. Praise the child enthusiastically when she successfully places objects in the correct positions.

Value of activity: Introduces the concepts of 'on top' and 'under' and allows the child to actively engage in sorting and spatial understanding, fostering both cognitive and motor skills.



Copy the Rhythm

Materials: Plastic container, spoons, keys

Steps:

1. Create a homemade instrument by placing spoons and keys inside a plastic container.
2. While cooking, shake the container to create sounds and establish a rhythm.
3. Clap a certain rhythm and observe if the child tries to copy the beat with the homemade instrument.
4. Allow the child to take turns leading and you follow their rhythm.
5. Discuss different sounds and patterns, encouraging the child's attention and creativity.

Value of activity: Engages the child's sense of hearing, encourages exploration of sounds, fostering cognitive development and an understanding of unique patterns.



Shoe Sorting and Matching

Materials: 4 different adult size shoes (big) and 4 different child size shoes (little)

Steps:

1. Mix adult and child-size shoes in a pile.
2. Show the child how to sort the shoes into 'big' and 'little.'
3. Mix the shoes again and ask the child to independently sort them.
4. Praise the child when they correctly distinguish between 'big' and 'little' shoes.

Value of activity: Engages the child in a playful sorting game and encourages observation and discrimination of sizes, fostering cognitive development.



Play with a ball

Materials: Soft ball or rolled-up socks

Steps:

1. Use a soft ball or roll a pair of socks into a ball.
2. Give the ball to the child for play.
3. Throw the ball to the child, using the word 'throw.'
4. Encourage the child to throw the ball back to you.
5. Enjoy the back-and-forth play, having fun with the ball.

Value of activity: Enhances gross motor skills, hand-eye coordination, and introduces the concept of reciprocal play.



22 MONTHS

Hide and Seek with Doll

Materials: Doll or stuffed bear

Steps:

1. Hide the doll while asking, "Where is the doll?"
2. Let your child find it, creating excitement.
3. Praise and play the game again for added fun.
4. Boosts concentration, engages intellect, and fosters imagination.

Value of activity: Enhances concentration and imagination, promoting cognitive development in a playful setting.



Colorful Hands

Materials: Kumkum, haldi, and other safe household colors, large paper or cardboard

Steps:

1. Lay out a large piece of paper or cardboard for a canvas.
2. Provide child-safe household colors like kumkum and haldi.
3. Encourage the child to dip their hands and playfully paint on the canvas.
4. Use positive words to describe the colors and celebrate creativity.
5. Allow the child to freely explore and create with the colors.

Value of activity: Enhances sensory exploration, creativity, and introduces colors.



Story Time with a Picture Book

Materials: Picture book

Steps:

1. Choose a picture book suitable for your child's age.
2. Sit together and read the book aloud.
3. Point at pictures and name them, encouraging the child to repeat.
4. Discuss the story, asking questions or sharing thoughts.
5. Make up stories related to the pictures or characters in the book.
6. Enjoy the interactive and engaging experience of reading together.

Value of activity: Enhances language development through reading and naming, promotes cognitive skills through storytelling, fosters a love for books and reading.



23 MONTHS

Describing Foods

Materials: Any foods (banana, boiled eggs, etc.)

Steps:

1. Show any food items to baby, let them touch and feel it.
2. Describe and ask questions such as "Is the banana squashy, sweet, and slippery?" or "Is the egg warm and hard?"
3. Observe your child's response and encourage them to react and speak.
4. Use more foods to build their vocabulary and understanding!

Value of activity: Introduces descriptive words, enhances vocabulary, and encourages observational and communication skills during mealtime.



Playing with Water

Materials: Bucket of water, child-friendly glasses or cups

Steps:

1. Fill a bucket with water in a safe play area.
2. Provide child-friendly glasses or cups for scooping and pouring.
3. Encourage the child to explore freely, pouring and splashing.
4. Use positive words to describe the water play and their actions.
5. Join in the fun, making it a shared water adventure.

Value of activity: This water play activity fosters sensory development, fine motor skills, and joyous exploration, encouraging a positive relationship with water.



Name: Sound Patterns

Materials: None

Steps:

1. Create sound patterns, for example, "Kaaw ... kaaw."
2. Play with your child by making these sound patterns and ask them to repeat.
3. Prompt the child to create a new sound pattern, and you imitate them.
4. Increase the challenge by going faster or adding more sounds.
5. Take turns coming up with creative sound patterns.
6. Enjoy the playful exchange of sound symphonies together.

Value of activity: Enhances auditory discrimination skills. Promotes creativity in sound production. Encourages turn-taking and interactive play.



Is it red or not?



Materials: None

Steps:

1. Introduce the color red by showing examples or pointing to red objects.
2. Playfully describe the color red with positive words.
3. Ask, "Is the object red or not?" for different items.
4. Encourage the child to respond, providing support if needed.
5. Offer positive reinforcement for correct answers and guide gently if they find it challenging.

Value of activity: Introduces color recognition, promotes cognitive development, and encourages active participation.

Open Hands Challenge



Materials: None

Steps:

1. Make a fist with your hands, not holding it too tight.
2. Encourage the child to try to open your fist.
3. Use the phrase "Open Handa" or any fun cue.
4. Allow the child to explore different ways to open the fist.
5. Repeat the activity with enthusiasm and encouragement.

Value of activity: Enhances fine motor skills and finger strength along with encouraging problem-solving as the child figures out how to open the fist.

24 MONTHS

Sing a Nursery Rhyme



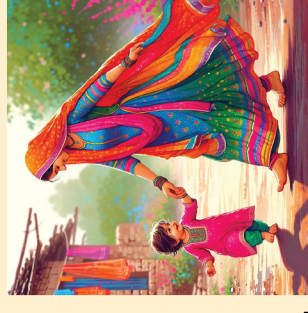
Materials: None

Steps:

1. Choose a simple and engaging nursery rhyme.
2. Sit or stand with the baby in a comfortable position.
3. Sing the chosen nursery rhyme with expressive and rhythmic tones.
4. Incorporate gentle gestures or movements for added fun.
5. Encourage the baby to join in, either by singing along or mimicking gestures.

Value of activity: Enhances language development, promotes rhythm appreciation, and strengthens bonding through a shared and joyful singing.

Let's take a Walk Outside



Materials: None

Steps:

1. Take your child for a walk outside.
2. Point out and talk about various things in the surroundings.
3. Encourage the child to repeat words associated with what they see.
4. Discuss nature, objects, colors, and anything interesting.
5. Make it an interactive conversation, asking questions and sharing observations.

Value of activity: Promotes observation skills and curiosity about the surroundings, fosters language development through interactive communication and repetition.

Is it blue or not?

Materials: None

Steps:

1. Begin by revisiting the color red, reminding the child of its features. Celebrate what they have learnt "You're right, this is red!"
2. Introduce the color blue, showing examples or pointing to blue objects.
3. Playfully describe the color blue with positive words.
4. Ask, "Is the object blue or not?" for various items.
5. Encourage the child to respond, reinforcing their understanding of red and acknowledging correct answers.
6. Offer positive reinforcement for correct answers and guide gently if they find it challenging.

Value of activity: This sequential color activity builds on previous learning and promotes engagement by recalling the earlier color, fostering a holistic understanding of color concepts.



25 MONTHS

Up and Down Exploration

Materials: Sturdy chair, bed, or sofa

Steps:

1. Place a sturdy chair, bed, or sofa in a safe area.
2. Encourage your child to climb up onto the furniture with your assistance if needed.
3. Celebrate their achievement with positive words and smiles.
4. Guide them in a controlled descent, emphasizing safety.
5. Repeat the activity, fostering confidence and coordination.

Value of activity: Provides a physical challenge in a safe environment, promoting coordination and a sense of achievement while fostering a positive attitude towards physical activity.



Pretend Play: Talking on the phone

Materials: Pretend phone or toy phone

Steps:

1. Sit with your child and introduce a pretend phone or toy phone, saying, "Let's have a special phone to talk to each other!"
2. Demonstrate how to hold the phone and initiate the conversation, "Ring, ring! Hello baby! What are you doing?"
3. Engage in pretend conversations using simple phrases, encouraging your child to respond, "Can you say, 'I am playing?'"
4. Use positive words to acknowledge their pretend communication, saying, "I love hearing about your day! You're doing great talking on the phone!"

Value of activity: Fosters a sense of connection and communication between parent and child, providing a fun and creative space for them to share and express themselves.



Activity: Matching shapes

Materials: Paper or Cardboard, Crayons or other colours

Steps:

1. Draw a triangle, circle and square on two pieces of paper or cardboard.
2. Cut out the shapes from any one piece of paper
3. Ask the child to match the shapes by placing them on top.
4. As they are matching say the names of the shapes to the child.
5. Focus on nurturing the child's ability to match similar looking shapes by showing them how it is to be done.
6. Encourage the child to try on their own and praise them for their creativity and efforts

Value of activity: Promotes cognitive development through solving simple puzzles and improves vocabulary by learning new words and phrases such as names of shapes, 'on top of' etc.



Is it yellow or not?

Materials: None

Steps:

1. Begin by revisiting the colors red and blue, reminding the child of their features.
2. Introduce the color yellow, showing examples or pointing to yellow objects.
3. Playfully describe the color yellow with positive words.
4. Ask, "Is the object yellow or not?" for various items.
5. Encourage the child to respond, reinforcing their understanding of red and blue, and acknowledging correct answers.
6. Revise the previously learned colors, saying, "You're right, this is red! And this is blue!"

Value of activity: This sequential color activity builds on the foundation of previous learning, promotes engagement through recall, and creates a well-rounded understanding of color concepts.



26 MONTHS

Telling a story about your childhood

Materials: None

Steps:

1. Sit with your child in a comfortable and cozy space.
2. Share a simple and engaging story from your childhood.
3. Use expressive tones and gestures to make the story come alive.
4. Encourage the child to ask questions or share their thoughts.
5. Conclude the storytime by asking if they'd like to hear another story.

Value of activity: Fosters parent-child bonding, stimulates imagination, and promotes language development.



Sensory Play

Materials: Sand or mud, cups, buckets, containers

Steps:

1. Set up a play area with sand or mud.
2. Provide cups and buckets for transferring.
3. Encourage the child to scoop and transfer the material from one container to another.
4. Discuss the texture, feel, and sensations of the sand or mud.
5. Explore different pouring and scooping techniques.
6. Have a messy and enjoyable sensory playtime.

Value of activity: Enhances sensory exploration through touch and feel and promotes fine motor skills through scooping and pouring. Encourages creativity and imagination during play.



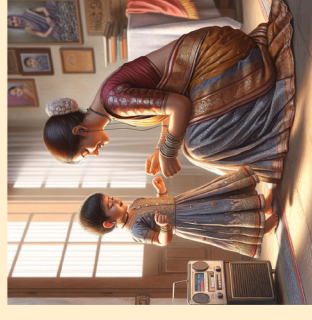
Let's Dance Together

Materials: Music, radio

Steps:

1. Play music from the radio.
2. Hold the child's hands and dance together.
3. Encourage the child to move their head, legs, and arms to the rhythm of the music.
4. Create a dance routine or follow the music's beat.
5. Invite other members of the house to join in and have a joyful dance party together.

Value of activity: Promotes physical activity and coordination. Enhances rhythm and musical awareness.



Green Discovery and Color Recap



Materials: None

Steps:

1. Begin by revisiting the colors red, blue, and yellow, reminding the child of their features.
2. Introduce the color green, showing examples or pointing to green objects.
3. Playfully describe the color green with positive words.
4. Ask, "Is the object green or not?" for various items.
5. Encourage the child to respond, reinforcing their understanding of previously learned colors and acknowledging correct answers.
6. Revise the earlier colors, saying, "You're right, this is red! And this is blue! This one is yellow!"

Value of activity: This activity continues to build on the child's knowledge, promotes engagement by recalling the colors learned earlier, and contributes to a holistic understanding of color concepts.

Act like Papa



Materials: Dad's shoes, clothing, a container, pretend spoon

Steps:

1. Talk with the child about the various things moms do.
2. Allow the child to dress up like mom by putting on her shoes and clothing.
3. Role-play activities, like "Papa is cooking"
4. Use a container to pretend to cook.
5. Stir an imaginary spoon in a pot.
6. Pretend to taste the delicious imaginary dish.
7. Have fun together, engaging in imaginative play!

Value of activity: Encourages imaginative play and creativity. Strengthens the bond between caregiver and child. Promotes understanding of different roles and activities in daily life.

Fast and Slow

Materials: None

Steps:

1. Prompt your child to have a Fast and Slow Race with you.
2. Find a starting line and count together, then say "Go!"
3. As you run, call out "slow!" and observe if your child adjusts their speed.
4. Call out "fast" and "slow" intermittently, discussing the pace variations.
5. Count how many times you ran fast and how many times you ran slow.
6. Discuss the game and reinforce the importance of listening to directions.



Value of activity: Teaches listening and following directions. Also helps in practicing emotional and action control.

27 MONTHS

Objects and their Uses

Materials: None

Steps:

1. Think of 3 or 4 objects that the child knows.
2. Point at each object and ask the child to name them.
3. Explain the use of each object, for example, "Cup. We drink water from the cup."
4. Encourage the child to repeat the names and uses.
5. Discuss each object, fostering understanding and vocabulary development.

Value of activity: Enhances vocabulary through object naming and promotes understanding of object functions and uses.



Smile and wink

Materials: None

Steps:

1. Smile at the baby and wink, repeating it several times.
2. Encourage the baby to observe and try to imitate you.
3. Count how many smiles and winks you share together.
4. Celebrate each attempt with praise and positive reinforcement.

Value of activity: Teaches the baby non-verbal communication through facial expressions. Enhances observational skills and the ability to imitate. Fosters a sense of connection and shared joy through smiling and winking.



Filling up water

Materials: Empty bottle, mug, bucket, water

Steps:

1. Place the empty bottle on a flat surface.
2. Fill the mug with water and pour it into the bottle.
3. Discuss the process with the baby, saying, "Fill the bottle with water."
4. Let the baby pour water from the mug into the bottle with your assistance.
5. Explore variations like using a bucket for a different pouring experience.

Value of activity: Enhances fine motor skills through pouring. Promotes sensory exploration with water. Encourages language development through discussion of the activity.



28 MONTHS

Act like mumma

Materials: Mothers things like shoes, clothes, etc

Steps:

1. Assume the role of mom in a playful manner.
2. Imitate mom's actions, gestures, and way of speaking.
3. Engage the baby in activities that mimic what mama does (sings to baby, does work around the house, talks on the phone, reads a book, etc)
4. Encourage the baby to observe and participate in the pretend play.
5. Enjoy the interactive and imaginative experience together.

Value of activity: Fosters imaginative play and creativity. Strengthens the bond between caregiver and baby. Provides an opportunity for the baby to observe and understand different roles.



What did we do today?

Materials: None

Steps:

1. Begin by discussing waking up and dressing in the morning.
2. Relate activities to the time of day, progressing through the day's events.
3. Talk about eating, playing, and other activities.
4. Act out the actions with the baby for a more engaging experience.
5. Conclude by discussing going to bed at nighttime.
6. Encourage the baby to share their experiences and thoughts about each activity.

Value of activity: Enhances language development through daily routine discussions. Promotes time awareness and sequencing of events. Fosters interactive learning through role-playing and conversation.



Clues to Find Me

Materials: None

Steps:

1. Invite the baby to play hide-and-seek.
2. Ask the baby to hide while you count.
3. Search for the baby while providing clues, such as "I can hear laughing near the door."
4. Use descriptive language to guide your search.
5. Celebrate with excitement when you find the baby.
6. Switch roles and let the baby hide while you find them.
7. Encourage the baby to provide clues.

Value of activity: Develops problem-solving skills, promotes self-control and patience during the hiding process and enhances language development through descriptive clues.



29 MONTHS

Mud Masterpiece

Materials: Outdoor mud patch or soft soil

Steps:

1. Find a suitable patch of mud or soil outside the house
2. Sit with the baby and show them how to draw in the mud using fingers.
3. Encourage the baby to explore and create their own mud drawings.
4. Talk about the shapes, lines, or patterns as you draw together
5. Allow the baby to experiment with different finger movements.
6. Celebrate their muddy masterpiece with enthusiasm.

Value of activity: Enhances sensory exploration through touch and texture, promotes creativity and fine motor skills through finger drawing.



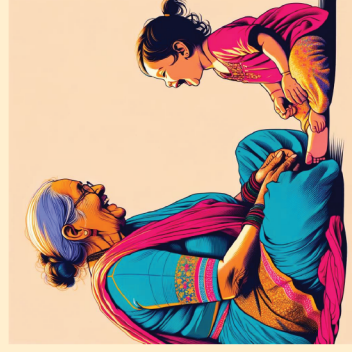
Singing and Laughing Together

Materials: None

Steps:

1. Choose a favorite nursery rhyme.
2. Sing the nursery rhyme to the baby with enthusiasm.
3. Encourage the baby to clap, move, or join in with simple actions.
4. Repeat the nursery rhyme, inviting the baby to sing along if they can.
5. Make it a joyful and interactive experience.

Value of activity: Enhances language development, promotes bonding and encourages cognitive development through exposure to melodies and rhymes.



Which Animal Am I?

Materials: None

Steps:

1. Choose an animal, like a cat, and talk about its features, e.g., "A cat has whiskers and a long tail."
2. Use your hands to show the baby the whiskers.
3. Make the sounds associated with the animal, e.g., "Meow" for a cat.
4. Get on the floor with the baby and pretend to be the chosen animal, mimicking its movements.
5. Encourage the baby to imitate the sounds and actions.

Value of activity: Enhances language development through animal descriptions, promotes sensory exploration through mimicry and sounds and fosters creativity and imaginative play.



Solving a Puzzle

Materials: Paper or cardboard, drawing utensils, scissors

Steps:

1. Draw a stickman on a piece of paper or cardboard.
2. Cut the paper into three pieces – top (head), middle (body), and bottom (legs).
3. Explain that the head goes on top, the body in the middle, and the legs on the bottom.
4. Pull the pieces apart and ask the baby to put them back together to recreate the man.
5. Praise the baby when they fit the pieces together correctly.

Value of activity: Enhances problem-solving skills, while developing fine motor skills and developing awareness of body parts.



30 MONTHS

Folding Clothes Together

Materials: Clean clothes

Steps:

1. Gather clean clothes for folding.
2. Sit with the baby and show them how to fold clothes.
3. Encourage the baby to imitate by folding a piece of clothing.
4. Praise and celebrate their efforts in helping with the laundry.
5. Make it a fun and interactive activity, talking about colors and clothing types.

Value of activity: Enhances fine motor skills through folding and promotes collaboration and bonding during a daily task.



A Magical Tent

Materials: Two sturdy chairs, a blanket, bed sheet or towel

Steps:

1. Cover two sturdy chairs with a blanket or towel to create a tent.
2. Invite the baby inside this special home and make it a comfortable space for games.
3. Encourage the baby to bring toys inside for imaginative play.
4. Together, give this special place a fun and creative name.
5. Explore games, stories, and activities inside the tent together.

Value of activity: Fosters imaginative play and creativity and creates a cozy and magical space for exploration.



What Happens at Work

Materials: None

Steps:

1. Share with the baby what Mama or Papa does at work.
2. Use simple language to explain tasks, for example, farming.
3. Talk about activities like sowing seeds, watering the soil, and removing weeds.
4. Encourage the baby to ask questions or mimic some actions.
5. Make it engaging by incorporating gestures and enthusiasm.

Value of activity: Enhances language development through storytelling and promotes curiosity and imaginative play as the baby learns about the world around them.



Whose is this?

Materials: Various familiar objects (a shirt, a watch, a phone)

Steps:

1. Show the baby different objects one by one
2. Ask, "Whose is this?" for each object.
3. Encourage the baby to identify or point to the owner (e.g., "Mommy's phone," "Daddy's shoe").
4. Ask the baby what the person does with - papa wears the shoe before leaving the house
5. Praise and affirm their responses.

Value of activity:

Promotes cognitive development by enabling the child to make associations between the object, persons and their actions. It also enables language development through identification and naming.



31 MONTHS

Touch and Name Challenge

Materials: Objects in the house (e.g., door, bed, chair, table)

Steps:

1. Name 3 or 4 easily accessible objects in the house.
2. Ask the baby to touch and repeat the name of each object.
3. Praise the baby when they correctly touch and name the object.
4. Switch roles and let the baby choose objects for you to touch and name.
5. Have a joyful time playing and learning together!

Value of activity: Enhances vocabulary and object recognition skills.



Scribbling Fun

Materials: Crayon or pencil, paper

Steps:

1. Encourage the baby to use a crayon and scribble all over the paper.
2. Take another crayon and demonstrate making circular scribbles.
3. Encourage the baby to imitate by creating their own circular marks.
4. Praise the baby for making circular marks on the paper.

Value of activity: Enhances fine motor skills through scribbling and introduces basic shapes and patterns.



Naming Clothes

Materials: Baby's and family member's clothes

Steps:

1. Assist the baby in naming the clothes they are wearing.
2. Ask the baby to show you each piece of clothing when you say its name.
3. If the baby is able, encourage them to name each clothing item themselves.
4. Celebrate correct responses with a high five or praise.
5. Point to your own clothes and see if the baby can identify their names.

Value of activity: Strengthens vocabulary related to clothing items and promotes recognition and understanding of everyday objects.



Matching Colours Game

Materials: Colorful objects or cards in red, blue, and yellow

Steps:

1. Gather objects or cards in red, blue, and yellow.
2. Show each color and say its name.
3. Ask the baby to match objects of the same color.
4. Celebrate when the baby successfully matches red with red, blue with blue, and yellow with yellow.

Value of activity: Develops color recognition and enhances cognitive abilities through matching.



Lets Drive a Cycle Together

Materials: None

Steps:

1. Pretend to be a truck driver by holding an imaginary steering wheel, tooting the horn, and making engine sounds.
2. Let the baby follow behind you as you "drive."
3. Talk about your journey, mentioning destinations like the market or shop.
4. Use terms like 'fast/slow,' 'left/right,' 'long/short,' and pretend to pick up vegetables.
5. Swap roles, letting the baby be the driver while you follow behind.
6. Encourage the baby to describe their journey and have fun!



Value of activity: Encourages imaginative play and creativity. Enhances language skills through storytelling and role-playing. Promotes the understanding of directional concepts and spatial awareness.

32 MONTHS

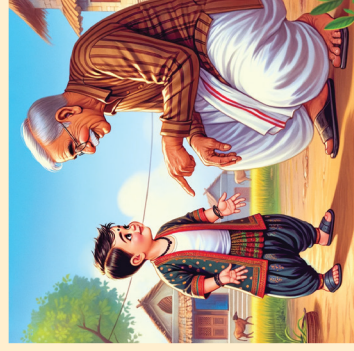
Act Like Grandpa

Materials: None

Steps:

1. Talk with the child about the various things grandparents do.
2. Allow the child to dress up like grandparents by putting on their shoes and clothing.
3. Role-play activities, like "Grandpa is feeding the cows"
4. Say things that grandpa usually says, or stories that grandma usually tells.
5. Have fun together, engaging in imaginative play!

Value of activity: Fosters imaginative play and creativity. Strengthens the bond between caregiver and baby. Promotes language development through storytelling and role-playing.



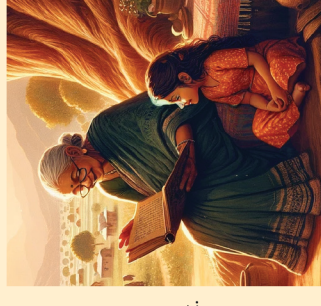
Nature Story Time

Materials: None

Steps:

1. While outdoors, prompt the baby to observe rocks, trees, animals, etc.
2. Utilize these natural elements to recount a beloved story or sing a favorite song.
3. For instance, tell the story of "The Thirsty Crow," or other animal friends using the surrounding environment.
4. Encourage the baby to share their thoughts on the objects and animals they recognize.
5. Foster a conversation about the familiar elements, promoting information gathering.

Value of activity: Enhances observational skills and curiosity about the environment and improves listening and speaking skills.



Comparing Sizes

Materials: Three different-sized leaves or sticks

Steps:

1. Find leaves or sticks in three different sizes.
2. Use words like 'big, medium, and little' to describe each size.
3. Ask the baby to repeat the size words after you.
4. Call out the sizes and have the baby point to the corresponding leaf.
5. Praise the baby when they correctly identify the sizes.

Value of activity: Develops vocabulary related to size, enhances observational and language skills.



Stringing Adventure

Materials: A sieve, colorful yarn or string

Steps:

1. Demonstrate how to hold the sieve steady on a flat surface.
2. Show the baby how to thread the yarn through the holes, starting from the top.
3. Guide the baby's hands to weave the yarn through the holes, encouraging their fine motor skills.
4. Celebrate each successful threading with praise and excitement.
5. Explore different patterns and colors together for added fun!

Value of activity: Enhances fine motor skills and hand-eye coordination.



33 MONTHS

Searching for Colours

Materials: Objects of different colors (e.g., leaf, door, sock, grass)

Steps:

1. Find two objects of the same color, like a green leaf and door.
2. Show the baby the objects and describe the colour and name such as, "Green leaf."
3. Help the baby find more items of the same color, e.g., sock and grass and encourage them when they do!
4. Name one color at a time, making it a joyful color search

Value of activity: Boosts color recognition, vocabulary, and turns learning into a fun and engaging exploration."



Let's Dance Together

Materials: Music player or radio

Steps:

1. Play lively music from the radio.
2. Hold the baby's hands and dance together.
3. Encourage the baby to move their head, legs, and arms to the rhythm.
4. Create a fun dance routine together.
5. Invite other household members to join in for a joyous dance party!

Value of activity: Promotes physical activity and coordination, enhances rhythmic and motor skills along with family bonding and shared enjoyment.



Name: Sorting Bottle Caps

Materials: Plastic bottle caps in three different colours

Steps:

1. Display the bottle caps and name each color.
2. Ask the baby to sort the caps by matching colours.
3. Cheer for their efforts in sorting by color.
4. Enjoy the activity together!

Value of activity: Develops colour recognition and sorting skills and improves fine motor skills through handling and arranging objects.



Name: Look, I Can Drive!

Materials: None

Steps:

1. Pretend to be a car, plane, or motorbike with different movements and sounds.
2. Encourage the baby to join in the imaginative play.
3. Ask, "What sound does a [chosen vehicle] make?"
4. Have fun together exploring different imaginary journeys!

Value of activity: Stimulates creativity and imagination and develops language skills by associating sounds with objects.



34 MONTHS

Name: Nursery Rhyme

Materials: None

Steps:

1. Sing a nursery rhyme to the baby alone with actions.
2. Encourage the baby to imitate the actions and repeat the words.
3. Enjoy the interaction and make it a playful experience.

Value of activity: Enhances language skills through song and actions and promotes imitation and coordination.



Name: Fun Ball Game

Materials: Ball, cloth ball, or sock ball

Steps:

1. Give the baby a ball to play with.
2. Form a circle with others in the family
3. Throw, bounce, or roll the ball to someone in the circle.
4. The receiver performs an action (e.g., jump) for others to copy.
5. The person with the ball passes it to someone else to continue the fun.
6. Enjoy playing together and exploring various actions!

Value of activity: Enhances gross motor skills such as picking up, catching and throwing and teaches the child about social interaction and cooperation within a group.



Guess the Animal

Materials: None

Steps:

1. Get down on the floor and mimic an animal's actions and sounds.
2. Invite the baby to guess the animal you're pretending to be.
3. Praise them when they correctly identify the animal.
4. Repeat the game with different animal actions for more fun!

Value of activity: Enhances cognitive skills through observation and deduction a boosts vocabulary by associating animals with sounds and movements.



Touch the Colour

Materials: Colored objects or cards

Steps:

1. Present colorful objects or cards to the baby.
2. Say, "Touch the color Red" and encourage the baby to touch the object or card of the named color.
3. Celebrate each correct touch with praise and excitement.

Value of activity: Develops color recognition skills, and the positive reinforcement helps the child to make mistakes and learn new things confidently.



35 MONTHS

Mumma Says

Materials: None

Steps:

1. Start a game of "Mumma says" with the baby.
2. Give commands like "Mumma says sit" or "Mumma says stand."
3. Encourage the baby to follow the instructions.
4. Praise and celebrate their actions when you say "Simran says."
5. Try fun variations to challenge the child's listening and responding skills.

Value of activity: Enhances listening skills and improves the child's ability to follow instructions.



What's in the Bag?

Materials: A bag with safe and familiar toys

Steps:

1. Ask the baby to close their eyes.
2. Take out one object at a time and give it to the baby
3. Let them touch and feel.
4. Now ask them to guess what it is!
5. Praise and encourage the baby for guessing correctly.
6. Give them clues to figure out the right answer.

Value of activity: Promotes sensory stimulation and enables improved cognitive development through guessing.



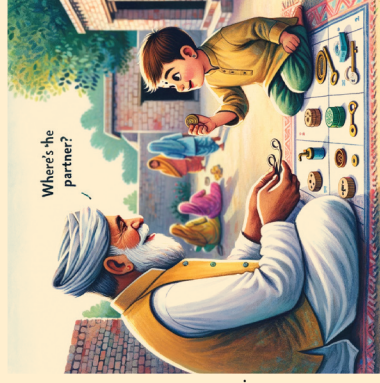
Name: Where's the Partner?

Materials: Various objects with clear pairs (e.g., lock and key, shoe and sock)

Steps:

1. Introduce pairs like lock and key, saying each pair's name.
2. Show one object and ask, "Where's the partner?"
3. Help the baby find and connect the matching items.
4. Cheer for the baby's success in matching each pair.

Value of activity: Develops cognitive skills by recognizing associations between objects and their uses.



Name: My Name Is...

Materials: None

Steps:

1. Ask the baby, "What's your first name?"
2. When the baby responds, say, "That's right! Your name is [First Name]."
3. Ask, "And what's your last name?" Share it when the baby answers.
4. Teach the baby to show their age using fingers. Celebrate their efforts!
5. Encourage using both names when talking to the baby. Praise their participation.

Value of activity: Helps the child develop self-awareness and enables them to introduce themselves to new people.



36 MONTHS

Learning from Each Other

Materials: None

Steps:

1. Ask the baby, "What can you do at the park?"
2. Encourage them to demonstrate one activity, like jumping or climbing.
3. Imitate the baby and appreciate how well they do it.
4. Share something that you like to do with the baby and invite them to imitate it.
5. Think about new and interesting things that you can teach each other

Value of activity: Helps the child feel more confident about their own interests and abilities and helps them learn something new with you.



Counting is Fun

Materials: 3 small objects (e.g., toys, blocks)

Steps:

1. Place three objects in front of the baby.
2. Point to each object and say, "Let's count together: one, two, three!"
3. Encourage the baby to touch each item while counting.
4. Repeat the counting exercise, celebrating their efforts.

Value of activity: Enhances cognitive abilities through counting and object recognition and develops early numeracy skills.



Adapting Activities for the Needs of Divyang Children (0-3 years)

The National Framework for Early Childhood Stimulation suggests a list of 140 activities for children from birth to three years, which cover holistic stimulation for the child’s cognitive, socio-emotional, language, physical, and creative development. However, to address developmental delays (for example, a child might take longer to walk or speak and might need help executing or developing fine motor skills or comprehending new information) and other disabilities (For instance, visual impairment, hearing impairment, down syndrome, or cerebral palsy), the suggested activities could be adapted based on the following principles:

- a. To practice what can be strengthened, eg. mouth muscles for speech delays
- b. To use a different sense in case of an impairment that cannot be fixed.

A multisensory approach, i.e. Visual Auditory Kinesthetic and Tactile (VAKT) can help with better learning. For example, use action rhymes, i.e. speaking (auditory) and doing hand and body movements (kinesthetic) at the same time. Teach a concept by showing pictures (visual), talking (auditory) and doing a related craft activity (tactile) with the hands. To teach patterns, use available objects like sticks and stones, toys, blocks, and then move on to paper-pencil tasks.

For example, Anganwadi workers use story books to read to the children, and engage their imagination. In case children are facing difficulties in understanding, go slower and follow the words with your finger. Include bright-coloured pictures for the hearing-impaired, and do voices for the visually-impaired. Use pictures, videos, and things to see for children who have trouble hearing. Eg: Pictures/photographs of parents, family members, great personalities, rare animals, plants, historical places, events etc. from newspapers, magazines, books etc. Use sound, like music or recordings, for children who can’t see well, like songs, rhymes, lullabies, radio, clapping, clicking, musical instruments etc.

1. Children with Developmental Delays

The Activity Calendar lists four activities for each month of a child’s age until 3 years. These activities

have been selected based on the developmental milestones a child is supposed to reach by that age. Some children, however, may take longer than expected to reach a milestone. This is termed as a ‘delay in development.’ To support children with delay caregivers can modify the activities according to the capacities of the child. This enables them to progress to the developmental milestone at their own pace. If a child is unable to perform the activity recommended for their age in the calendar, caregivers should choose activities recommended for younger children.

<p>Example 1: At 14 months, a child may be unable to perform activities recommended for them in the activity calendar, such as Hide and Seek, due to their inability to walk without support.</p>	<p>Adaptation 1: The caregiver should, in such cases, pick up activities recommended for children aged six or seven months such as ‘Reaching out to the ball, In and Out etc.’ that only require the child to crawl, slowly building their ability to walk.</p>
<p>Example 2: At 20-25 months, a child who is unable to talk yet may not be able to take part in activities recommended for them in the calendar, such as ‘Talking on the phone.’</p>	<p>Adaptation 2: The caregiver should, in such cases, pick-up activities prescribed for a one-year-old child in the calendar, that only require them to return gestures. Examples would include Copying Actions, or Hide and Discover etc.</p>

In addition, a caregiver must try to repeat the activity a number of times. Stay patient, and remain attentive to a child’s response while doing so. Give the child positive encouragement, and avoid taking out frustration on the child.

2. Children with Early Signs and Symptoms of Disabilities

In such cases, the activity can be modified to suit the child’s abilities at any age. The modification ensures that the activity remains encouraging and enjoyable for the child, and contributes to their growth and development.

The table below lists some ways in which activities can be modified in line with different kinds of disabilities:

Type of Disability	Example of an existing activity	Suggested modification
Fine Motor	‘Reaching out to the ball,’ recommended for a 7-month old child.	The Anganwadi worker can use soft objects (like clay, spongy boll), for the child to hold and play with in order to improve hand functions
Vision Impairment	‘Household Exploration,’ recommended for a 12-month old child.	The caregiver can describe the house verbally, in as much detail as possible, to stimulate the child’s remaining senses, and help them perceive their surroundings.
Hearing impairment	‘Following Instructions,’ recommended for a 14-month old child	The caregiver must repeat every instruction/step of the activity multiple times; while also teaching the child to lip-read in order for them to be able to follow what they’re saying. Point to one’s mouth and have the child watch the mouth movements.
Speech and Language Delays	‘Pretend Play: Talking on the phone,’ recommended for 25-month old child	Caregiver can begin the activity with some exercises to encourage the development of mouth muscles such as puckering, smiling widely, moving the tongue from side to side within the mouth, opening and closing the jaw, etc. While conducting the ‘Pretend play: Talking on the phone’ activity caregiver can use short sentences with fewer words, encourage the baby to observe caregiver speaking and to repeat the words slowly.
Intellectual and Developmental Delay	‘Following Instructions, recommended for a 16-month old child	A caregiver can break the instruction down into simple steps, providing the child with an easy process to follow. Caregiver should also demonstrate each step for the child enabling them to observe, imitate and learn. This will foster independence in the child.



सत्यमेव जयते
Government of India