



هيئة أبوظبي للطفولة المبكرة  
Abu Dhabi Early Childhood Authority

# At-Home Activity Booklet

For Parents



# About ECA

The Abu Dhabi Early Childhood Authority (ECA) is a governmental entity established in 2019. We promote collaboration to help all of Abu Dhabi's young children flourish and we do this across four sectors: health and nutrition, child protection, family support, early education and care; from the early stages of pregnancy to the age of eight years old. We are broadening the capabilities of our partners to support holistic child development, developing coordinated and aligned policies and laws, informing decision-making through research, data and evidence and working to transform how people think about and address the needs of young children.

Keeping your children on track so summer can be as rewarding as possible for everyone in the family is not easy, but you're doing an amazing job at it! It's crucial to treat missteps as learning opportunities and grow together, because we're all in this together, and little gestures will make all the difference in keeping the whole family's motivation soaring high. Thank you to all parents who continue to nurture children.

We have developed this at-home activity booklet as a resource for both parents and children who are spending more time together at home this summer.

We hope you enjoy!

After this new experience of home learning, do you feel there are **still improvements** that can be made to **better support your children and yourself?**

**This is normal** and most parents feel the same way. We thought we would **share the answers to 4 questions** that you may be asking yourself to help...

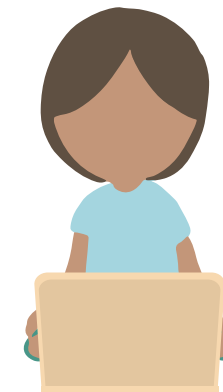


1

**E-learning is a new experience for my children, how can I help them adapt to it?**

**Create a routine** similar to a school day (e.g. start by getting them out of their PJs and dressed in normal clothing or uniform).

**Ensure sufficient breaks,** with designated time for homework & play (see Afinidata for a list of activity ideas).



If possible, create a **quiet space free of distractions** for your child to study, with the right **tech set-up and a strong Wi-Fi connection**.

**Find your child's most effective motivators and reward them** for staying focused (e.g. If you finish your work you can call your best friend during the break!)

2

**My child needs extra support with e-learning, how can I provide this?**

Form **e-study groups** (e.g. on Microsoft Teams, Slack) or access **supplementary educational content to support learning** (e.g. use Lamsa, Kinedu, Twinkl).

Ask a **close family member** for support.

Ask your **child's teacher for advice** (and take the opportunity to **thank them** for all they do!)



Talk to other parents to **share learnings on how they manage studying from home** more effectively.

**Plan your day** to align with your child's schedule and set aside 1-hour every evening to prepare for the next day's learning plan.

If you are working from home, **potentially discuss the complexities** and requirements of working whilst supporting your child's learning **with your employer**.

3

**My children feel disconnected from friends and classmates, how can I enhance their well-being?**

Organize **virtual play dates for your children with their friends** (a tool which some parents are recommending is Botim).



Encourage your children to **write letters to friends or neighbors** to keep in touch and share positive messages to help everyone stay connected.

4

**I have multiple children with different requirements, how do I best manage this?**

Create a **task board** at the beginning of the week highlighting the tasks they need to complete, moving activities to the "done" section once completed.

Ensure that all of your children have **different spaces to work within the home**, if possible.

Share the **support responsibly** with another trusted family member.



Create a schedule to allow for **device sharing between multiple children**, reaching out to your child's school to **see if classes can be recorded** to watch at a later time.

Have **dedicated hours** to help each of your children. Once your **older children** are done with their homework, ask them to help with the younger ones. Also **ask for support from other members in your household**, if possible.

**We should all be kind and patient with ourselves & our children.**

**Adjusting to new ways of learning takes time** – the most important thing is to **ensure your children's well-being** and **create an environment where they want to learn!**

Please refer to the Ministry of Education's website and ADEK's Guide for Distance Learning for more tips!

**Have you been wondering if and what you should tell your children about coronavirus? What you can do to protect them and keep them healthy?**



# Are you looking for ways to keep your children engaged, stimulated and happy while at home?

Creating a shared and consistent routine in your child's life and your own provides a sense of security for all. Here are a few tips to help you create a routine with your children!

HERE ARE SOME TIPS ON HOW TO SET A

**routine for your children at home**



## PLAN & SHARE

Develop an ideal routine for your child, **engaging them** and integrating **activities which are important to them** (e.g. parent time, play time, friend time).

As a family, discuss how much time should be allocated to necessary activities such as schooling, chores, and exercising.



## STAY CONSISTENT BUT ALLOW FOR FLEXIBILITY

Maintain a **regular rhythm** for essential requirements like **sleeping and eating times**, but leave room for flexibility by allowing different activities to be conducted especially during the **holidays**.

Adjust your child's routine based on their **personal growth trajectory and your family's preferences**.



## LEARN AS YOU GO AND REVISIT

**Listen** attentively to your child's **needs** and encourage them to **express their feelings** through activities (e.g. art, movement, dialogue).

**Revisit the routine weekly** to make suitable adjustments as **implementing a plan happens gradually** and involves a lot of **discussion, agreement and repetition**.



## TAILOR PLAN BY AGE

Choose activities **suitable for your child's development and interests**, incorporating more school time as they grow, and celebrating **milestones** (e.g. birthdays, holidays, accomplishments).

Tailor **different routines** to **each child** if you have multiple children, and **provide incentives** to **encourage** them to stick to their routines (e.g. stars or points as a reward).

**Persist with the routine and role model it as it will take time for your child to grow adjusted to it.**



HERE ARE  
SOME TIPS ON  
WAYS TO

## spend different times of the day



### Nurture and Care Time

Ensure that you have **time to care, love and nurture your child.**

**Show love and affection** by hugging, cuddling, kissing, holding hands and with words.

**Affection from parents** has been linked with happiness, higher self esteem, improved academic performance, and better parent-child communication.

### Play Time

**Encourage different forms** of play throughout the day: freely playing (e.g. drawing), singing/dancing, building (e.g. puzzles), physical play (e.g. scavenger hunt).

Allow your child to have **small breaks during the day** to move, jump, run, etc.



### Meal Time

From **8 months onwards**, make sure your child has at least **3 main meals** and **2 snacks per day.**

As your child gets older, have them **prepare healthy meals with you** and **use kitchen time to sing and talk together.**

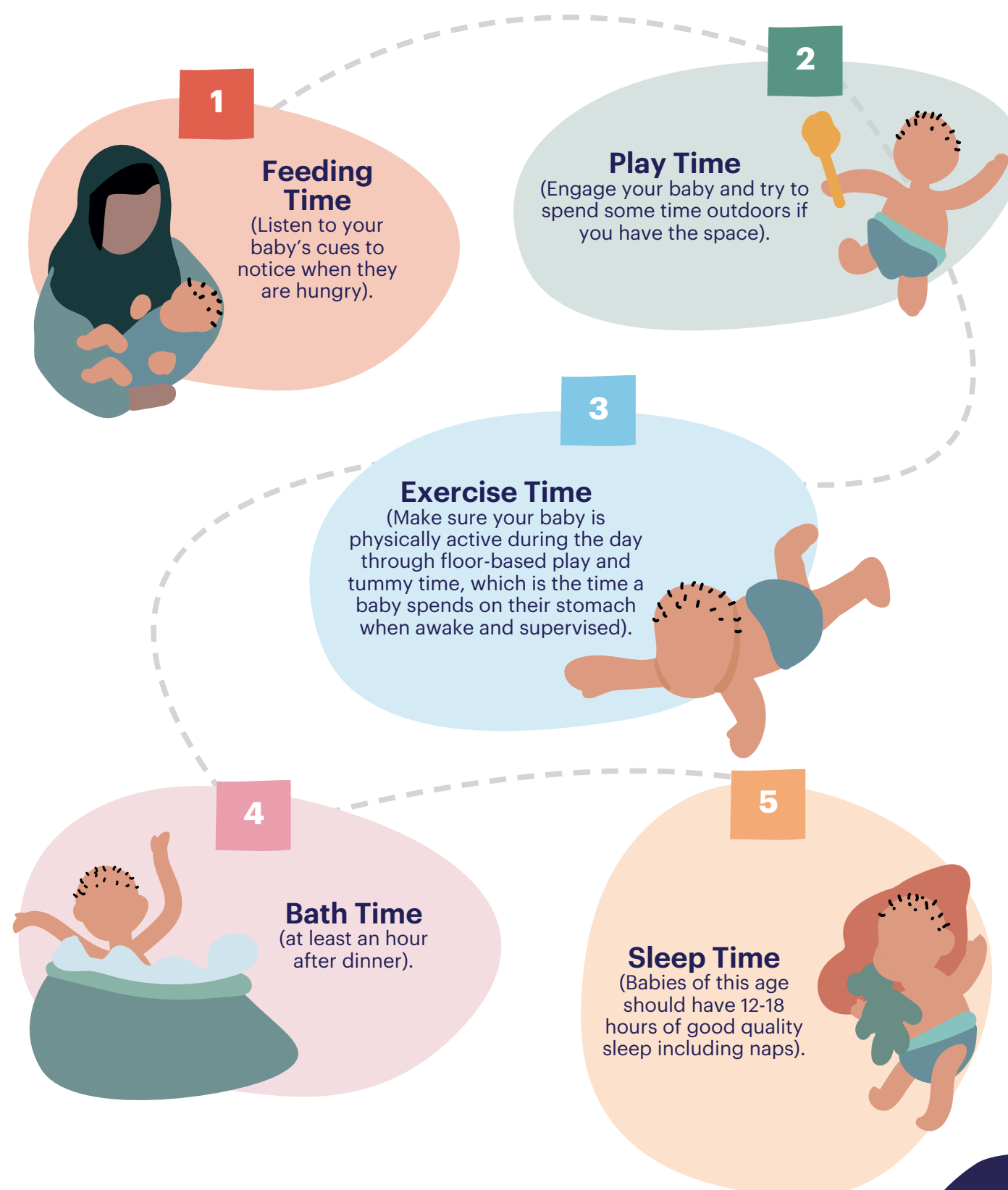
It is highly recommended that the **family eat together at all meals** as it is a great time to talk, share ideas, make plans and discuss what has happened and what will happen for the rest of the day.

**After your child is asleep, give yourself a pat on the back!  
You are doing great and your child knows that, too!**

## KEY MESSAGES & REQUIREMENTS

It can be difficult to keep babies at this age on a fixed schedule. It is very important to be responsive to your baby's needs.

## 0 to 12 Month Olds



## EXAMPLE OF A ROUTINE

This age group should not be restrained for more than 1 hour at a time (e.g. strollers, high chairs).

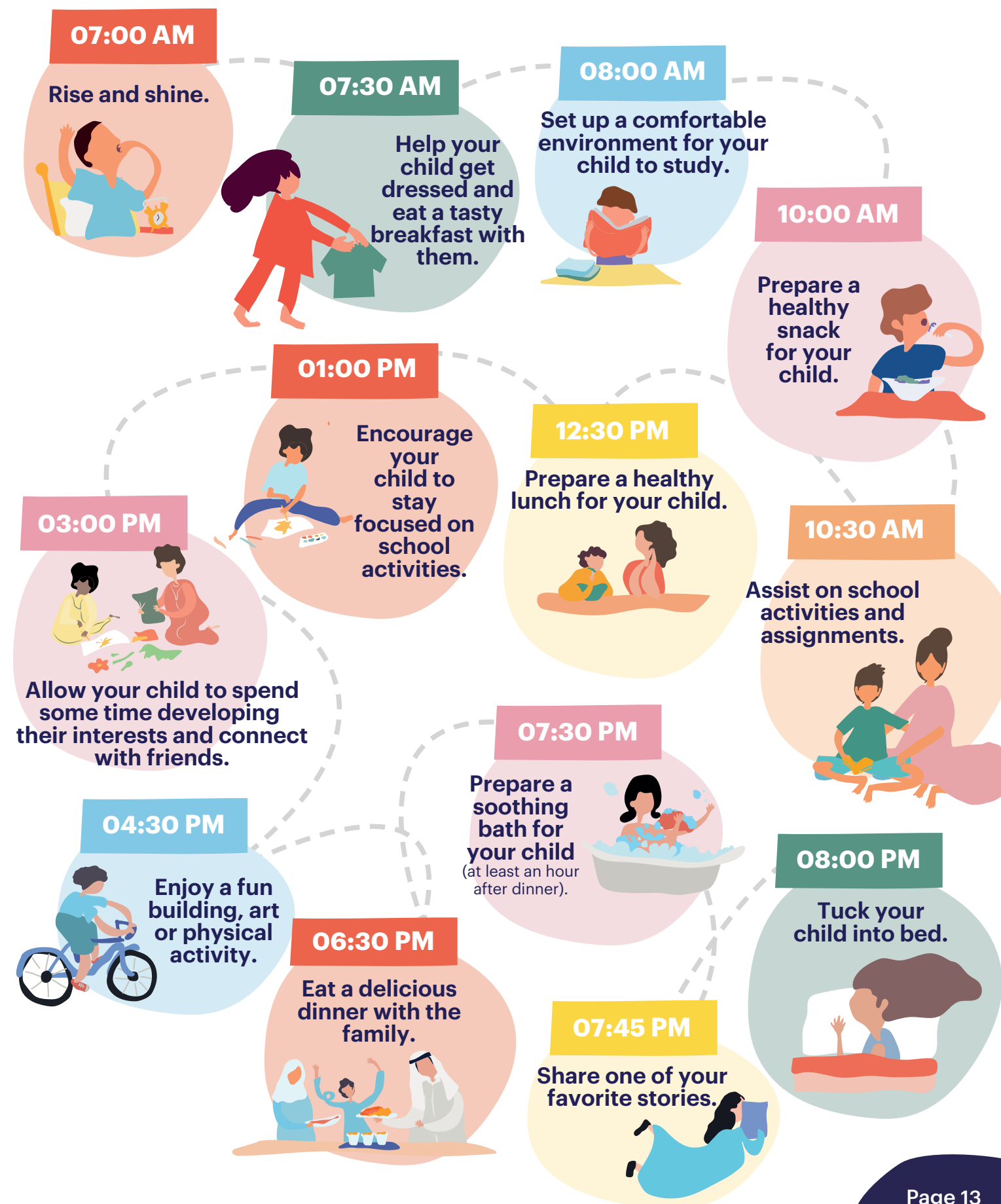
# 1 to 3 Year Olds



## EXAMPLE OF A ROUTINE

This age group is very active. It is important to add breaks throughout the day to play and engage in physical activities.

# 4 to 6 Year Olds



## EXAMPLE OF A ROUTINE

This age group should engage in at least 60 minutes of physical activity (moderate to vigorous intensity) daily.

# 7 to 8 Year Olds



07:00 AM

Rise and shine.



07:30 AM

Help your child get dressed and eat a tasty breakfast with them.



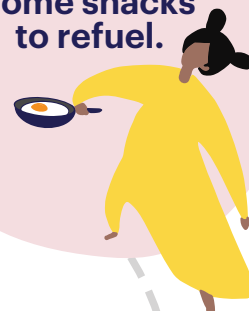
08:00 AM

Set up a comfortable environment for your child to focus on school work.



10:00 AM

Prepare some snacks to refuel.



10:30 AM

Assist on school activities and assignments.



12:30 PM

Prepare one of your child's favorite meals.



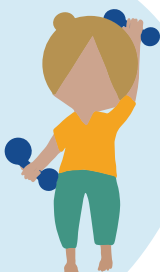
01:00 PM

Encourage your child to stay focused on school activities.



03:00 PM

Get your child moving with physical activity.



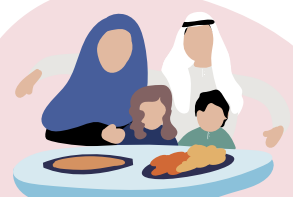
05:00 PM

Allow your child to spend some time developing their interests and connect with friends.



06:30 PM

Eat a delicious dinner with the family.



07:30 PM

Prepare a soothing bath for your child (at least an hour after dinner).

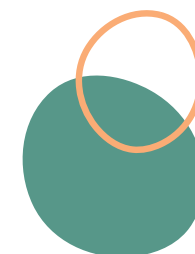


08:00 PM

Read a book to your child in bed.



# Tips on engaging with your kids at home





# Top 5 tips for engaging your young children while they are at home

#1

Set a home routine



**Build a schedule for your child during the week** with regular timings for meals, baths, sleep, play, exercise and other activities.

#2

Ensure your children get enough physical activity



**Ensure your children move around during the day** and get sufficient physical activity for their age, by exercising, playing, or walking.

#3

Family play time!



Make the most of this time at home to **play with your children**, make puzzles, play board games, or any other activities you enjoy doing as a family.

#4


Books, books, and more books



**Encourage your children to read**, and if they do not read yet, read them at least 1 to 2 books a day.

#5

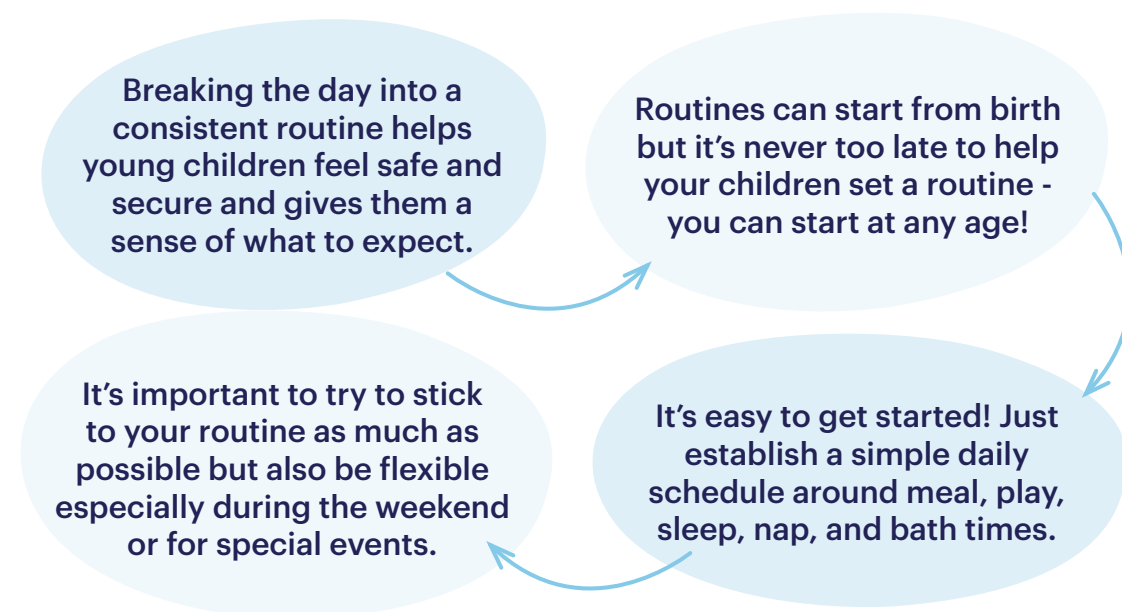
Teach your children to care for the home



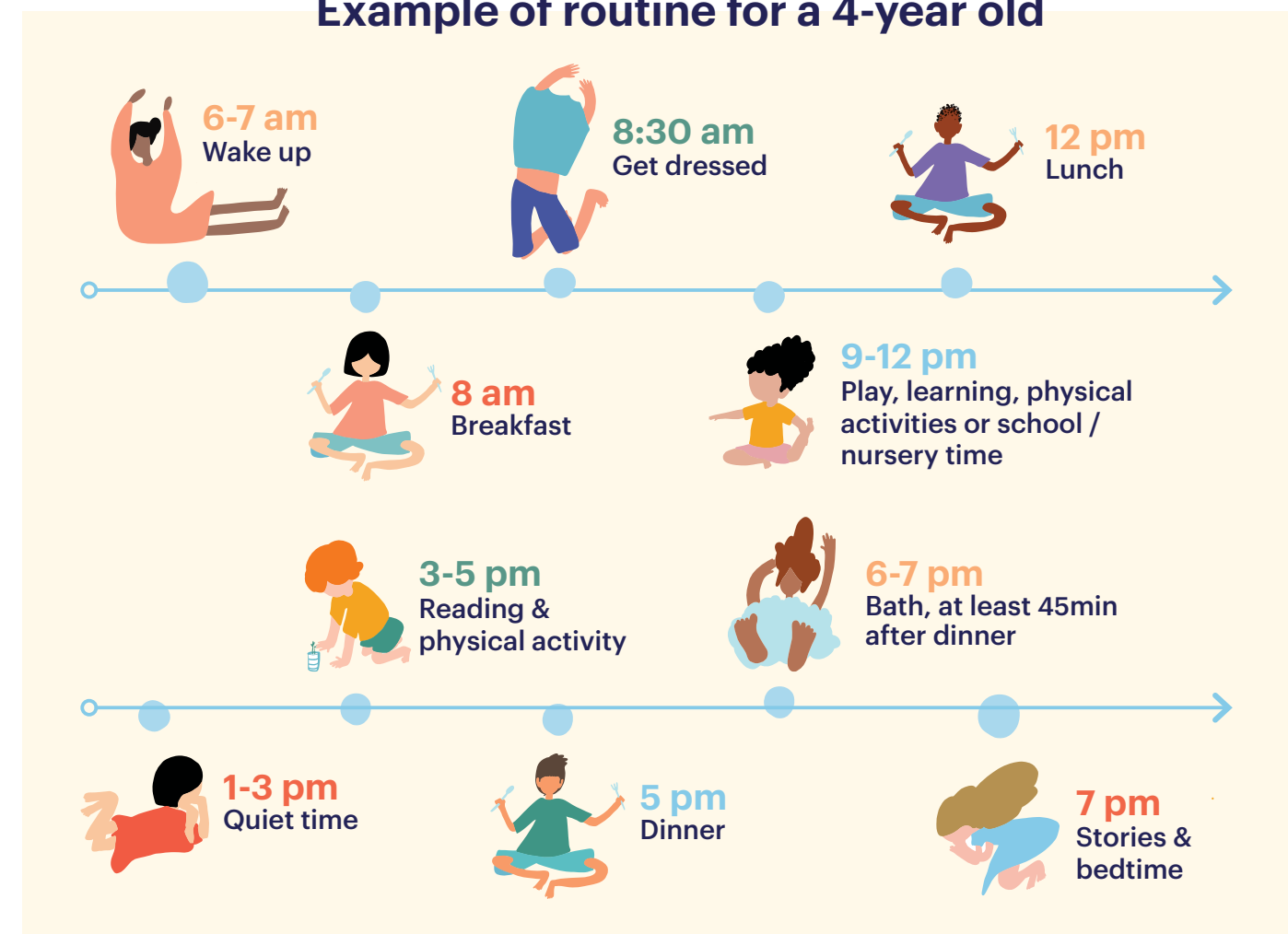
**Involve young children in age-appropriate chores**, such as making their bed, tidying up their room, baking, watering plants or setting the table.



## Deep-Dive on tip #1: Set and maintain home routine



### Example of routine for a 4-year old



Throughout the day, make sure your children wash their hands regularly (singing "Happy Birthday" song twice or the alphabet song to reach 20-second mark)

## Deep-Dive on tip #2: Ensure your children get enough physical activity



Reduce time spent sitting or lying down and break up long periods of not moving.

Aim to spread activity throughout the day

Less than 1 year old



At least 30 mins of physical activity (e.g., floor-based activities including tummy-time, reaching, pushing, pulling and crawling)

1 to 2 years old



At least 180 mins of physical activity at any intensity including moderate to vigorous-intensity (e.g., standing up, moving around, skipping, hopping, running to jumping)

2 to 5 years old



At least 180 mins of physical activity at any intensity, of which at least 60 mins is moderate- to vigorous intensity (e.g., walking or running, dancing, playing catch and riding a bike)

5 to 8 years old



At least 60 mins of moderate to vigorous-intensity physical activity at least 3 times per week including activities that strengthen muscle & bone (e.g., sit-ups, press-ups, dancing, skipping rope and riding a bike)

## Deep-Dive on Tip #3: Family play time!

**Family memorabilia**  
Strengthen your children's connection to the family by creating memories  
E.g., create a family tree using photos & collage, make a family time capsule with letters & photos to open in a few years

**Family bonding games**  
Find ways to connect with your children and have fun  
E.g., camp-out in a room using mattresses and sheets, create a food menu and have your child help with safe cooking steps

**Board games & puzzles**  
Develop your children's focus and cognitive skills  
E.g., print your children's favorite photo to create a puzzle that they can solve

### Arts & Crafts

Strengthen your children's hand-eye coordination and nurture their creativity  
E.g., use recyclables to create an art piece, sponge paint on t-shirts using safe paint

### Theatre & Music

Encourage your children's inner actor and musician  
E.g., recreate an act on video & watch it as a family, record a music video with your child of their favorite song

### Nature

Nurture your children's love for and understanding of nature  
E.g., use cotton & water to plant wheat sprouts, make a bird feeder using a plastic bottle & sunflower seeds



**Deep-Dive on tip #4:**  
Books, books, and more **books**



**Start early,  
read often**

We encourage parents to **read to their children at least 1-2 books a day from the earliest ages**, starting by reading aloud to them as infants



**Read the  
pictures**

Children usually focus on **pictures**, therefore it is important to spend time explaining the pictures as it **helps children understand what the book is about**



**Discuss the  
stories  
and ask them  
questions**

Discussing stories with your children creates an **engaging atmosphere and builds intellectual interest** for children to pay attention to the story – ask them questions throughout the book to engage them differently

**Typical impact on children**

**1**

Creates a **lifetime interest in reading**

**2**

Extends their **attention spans**

**3**

Aids in **language development & ability to learn**

**4**

Strengthens the **power of a child's imagination**

**5**

Helps **build a child's comprehension**

**6**

Creates **one-on-one bonding time**



**Children who are read one book a day will hear about ~300,000 more words by age 5**

**Deep-Dive on tip #5:**  
Teach your children to take care of the home

Helping with household chores can teach young children **responsibility, self-reliance, teamwork, and strong work ethic**





# Flower Handprint



With the helping hands of your little artist, watch creativity bloom using My First Crayola Fingerprints! Little ones can make a Flower Handprint accented by butterfly fingerprints.

## Supplies:

- My First Crayola Art Smock
- My First Crayola Palm-Grasp Crayons
- Disposable Plate
- My First Crayola Washable Fingerprint
- Cardstock



## Steps:

1



Squeeze fingerprint on 2 disposable plates.

2



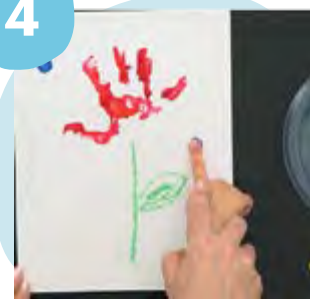
Dip a little hand into paint and press it on cardstock to form a flower.

3



Draw the flower stem with a palm-grasp crayon.

4



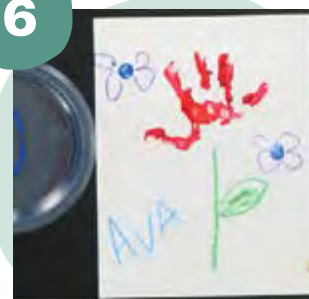
Dip a finger into paint and add fingerprints around the flower.

5



To make butterflies, draw wings around the fingerprints with a palm grasp crayon. Dry 1-2 hours.

6



Sign your little artist's name and proudly display!

## Get Social!

Share your experience with us using #HomeFun4Kids on social media!

# Paper Plate Alien



An otherworldly paper plate craft! Fly off into the universe with this alien space craft using Crayola supplies and items you already have on hand.

## Supplies:

- Crayola Scissors
- Crayola No-Run School Glue
- Crayola Metallic Markers
- Crayola Take Note Permanent Markers
- Paper Plate
- Crayola No. 2 Pencil
- Wiggle Eyes
- Crayola Glitter Glue



## Steps:

1



Flip plate upside-down and cut into alien spaceship shape.

2



Sketch alien on plate with pencil, keeping above plate rim.

3



Color in alien with permanent markers.

4



Glue wiggle eyes to face.

5



Color paper plate rim with metallic markers to create outer spaceship.

6



Add sparkly accents with glitter glue. Dry 3-4 hours, then it's time to fly high!

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# Positivity Board Game



It's important to show kindness, compassion, love, and help children to find the positives now more than ever.

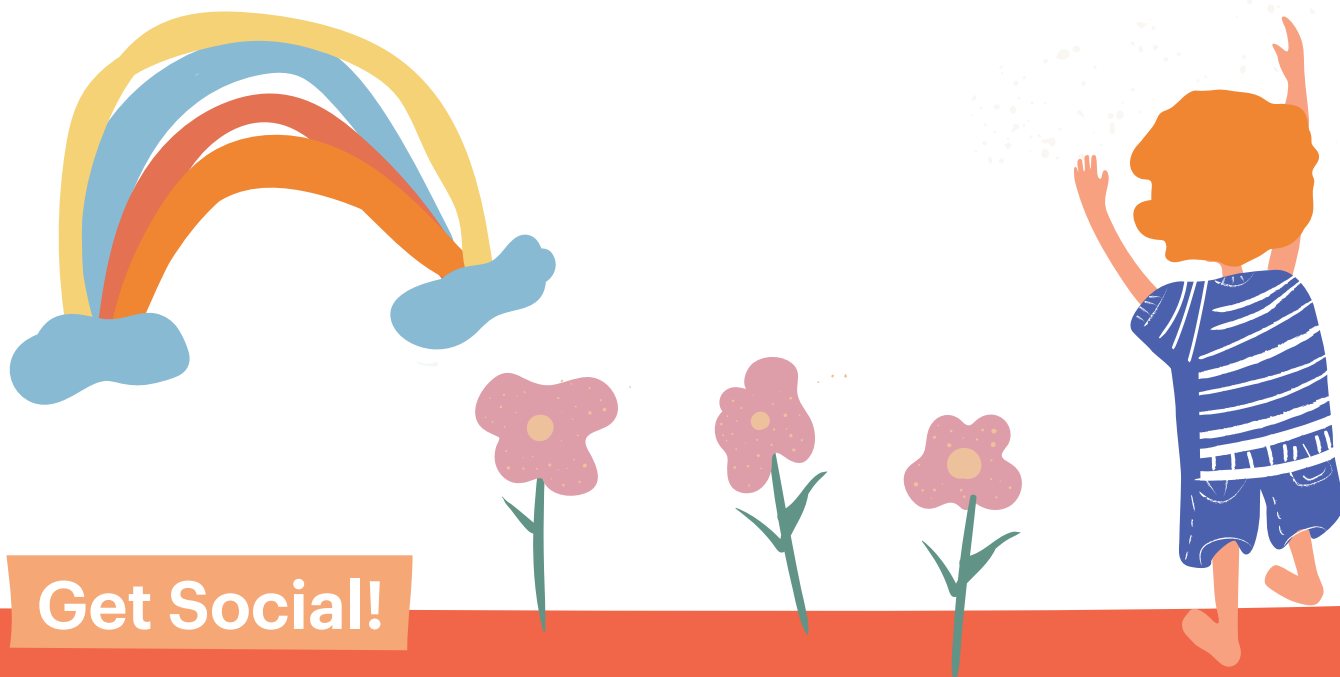
Play the Positivity Game with your children and help them to think about all the good things in their lives.

## Supplies:

- Dice
- Game Pieces

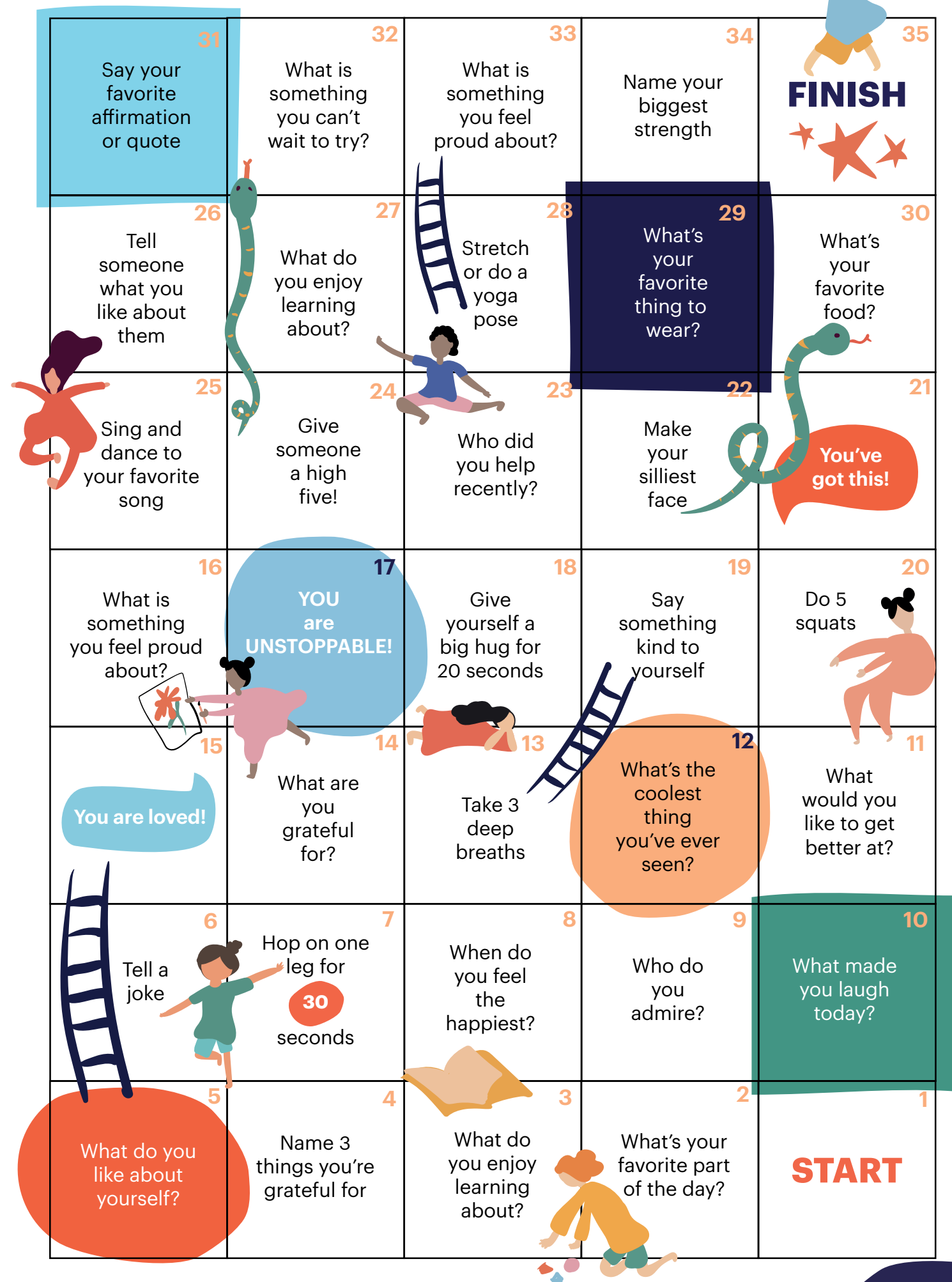
## How to Play:

- 1 Roll the dice and move the correct number of spaces on the board. For example, if you roll 2, move two spaces on the board.
- 2 If you land on a square with a ladder, move your game piece up the ladder to a new square. If there's no activity, it's the next player's turn.
- 3 The game is over when all players reach the Finish square!



## Get Social!

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## What are the innovative tools to help you engage with your children?

Lamsa is a UAE-based digital platform that provides culturally relevant and interactive early childhood development content in Arabic (stories, games and videos) encouraging parents to engage with their children.

Should you have any inquiries about the use of of this application, please reach out to [support@lamsaworld.com](mailto:support@lamsaworld.com)

Available on the App Store and Google Play Store

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Afinidata is a smart chatbot that equips parents with personalized educational activities to develop the brains of their children.

Should you have any inquiries about the use of of this application, please reach out to [tech@afinidata.com](mailto:tech@afinidata.com)

Click here to contact Afinidata via Facebook Messenger:  
<https://bit.ly/afinidata>

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Kinedu is a video-centric mobile and desktop platform that unleashes early childhood development at scale by fostering quality learning experiences at home, at school and everywhere in between.

Should you have any inquiries about the use of of this application, please reach out to [hello@kinedu.com](mailto:hello@kinedu.com)

Available on the App Store and Google Play Store

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# The End

At-Home Activity Booklet

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