

Together We Play and Learn





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The International Save the Children Alliance is the world's leading independent children's rights organisation, with members in 27 countries and operational programmes in more than 100.

Vision :

Save the Children works for a world:

- that respects and values each child.
- that listens to children and learns.
- where all children have hope and opportunity.

Mission :

Save the Children fights for children's rights.

We deliver immediate and lasting improvements to children's lives worldwide.

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Introduction

The early years are the most important time for children's development. Parents and families, along with care givers and teachers have the vital job of creating the conditions for children to develop socially, physically, intellectually, creatively and emotionally.

In areas affected by conflict, children are often prevented from being able to play, learn and develop in a safe and healthy environment. In the occupied Palestinian territory for instance, children are often confined to their homes due to fighting, military incursions, curfews, closures and unsafe conditions in general. During such periods of insecurity, children may be unable to reach their schools and kindergartens, and must remain in the relative safety of their homes.

This guide has been designed to give parents, care givers and kindergarten teachers ideas for creative play and ways of supporting the development of young children, based on active learning techniques. The guide, "Together We Play and Learn", provides examples of simple activities, games and toys that use low-cost, locally available materials.

The guide is the result of field testing from 2004 to 2006 as part of the Save the Children Alliance Emergency Education Project, which involved more than 5,000 children, parents and teachers from the districts of Nablus and Qalqilya in the occupied Palestinian territory.

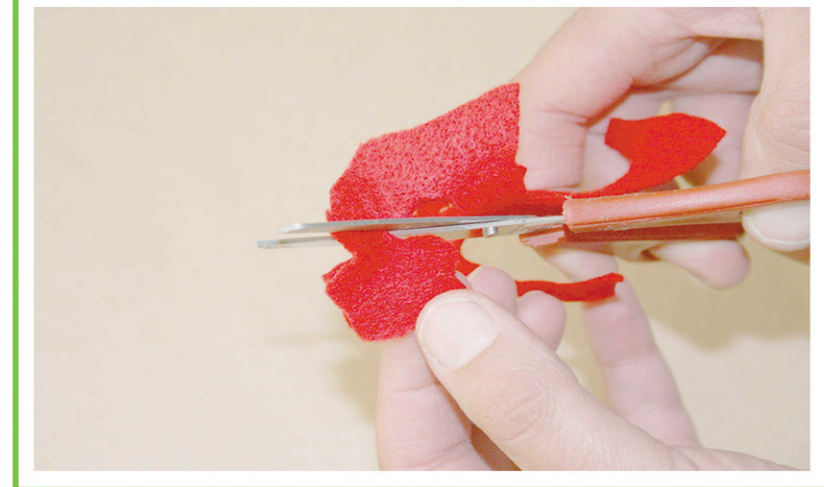
Chapter One

Household Space

The relationship between parents and their children is of utmost importance. Creating a household space where parents can spend play time with their young children and share in their children's games and hobbies, can help to reinforce the special bond between parent and child. The importance of this household space, however small or humble, is that it is an area dedicated to the child's play where the child's creativity and imagination are allowed to flourish.

Ideas for Setting Up a Child Space in the Home:

1. Establish a family agreement whereby the children choose the location.
2. Parents participate with their children in preparing the space, regardless of its size or simplicity.
3. Children retain exclusivity to the space in order to have a sense of privacy.
4. Establish a program which outlines the activities and times during which they take place.
5. Specify the activity ahead of time in order for the parents and children to prepare and gather the necessary materials.
6. Do not prohibit children from keeping their belongings and secrets in this space.
7. Do not allow debris or fragile objects in this space.
8. Prepare seating areas either on the ground (mats) or around a small table.
9. However small and humble the space, the goal is to develop children's creative abilities, not only to offer a physical space.
10. It is important that parents acknowledge their children's efforts, regardless of how simple they may be or the mess or disorder they may create in this special space. The goal is for children to play and to learn by playing.



Making Finger Paint

Material:

1. 4 cups of water
2. 1 cup of starch (corn or other)
3. Food coloring or gouache (thick acrylic paint)
4. 1 tablespoon of liquid dishwashing soap

Instructions:

1. Mix food coloring or gouache with water.
2. Mix the starch in cold water.
3. Cook the mixture on low heat, stirring continuously until it reaches the right consistency (like custard). Then remove from heat and let cool.

Goals:

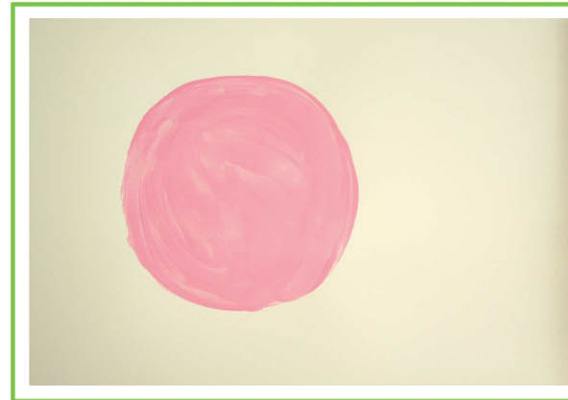
1. Distinguish colors.
2. Mix more than one color to produce a new color.
3. Fun and enjoyment.
4. Creativity and excitement.
5. Use of common household items.



Using Finger Paint to Draw Various Shapes

A Cat

1. Swirl fingers dipped in paint to create the body of a cat.
2. Add a head smaller than the body.
3. Draw two ears and a tail with the middle knuckle of your finger.
4. Draw whiskers, eyes, and a small nose using the knuckle of your finger.
5. Color the cheeks, chest, and feet with a different colored paint.

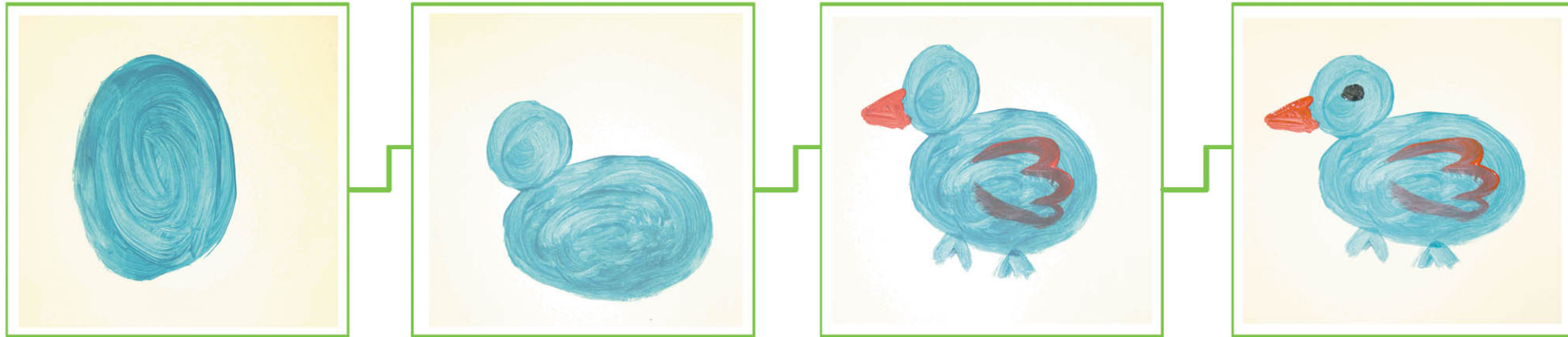


A Spotted Spider

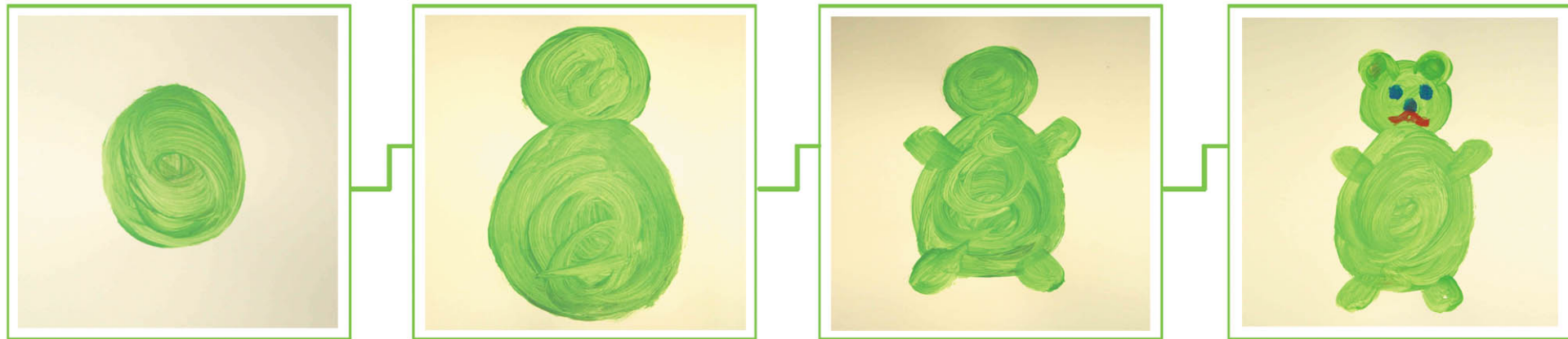
1. Dip your finger in paint then make a circle and color it in to make the body.
2. Draw eight legs with the tip of your finger dipped in paint.
3. Make two large eyes using white paint then put two black dots inside each circle.
4. You can add another light color that contrasts with color of the spider to make some spots on the spider's body.



And you can also make:



A duck



A wolf



A mouse

Making Newspaper Clay

Materials:

1. Newspaper
2. Starch
3. Water
4. Gouache
5. Blender
6. Mixing bowl

Instructions:

1. Rip the newspaper into small strips.
2. Soak the strips in hot water for two or three days.
3. Place the strips in the blender with two tablespoons of starch.
4. Squeeze the mixture by hand to extract the water.
5. The mixture is now ready to shape.
6. After making your shape, set it aside to dry.
7. Paint it with the gouache.

Goals:

1. Creativity.
2. Fun and enjoyment.



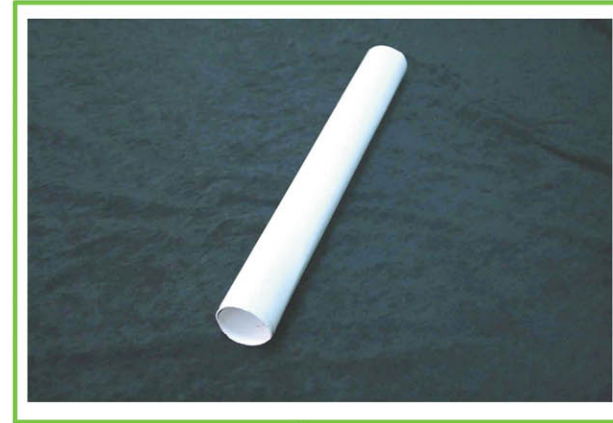
Making a Telescope

Materials:

1. An empty cardboard tube from a finished roll of aluminum foil
2. Glue
3. Cellophane
4. Shiny paper or aluminum foil.

Instructions:

1. Glue shiny paper on the empty cardboard tube.
2. Place the cellophane at the end of the tube.



Making Binoculars

Materials:

1. 2 toilet paper tubes.
2. Cellophane.
3. Aluminum foil or shiny paper.
4. Tape.

Instructions:

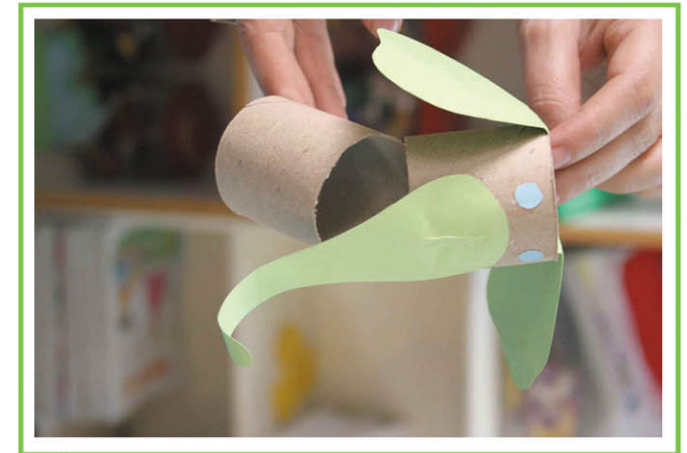
1. Prepare two short tubes (from the toilet paper).
2. Tape two sheets of colored cellophane on the ends of the two tubes.
3. Tape the tubes together using a strip of tape.
4. For decoration, tape aluminum foil or shiny paper onto the tubes.

Goals:

1. Fun and enjoyment.
2. Discovery and creativity.
3. Penetration of light through transparent objects.



Models for Making Educational Toys from Toilet Paper Tubes



Stick Puppets

Materials:

1. Thin sticks (such as kebab skewers).
2. Tape.
3. Plastic fruit, pictures of fruit, or real fruit.

Instructions:

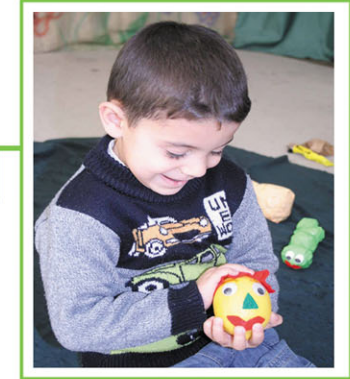
1. If you choose to use pictures of fruit, you can color these pictures and laminate them with plastic to preserve them.
2. Secure the pictures onto the sticks with tape on the back. You can also insert the stick into real or plastic fruit.
3. Draw eyes, mouth, and nose on the fruit to make it more interesting for the child.

How to play:

You can use these puppets by carrying them in your hands and moving them around the other puppets or any person nearby. Move the puppet that talks while the others remain still until it is their turn to speak.

Goals:

1. Use of common household items.
2. Creativity and inventiveness.



Making Balls

Materials:

1. Newspaper.
2. Clear tape or glue.
3. Colored paper.
4. Gouache.

Instructions:

1. Gather old newspapers.
2. The child can help to crumple the newspaper until it forms the shape of a ball.
3. Cover the ball with colored paper.
4. You can also paint the ball with gouache and leave it to dry.

How to play:

The ball is now ready to toss around with the child or to use in other physical games.

Goals:

1. Learn about sizes by making balls of different sizes.
2. Learn about colors by making balls of different colors.
3. Helps the child develop physical and motor skills by catching and aiming.



Coloring Salt

Materials:

1. Bag of salt.
2. Plastic dish.
3. Empty juice bottle.
4. Colored chalk.

Instructions:

1. Place the salt in the dish.
2. Prepare the colored chalk. The child crumbles the colored chalk into the bottom of the dish, using one color at a time, as she/he prefers.
3. More than one child can participate in this activity. Each child can choose a different color.
4. The child continues to crumble the chalk into the bottom of the dish until the salt takes on the color of the chalk.
5. After coloring the salt, prepare a paper funnel for the juice bottle. The child can begin to pour the salt into the bottle through the funnel.
6. You now have a bottle filled with many lovely colors.

Goals:

1. Release energy.
2. Fun and excitement.
3. Cooperation.



Chapter 2

Stories and Their Importance for a Child's Development

Stories are considered to play an important role in developing children's social, intellectual and creative abilities. Stories are one of children's primary activities and can help children to envision various aspects of life, express emotion, describe nature, explain social life, and aid in the formation of clear direction and values. Stories stimulate emotions and spark the imagination of the child.

The themes and ideas covered in children's stories aim to represent a creative, artistic, and expressive picture that is ordered through language. Children, by their nature, are inclined to listen to stories, and to fall asleep while quietly listening to the stories of their parents and grandparents.

Parents can use stories to help their children learn about language. Children can memorize words appropriate to their age before learning to read or write. With the narrative repetition of a story, children memorize various words and can correctly reproduce them as the story unfolds.

Variety in the presentation of stories is essential, as it will add to children's enjoyment and will develop children's creativity and inventiveness. Below are some ideas for ways to present stories which encourage children to participate in all the learning opportunities that a story provides.



Live Theater: One of the Ways to Tell a Story

Materials:

1. Cardboard box (or wooden box).
2. Grass, small plastic trees, miniature toy cars or other small toys.
3. Characters of the story (small puppets, animals or dolls).

Instructions:

Cut out the bottom of the cardboard box (or wooden box) to create a stage. Then assemble a variety of small items that may be used as props and characters in the story.

How to Play:

Encourage children to help come up with ideas for a story and then expand on the ideas by creating a setting for the story. For example, if the story takes place in springtime, place grass, flowers, plants, and some insects on the stage. Then make some characters out of small finger puppets or dolls and move them about the stage to narrate the story.



Homemade Television

Materials:

1. Shoe box or any cardboard box you have at home.
2. 2 sticks, one of which should be at least 10cm longer than the width of the cardboard box.
3. Tape.
4. Crepe paper or shiny paper for decorating the box.
5. Any story you have at home (from a picture book or a magazine).

Instructions:

1. Tape crepe paper or shiny paper onto the shoe box as decoration.
2. Cut two holes on the top and bottom sides of the box, about 5cm from the edges.
3. Dismantle the two copies of the story so that each page is separate.
4. Tape the pages of the story end to end so that you make a roll from the pages.
5. Secure the top of the first page of the story onto one stick, and secure the bottom of the last page of the story onto the second stick.
6. Wind the pages of the story onto the two sticks.
7. Insert the first stick into the top opening of the box and then insert the second stick into the bottom opening.

How to Use:

1. After inserting the two sticks into the cardboard box, wind the story onto the bottom stick until you see before you the first page of the story.
2. You can then begin to narrate the events of the story. Turn the first stick one page after the other until the end of the entire story.
3. You can prepare more than one story and present it in the same box.

Goals:

1. Use of resources found in the home.
2. Fun and enjoyment.



Homemade Theater

Materials:

1. A large cardboard box.
2. Utility knife.
3. Crepe paper or shiny paper.

Instructions:

1. Remove the lid of the cardboard box and place the box so that the open side becomes the back of the theater.
2. On the side facing you, cut out a rectangle hole leaving an equal distance from the four sides of the box. This becomes the front of the theater.
3. Decorate the rectangular hole with crepe paper to make curtains. You can also glue shiny paper on the box or paint it with different colors.
4. Place the box on a small table and cover the top and back of the box with a large cloth or blanket.

How to Play:

Prepare stick or doll puppets (see Aids for Storytelling). The actors in the theater hide beneath the blanket and move the puppets around the stage according to the story and the roles of the characters.

Goals:

1. Fun and enjoyment.
2. Excitement.
3. Develop the child's vocabulary.



Felt Board

Materials:

1. Felt.
2. Stiff piece of cardboard (or wooden board).
3. Paper cut outs of pictures of animals or people that can be used as characters in the story.
4. Velcro (with sticky tape on back), or tape.

Instructions:

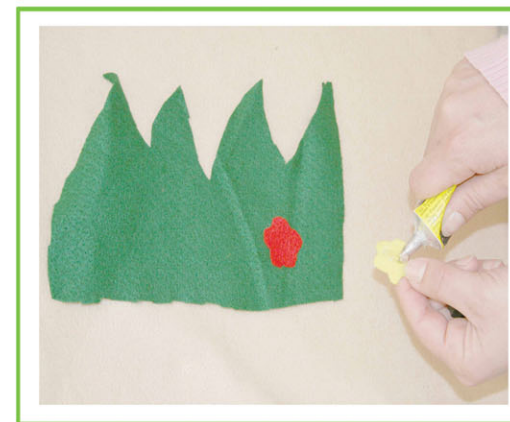
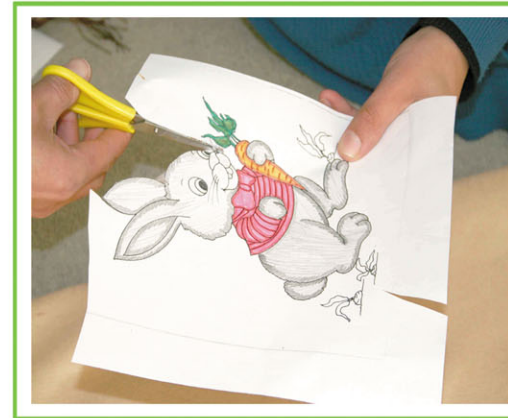
1. Prepare a piece of felt that is one square meter in size.
2. With staples or glue, secure it to the cardboard or a wooden board of the same size.
3. Prepare the characters of the story by putting a small piece of Velcro (or regular tape) on the back of each one to attach them to the felt board. You can also laminate the paper characters on both sides to protect them from damage.

How to Play:

1. Present the characters as they act in the story by moving them on the felt board.
2. You can also enhance the story by adding some things in the background, like mountains, clouds and a sun, according to the story.

Advantages:

1. Can be carried easily from place to place.
2. Is fun and enjoyable.
3. Children can make it themselves.



Magnetic Board

Materials:

1. A piece of tin measuring 50x70cm.
2. Construction paper of any color.
3. White paint.
4. Plastic lamination sheets (optional).
5. Magnets.

Instructions:

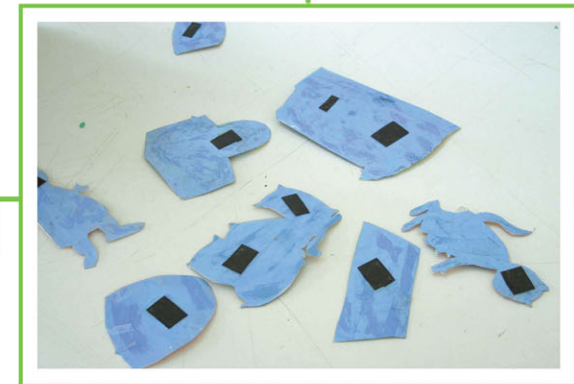
1. Prepare the sheet of tin. You can paint the tin any color, but white is preferable.
2. Around the tin, make a frame 5cm in width from any colored construction paper (or colored tape).
3. Cut out pictures from books or magazines or draw your own pictures on construction paper to make characters for story. You can laminate them with plastic to protect them from damage.
4. Attach a small magnet to the back of the each character of the story.

How to Play:

1. After preparing the characters and placing the magnets on them, you can enter them into the events of the story.
2. You can move the characters by moving another magnet on the back of the board.
3. You can obtain a sheet of tin at home or use a metal cabinet or refrigerator.

Goals:

1. Fun and enjoyment.
2. Present a story in new and enjoyable way.
3. Creativity and inventiveness.



Aids for Storytelling

Masks

Materials:

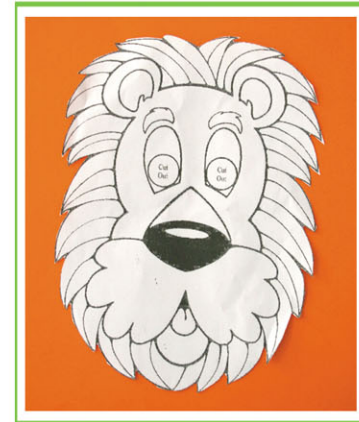
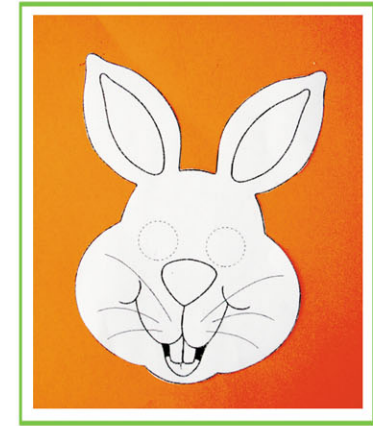
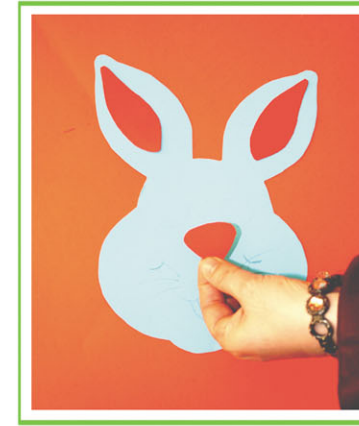
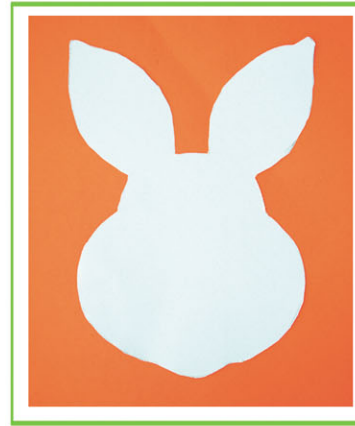
1. Construction paper of any color, size A4.
2. Colored pens or paint.
3. Scissors.
4. 30 cm of elastic (or large rubber band)

Instructions:

1. Cut out the picture that you have chosen to make into a mask.
2. Cut the colored construction paper or cardboard to the size of the mask.
3. Color or paint the nose and ears in a different color.
4. Punch small holes in either side of the mask. Tie the ends of the elastic (or rubber band) to the holes and place the mask around the child's head.
5. You can make any shape, for example a rabbit or a lion.

Advantages:

1. Can be used for birthdays or costume parties.
2. Can be used in stories.



Finger Puppets

Materials:

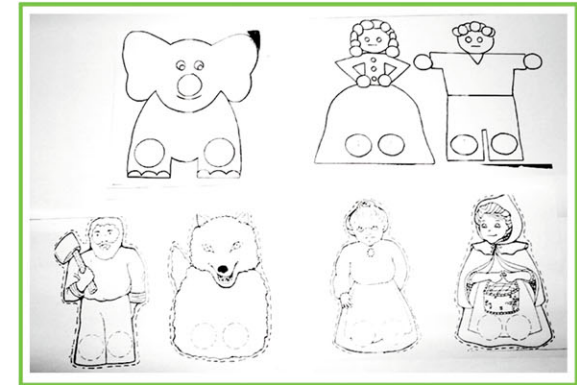
1. Paper for drawing characters of a story.
2. Stiff cardboard.
3. Paint or colored pens.
4. Glue.

Instructions:

1. On pieces of paper, draw different pictures to use as characters of a story, decorate the pictures with colored pens or paint, then cut them out.
2. Glue the pictures onto the cardboard then cut the cardboard to match the shape of the pictures.
3. Cut out two circles 2cm in diameter at the bottom of each picture in order to insert the fingers.

How to Play:

1. Two or more people can participate in telling the story.
2. Each person inserts her/his fingers (index and middle fingers) into each picture so that the fingers become the legs of the pictures.
3. Each person moves the picture on a table so that the pictures appear to walk and converse according to the story.



Tongue Depressor Puppets

Materials:

1. 2 tongue depressors (like those used by doctors).
2. Shiny paper or crepe paper.
3. Pictures or drawings of people or animals.
4. Yarn.
5. Tape.
6. White toilet paper.

Instructions:

Tape a picture of a person or an animal or a car or any object to a stick then decorate the finger puppets as follows:

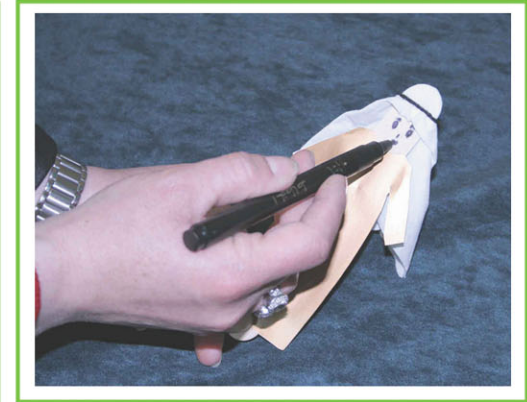
1. Make a head cover by wrapping a piece of toilet paper over the head and tying it with black yarn.
2. Cut a piece of shiny paper or crepe paper to make a doll's dress.
3. Draw eyes, nose, and mouth on the stick.

How to Play:

Hold the lower end of the stick and move the puppets around the homemade theater, according to the characters in the story.

Goals:

1. Fun and enjoyment.
2. Use different shapes and colors to create different kind of puppets.
3. Creativity and inventiveness.
4. Use of simple materials.



Doll from Cloth

Materials:

1. Pieces of white, red and yellow cloth (can use any colors).
2. Thick nylon white sock.
3. Small plastic buttons.
4. Artificial hair (or yarn as substitute).
5. Sewing thread and needle.
6. Cotton balls.
7. Empty toilet paper tube.

Instructions:

1. Fold the white cloth in half then cut a pattern in the shape of a chest and arms (one piece of cloth will become the doll's front and the other will become the back). Sew the chest and back together at the sides.
2. Cut the red cloth to make the pattern of a skirt of width 6 cm and length 15 cm. Then sew the cloth together at both sides to create a skirt.
3. Sew together the white chest and back to the red skirt.
4. Cut the yellow cloth into a pattern shaped like hands then sew the hands onto the chest and back pieces.
5. Put the toilet paper tube inside the sock and stuff the sock with cotton balls to create a head that will be sewn onto the cloth body. The bottom of the toilet paper tube will be hidden inside the skirt.
6. Sew on the buttons to make eyes, mouth and nose then add hair.

Goals:

1. Enjoyment and excitement.
2. Use of low cost materials usually found in the home.



Cone or Funnel Puppets

Materials:

1. A piece of construction paper on which to draw a quarter circle with a 30cm radius.
2. A thin rectangular stick 50cm long.
3. A doll made from cloth (as explained in previous activity).
4. Glue, scissors, stapler.

Instructions:

1. Cut the construction paper into a quarter circle with a radius of 30cm.
2. Glue or staple two ends of the quarter circle so it becomes a cone or funnel.
3. Insert the stick inside the cloth doll to create a puppet.
4. Insert the doll puppet inside the cone so that the stick is the bottom of the cone and the doll is at the top.

How to Paly:

You can use this toy in a fun and enjoyable way for a child by pulling the stick down so the doll enters the cone. When you push the stick up, the doll emerges. You can twist the stick left or right so the child feels that the doll is looking at her/him or his friends.

Goals:

1. Add variety to storytelling.
2. Children's enjoyment.
3. Develop a child's creativity.



Chapter 3

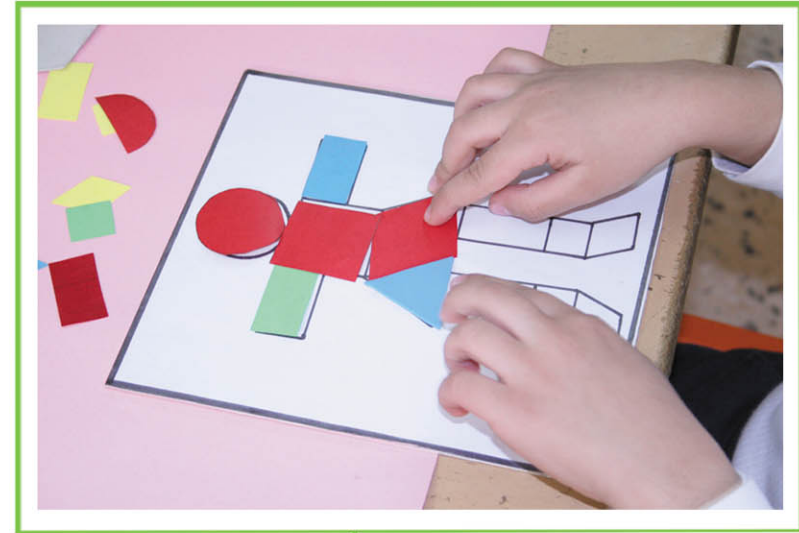
Educational Games

Games are a type of structured activity with a set of rules that organize the flow of play. Whether it is an individual game or one that requires two or more players, games arrive at predetermined goals. The elements of luck and competition enter, and the game can end with the victory of one of the players or teams.

Importance of Educational Games:

1. Develop children's communication and interactive skills.
2. Give children a proactive role in the learning process.
3. Expose children to decision-making and responsibility.
4. Help children to solve problems.
5. Help children learn while playing and having fun (active learning).

Among the essential conditions for educational games are: age appropriateness; clarity of rules and directions; easy to learn and carry out; safe and enjoyable. It is important to remember that the main goal of educational games and toys is to give children the opportunity to play and demonstrate their abilities, no matter how simple.



Plugs Game

Materials:

1. 10 white cards cut to measure 12x10cm.
2. Stiff cardboard the same size as the cards.
3. Colored pens or pencils.
4. 50 small birthday candle holders (to use as plugs).

Instructions:

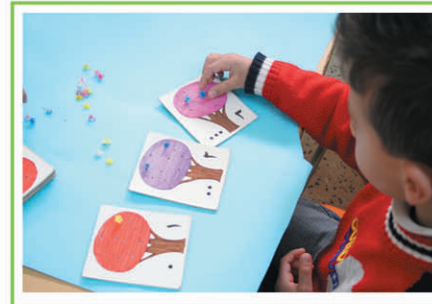
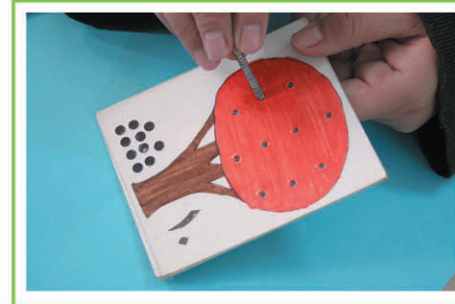
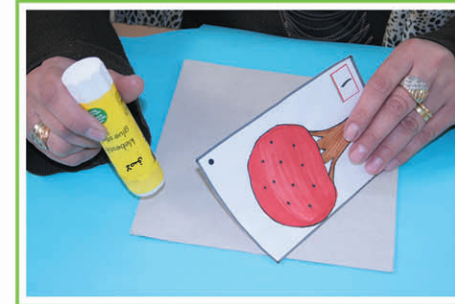
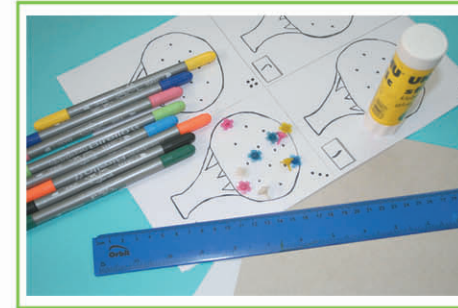
1. Cut the cards to the required size and glue them onto the stiff cardboard.
2. Draw an identical tree on each card.
3. Color each tree a different color.
4. On the bottom right corner of each card, write a number from 1-10. On the bottom left corner of each card, draw the same number of dots, like those you find on dominoes.
5. Make ten small holes in each tree.

How to Play:

1. Distribute the cards among the children so that they can see the number that is written on the bottom of the card.
2. Count the dots on the bottom left corner of each card to make sure they are correct.
3. Ask each child to place plugs in each hole until she/he reaches the number written on the bottom of the card.
4. You can further develop the game by placing plugs according to the number and then adding or subtracting a number.

Goals:

1. Begin to explore numbers.
2. Relate numbers to counting.
3. Develop hand-eye coordination.



Matching Geometric Shapes

Materials:

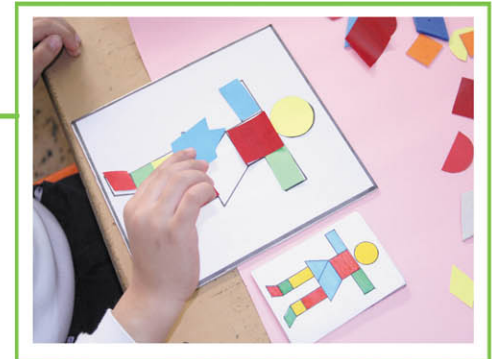
1. 2 large cards measuring 19x21cm.
2. 1 small card measuring 7x10cm.
3. Paper cut-outs of different colored geometric shapes, such as large circle, small circle, half-circle, triangle, rectangle, large square, small square, large diamond, small diamond, etc.

Instructions:

1. On the small card, draw the form of a lady (as shown in the picture) and apply the geometric shapes to fill in the form. This will serve as the model.
2. On one of the large cards, draw the form of a lady and draw lines to correspond with the geometric shapes. On the other large card, draw the form of a lady but do not draw lines inside.
3. Present the child with the geometric shapes so she/he can become familiar with them at her/his own pace.
4. Using the completed model as a guide, the child tries to match the geometric shapes on the large card with lines, "shape by shape".
5. The child then tries to match the geometric shapes on the other large card without lines.

Goals:

1. Become familiar with geometric shapes.
2. Develop hand-eye coordination.
3. Fun and enjoyment.



Assembly Game with Dice

Materials:

1. A piece of cardboard measuring 12.5x22cm.
2. A picture of a person (either drawn by hand or cut from a magazine or book).
3. Dice.
4. Plastic lamination sheets (optional).

Instructions:

1. Tape or glue the picture onto the cardboard.
2. Cut the picture into 6 equal sections.
3. Draw dice dots onto the edge of each section in order from highest to lowest.
4. Laminate the sections with plastic to protect them from damage (optional).

How to Play:

1. Help children become familiar with dice and the number of dots they carry. Help children to connect the number of dots on the dice with number of dots on the cards.
2. Scatter the sections of the picture in a random order then help the child to arrange them together according to the dice dots to form the complete picture.

Goals:

1. Begin to explore numbers.
2. Develop hand-eye coordination.



Empty Cassette Tape Case Puzzle

Materials:

1. 8 empty cassette tape cases.
2. Transparent tape; glue.
3. Utility knife.
4. A piece of cardboard the same size as the picture.
5. 2 different pictures, 2 copies of each picture.

Instructions:

1. Tape shut the cassette cases with transparent tape.
2. Line up the cases side by side to make two rows.
3. Glue the first picture onto the cases while they are lined up and then cut them into eight sections with the utility knife.
4. Flip over the cases to the other side and glue then cut the second picture in the same manner as the first.
5. Glue the duplicate copies of the pictures onto the cardboard, to use as models.
6. Using the model as a guide, the child tries to arrange the individual cassette cases to form the picture.
7. You can substitute the cassette tape cases with empty CD cases, empty matchboxes, or cigarette boxes.

Goals:

1. Develop hand-eye coordination.
2. Develop identification and concentration abilities.
3. Creativity and inventiveness.



Visual Memory Game

Materials:

1. Shoe box.
2. Utility knife.
3. 2 copies of 4 small pictures (or words or letters) measuring 5x4cm each.
4. Ruler, pencil and pen.
5. Glue.

Instructions:

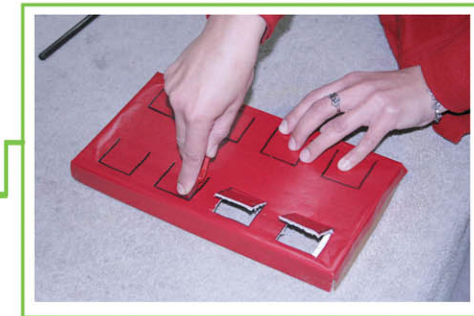
1. On the lid of the shoe box, draw eight windows each measuring 5x4cm.
2. Cut out each window on three sides so that the remaining side is still attached.
3. Place a piece of cardboard on the back side of the lid.
4. Fold the windows of the lid back and mark with pencil the spaces that they open onto (on the cardboard). Randomly glue the pictures inside the empty spaces. Each picture should have a corresponding picture (word or letter).
5. Close the windows and number them from 1-8.

How to Play:

First, open all the windows and concentrate on the pictures they reveal. Then close the windows. Now try to figure out which window matches the other.

Goals:

1. Develop memory.
2. Develop concentration.
3. Enjoyment and fun.



Numbered Gloves Game

Materials:

1. Thin metal wire.
2. Two cotton or wool gloves.
3. Cotton balls.
4. Cardboard.
5. Transparent tape or stapler.
6. Scissors.

Instructions:

1. Cut ten lengths of wire measuring 17cm.
2. Gather five wires together and hold them by one end.
3. Thread one wire through each of the fingers of the glove and then stuff the glove with cotton balls.
4. Tape or staple the gloves onto the cardboard.
5. Cut five small squares of cardboard to make cards, and number each card from 1-5; you can also make additional squares with mathematical signs like (-,+ =,<,>).

How to Play:

1. Set out the cards numbered from 1-5 and ask the child to arrange the fingers of the glove to match the number on the card.
2. You can use mathematical signs like + or < so that the child can add and compare.

Goals:

1. Become familiar with numbers.
2. Begin to explore mathematical concepts.



Cardboard Puzzle

Materials:

1. Large piece of cardboard.
2. Large picture or drawing.
3. Utility knife.
4. Colored pens or pencils.
5. Glue.
6. Plastic lamination sheets (optional).

Instructions:

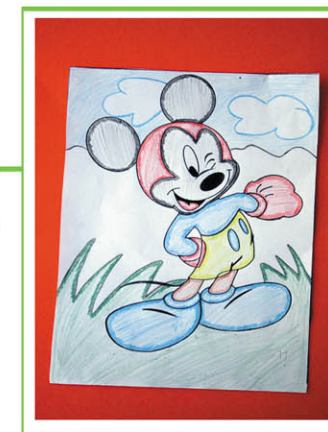
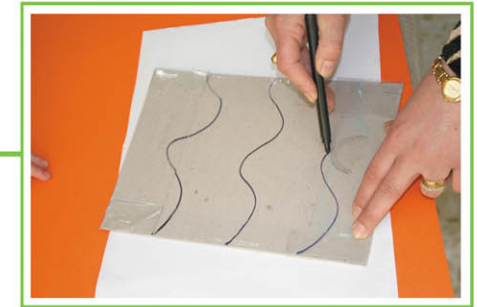
1. Color the picture with the colored pens or pencils.
2. Cut the cardboard according to the size of the picture.
3. Laminate the picture with plastic (optional) then glue it to the cardboard.
4. Draw long horizontal and vertical lines on the back of the picture.
5. With the utility knife, cut the picture into sections. The number of sections should be according to the age and ability of the child; the older the child, the more pieces you should make.

How to Play:

First, show the child the complete picture so that she/he can see it. Then take the pieces of the puzzle apart and let the child try to put the pieces back together by her/himself.

Gloas:

1. Develop concentration.
2. Develop hand-eye coordination.
3. Fun and enjoyment.

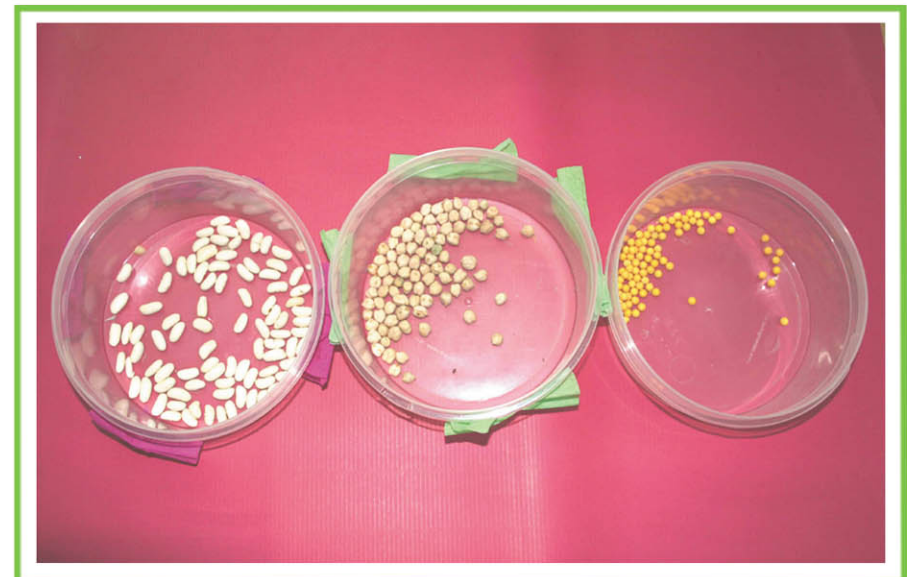


Chapter 4

Music

Music plays an important role in children's development. Children are drawn to music and often develop a love and appreciation of music from a very young age. Through music, children can learn about language, mathematical concepts, rhythmic movement, and art.

Musical activities can be an enjoyable and inspiring part of every child's life, even under difficult economic circumstances. This chapter provides some examples of simple musical activities that use low-cost materials often found in the home.



Groups Game

How to Play:

1. This game is best if played with a group of 8-10 children.
2. One of the children starts beating on a drum or playing any other available musical instrument.
3. The child changes the speed of the beat every now and then.
4. Children are asked to move at the speed of the beat they hear.
5. The child who is beating suddenly stops. The parent or teacher immediately calls out a number (the number must be lower than the total number of children).
6. Each child has to then form a group with other children to match the number called. For example, if the number 3 is called, the child must look for 2 other children to form a group of 3 with.
7. The parent or teacher makes sure that groups formed have the number called.
8. The game is repeated with different numbers until one group wins at the end.

Goals:

1. Develop concentration.
2. Reinforce concepts of fast and slow.
3. Develop sense of rhythm through movements.
4. Connect musical concepts with mathematical ones.



Ocean Waves

Materials:

1. 3 round plastic containers with lids.
2. 3 different type of seeds or grains, like beans, rice, chickpeas.
3. Crepe paper or shiny paper.

Instructions:

Place each kind of seed inside a plastic container and cover it with the lid. Decorate the plastic containers with whatever you have available like crepe paper or shiny paper.

How to Play:

Distribute the plastic containers to the children. You can show the children how to shake the containers slowly in a circle to make a sound like ocean waves. Ask the children to focus on the sound of the seeds so they become familiar with it. You can show the children how to move and shake the containers in different ways, like a tambourine or a drum, and at different speeds to make different sounds.

Goals:

1. Use of common household items.
2. Develop sense of hearing and concentration.
3. Fun and enjoyment.



Water Bottles

Materials:

1. 4 empty juice or water bottles.
2. Water.
3. Food coloring or gouache.
4. 1 metal spoon for each child.

Instructions:

1. Prepare the empty bottles by filling each one with different quantities of water. Close each bottle securely.
2. You can color the water with food coloring or gouache to make it more fun and interesting for the children.

How to Play:

1. Arrange the bottles in a straight line.
2. Lightly tap the sides of the bottles with the metal spoons so you hear different sounds depending on the level of water in the bottles.
3. You can increase the number of bottles to create a musical scale that you can play up and down (do, re, mi, fa, so, la, ti) (ti, la, so, fa, mi, re, do).

Goals:

1. Develop physical coordination.
2. Develop ability to differentiate sounds.
3. Use of common household items.



Who is the Leader?

How to Play:

1. This game is best if played with 8-10 children.
2. One of the children leaves the playing area.
3. The remaining children choose the leader.
4. The leader begins to make a particular beat or movement using her/his body, and the children copy the beat or movement.
5. Ask the child who left the playing area to return and stand in the middle of the circle of children. She/he must now guess which of the children is the leader.
6. The leader must change the beat with subtle movements, making it possible for her/him to be recognized.
7. Once the child correctly identifies the leader, the leader then leaves the circle and a new leader is chosen.

Goals:

1. Become familiar with beat and rhythmic movement.
2. Develop concentration and listening skills.



Hula-hoop Game

How to Play:

1. Place several hula-hoops on the ground.
2. Make sure the number of hula-hoops is one less than the number of children.
3. Play music on a radio or create your own beat and encourage the children to move around the hula-hoops in time with the music or beat.
4. When the music or beat stops, each child enters a hula-hoop.
5. The child who could not enter a hula-hoop is out of the game.
6. After each round, take one hula-hoop away until there is one winner.

Note: You can replace the hula-hoops with circles or chairs.

Goals:

1. Develop concentration and the ability to pay attention.
2. Develop listening skills.
3. Fun and enjoyment.



Learning Names through Rhythm

How to Play:

1. All the players stand in a circle with the leader in the middle of the circle.
2. The leader begins to clap a beat and asks the other children to copy her/his beat.
3. The leader then changes the beat, sometimes slapping her/his belly, thigh, or other parts of the body. The other children imitate these movements
4. The leader calls out her/his name while beating, then passes the role of leader to the next child by calling out that child's name.
5. The game continues with each child taking the role of leader.
6. The children get know each other through this rhythm game by remembering each other's names as they take their turn to be the leader.

Goals:

1. Children get to know each other in a fun way.
2. Develop concentration.
3. Become familiar with beats.



Pulse Game

How to Play:

1. All the players stand in a circle.
2. The leader starts to clap a beat by clapping her/his right hand with the left hand of the child next to her/him. This child then turns to the child on her/his right and claps the same beat in the same manner with the left hand of the other child. This continues around the circle until the last child is also clapping the same beat.
3. You can also speed up the beat as it moves from child to child.
4. Repeat the game more than once so that the children can become more comfortable with it.



Freeze Game

How to Play:

1. The parent, teacher or one of the children plays a beat on a drum (or any object that may serve as percussion instrument). You may also use a radio to play music.
2. Ask the children to move to the beat.
3. When the music stops, the children must stop moving and freeze in place. Any child who continues to move after the music stops is out of the game.
4. Repeat this game at different speeds so that the children move at speeds different from the music.
5. The last child to remain in the game is the winner.

Goals:

1. Develop a sense of rhythm through movement.
2. Reinforce concepts of fast and slow.

