



# DISCOVER YOUR TALENTS

Child Action Lanka



## ACTIVITIES

Creative, Education and  
Sportive

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MOVING MINDS

## Inhoud

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*CREATIVE*

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## Nature creation

### What do you need?

- ✓ Paper
- ✓ Pencil
- ✓ Paint brushes
- ✓ Colors
- ✓ Paint
- ✓ Glue
- ✓ Things you found in the nature

For this activity you and your child are supposed to take a walk. While you're walking, you have to search some things like leaves, branches and flowers for example.

With the things you found in the nature, you can make some artwork. Below, I will explain what you can create with it.

### The tree

- Step 1: Draw a tree trunk
- Step 2: Color the tree trunk with some paint or colors
- Step 3: Glue the leaves and other things on the paper, so this forms the crown
- Step 4: Draw some grass with a green color
- Step 5: Draw some sky with a blue color
- Step 6: Your tree is done



Pay attention: you can make different things, so you can fill it in how you like. Be creative! Let's your child chose how she/he will make the artwork.

For example: you can paint the leaves with a color

### A ladybird

- Step 1: Color a leaf
- Step 2: Draw a circle on the top
- Step 3: Draw some dots



## Puppet show

### What do you need?

- ✓ Paint brushes
- ✓ Paint
- ✓ Scissors
- ✓ Colored paper
- ✓ Toilet roll
- ✓ Cotton swab

Create some characters out of toilet rolls and make a puppet show.

### A butterfly

- Step 1: Paint a toilet roll in a color you chose
- Step 2: Draw two wings, cut it and paste it on the back of the toilet roll
- Step 3: Draw a face on the toilet roll
- Step 4: You can paste the cotton swab to create the feelers of the butterfly
- Step 5: You can create other characters with the toilet rolls like a mermaid, or a girl
- Step 6: Play a story with the characters you created
- Step 7: Play it together with your mom or dad



## Flower garden with a caterpillar

### What do you need?

- ✓ Paint
- ✓ Paintbrushes
- ✓ Paper
- ✓ Balloons
- ✓ Fork
- ✓ Empty plastic bottle

Create a flower garden with different flowers and a caterpillar

**Flower 1**

Step 1: Paint the bottom of the plastic bottle in a color  
Step 2: Stamp the bottle on the paper  
Step 3: Paint the heart of the flower  
Step 4: Paint a flower stalk and some leaves

**Flower 2**

Step 1: Paint the bottom of the fork in a color  
Step 2: Stamp the fork on the paper  
Step 3: Do this until you create a circle  
Step 4: Paint a flower stalk and some leaves

**Flower 3**

Step 1: Paint the bottom of your finger in a color  
Step 2: Stamp your finger on the paper  
Step 3: Do this until you create a circle  
Step 4: Paint a flower stalk and and some leaves

**Caterpillar**

Step 1: Blow up the balloon  
Step 2: Paint the bottom of the balloon in a color  
Step 3: Stamp the balloon on the paper  
Step 4: Do this different times until you have a row of circles  
Step 5: On the top of the row you stamp a circle in a different color  
Step 6: Draw feelers on the top  
Step 7: You can also draw some paws  
Step 8: Now you have created a caterpillar

**Result**

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## EDUCATION

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## Game of goose

### What do you need?

- ✓ Downloads
- ✓ Scissors
- ✓ Pawns
- ✓ Dice
- ✓ Red, green, blue and yellow balls or blocks

- Step 1: Download and print all the papers  
Step 2: Cut the papers  
Step 3: Take pawns and a dice  
Step 4: Roll the dice and move the pawn  
Step 5: When you are on a white box, you have to do nothing  
Step 6: When you stand on an orange box, you take an orange paper  
Step 7: When you stand on a yellow box, you take a yellow paper  
Step 8: When you stand on a purple box, you take a purple paper  
Step 9: After every challenge, you roll again with the dice  
Step 10: The intention is to be the first to reach the finish

### Meaning of the colors:

*Orange:* You imitate the animal on the paper, your opponent has to guess which animal it is.

*Yellow:* Put the colors in the correct order as it appears on the paper.

*Purple:* Put the number of dots on the ladybug, then count them.

## Bingo

### What do you need?

- ✓ Downloads
- ✓ Scissors

- Step 1: Download and print the papers  
Step 2: Cut the forms of the different colors and the bingo cards  
Step 3: Everyone takes a bingo card  
Step 4: One person takes a form and says out loud which form is on the card  
Step 5: For Example " A blue triangle"  
Step 6: Everyone who has a blue triangle, they can cover it with a white box  
Step 7: Repeat this until someone has covered all the forms  
Step 8: The person wins



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*SPORTIVE*

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## Yoga

### Double rock

- Step 1: Sit on your knees
- Step 2: Bring your head to your knees
- Step 3: Lay your hands next to your body
- Step 4: Your child does the same, but she/he is laying above you in the same position as you
- Step 5: Hold this position for one minute
- Step 6: Your child brings her legs next to you
- Step 7: Get backdown on your knees until your child can stand on their toes



### Lizard

- Step 1: Sit on your knees
- Step 2: Bring your head to your knees to the ground
- Step 3: Lay your hands next to your body
- Step 4: Your child stands behind you
- Step 5: Your child sits on you back
- Step 6: Then your child is quietly going back until she/he is on her back
- Step 7: Your back and her back touch each other
- Step 8: Do this three times
- Step 9: After three times, you come back up



### Two dogs

- Step 1: Sit on your knees and your hands in front of you
- Step 2: Come up until your feet are on the ground
- Step 3: Your hands are still in front of you
- Step 4: Your child does the same
- Step 5: Now you look like two dogs



### **Flamingo**

- Step 1: Stand up straight, raise your arms and put your palms together
- Step 2: Focus on a fixed point for you to keep your balance
- Step 3: Then shift your weight to your left leg and lift your right leg up
- Step 4: Place the sole of your right foot against the inside of your left leg. This may be your upper leg, your lower leg or your heel, but not the knee
- Step 5: Wobble is allowed! Feel how your body is looking for balance
- Step 6: Keep your focus on your breathing
- Step 7: Then gently bring your leg and arms down and switch sides



### **The frog**

- Step 1: Crouch down and put your hands in front of you
- Step 2: Bring your knees out and your heels together
- Step 3: Keep your back straight and look forward
- Step 4: Now you can jump around and croak like a frog



### **The swan and the dog**

- Step 1: Do the same exercise as above
- Step 2: Your child is going to be a swan
- Step 3: So your child lays on her belly
- Step 4: She/he grabs her/his ankles
- Step 5: Bring your head up
- Step 6: Now you are a dog and your child is a swan
- Step 7: Hold this position for one minute
- Step 8: After one minute you both get back

## Reflection

Step 1: Face each other  
Step 2: The idea is now that your child is going to imitate you  
Step 3: Make a move  
Step 4: Your child does the same thing  
Step 5: Make for example a circle with your arm or turn around  
Step 6: Variate with multiple moves  
Step 7: Now it's your child turn

Pay attention: when you start for example with your right hand, your child has to start with her/his left hand

## Hand and feet path

### **What do you need?**

- ✓ Paper
- ✓ Pencil
- ✓ Scissors

Step 1: First draw the outline of your hands and feet on a piece of paper , ask your educator to help you  
Step 2: Vary with the number of hands and feet, for example draw one foot, next you draw two feet  
Step 3: Do the same with the hands  
Step 4: The intention is to create a course that your child has to follow  
Step 5: Now you have drawn some hands and feet  
Step 5: Lay the papers in the room  
Step 3: With the papers you can create a course  
Step 4: Your child follows the path and follows the instructions on the papers

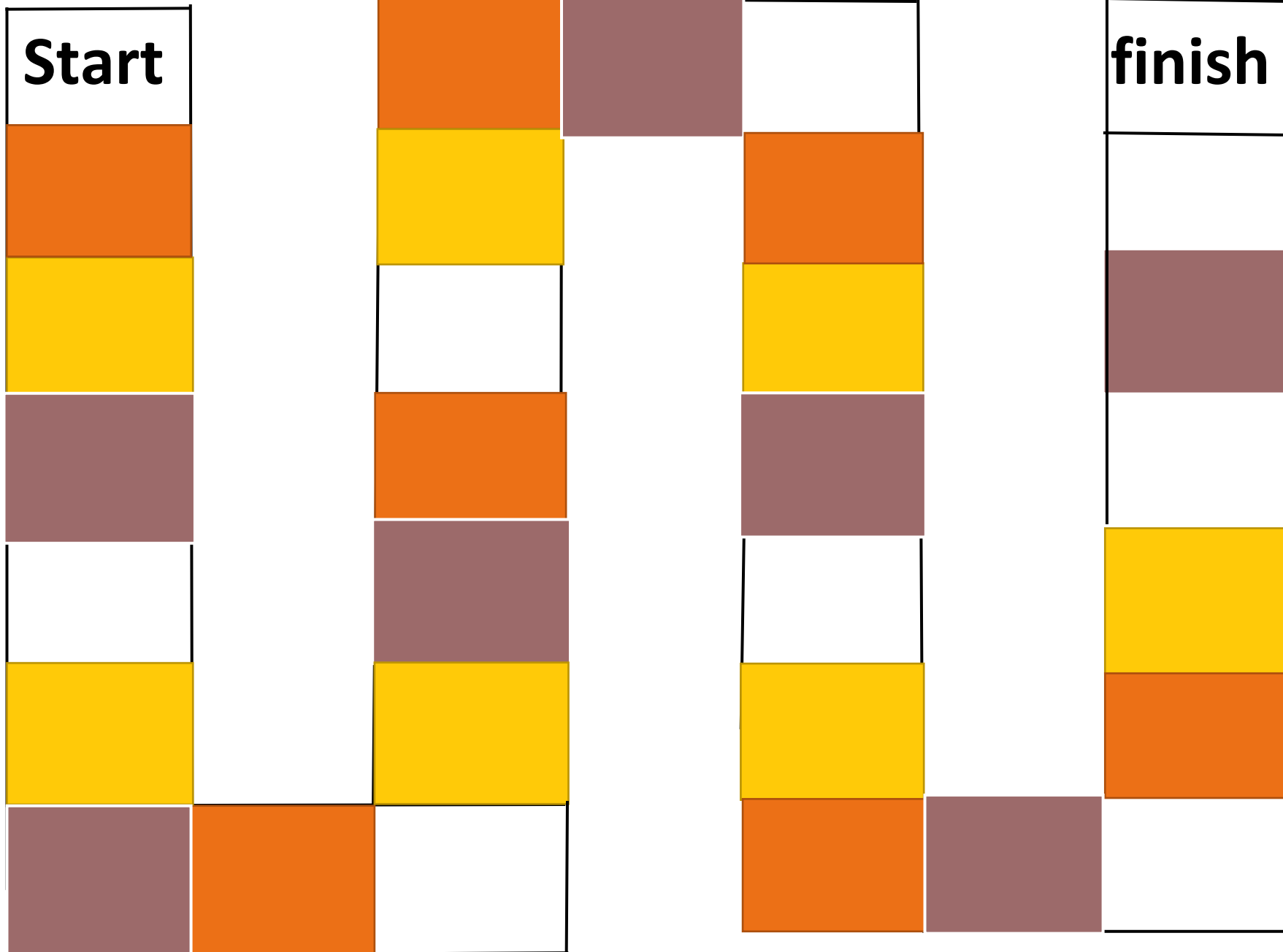
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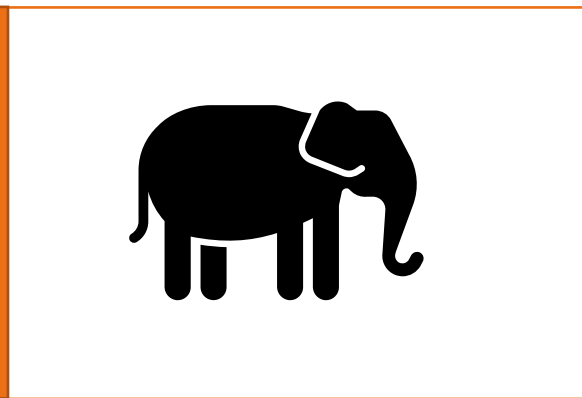
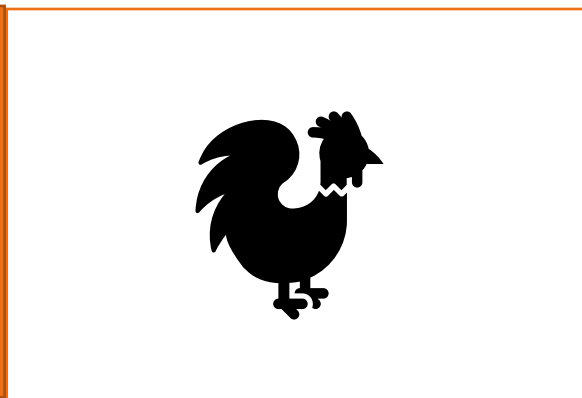
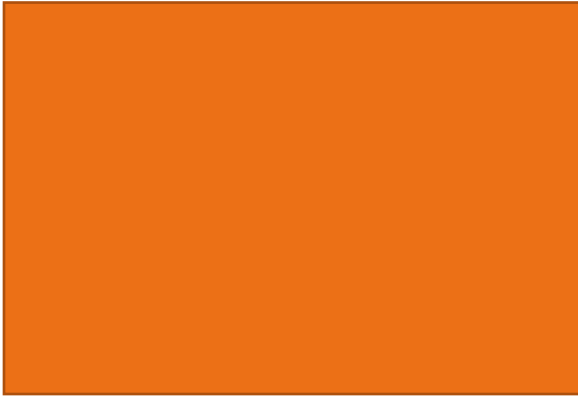
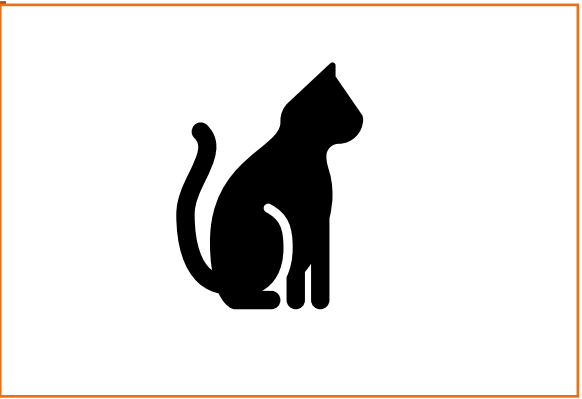
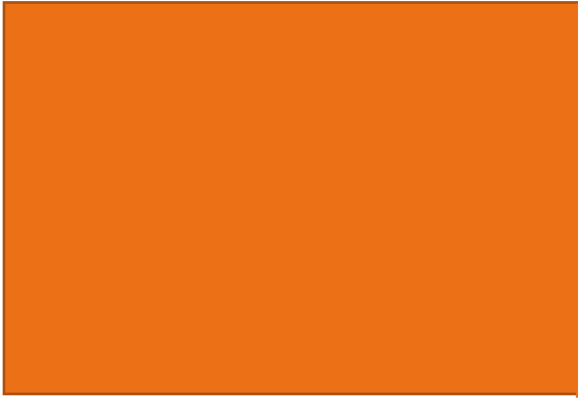
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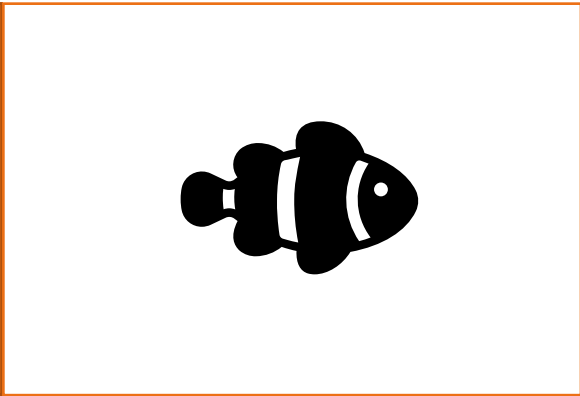
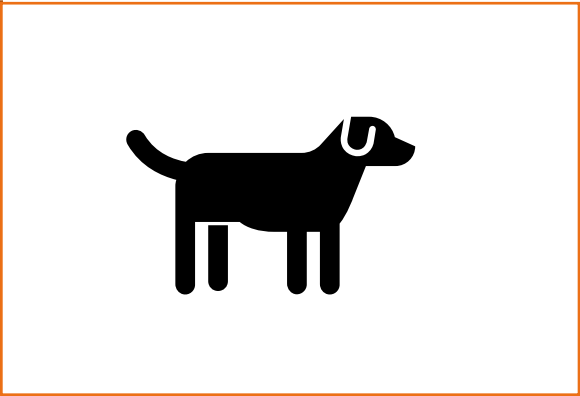
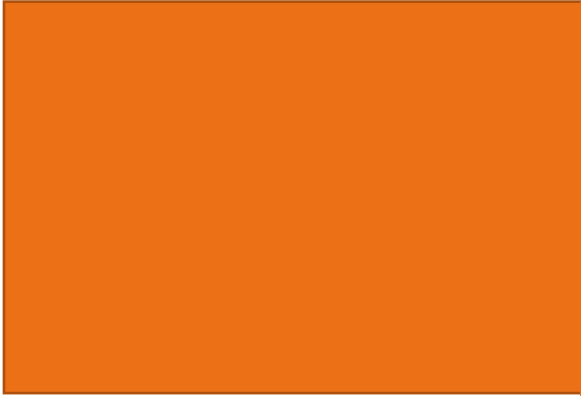
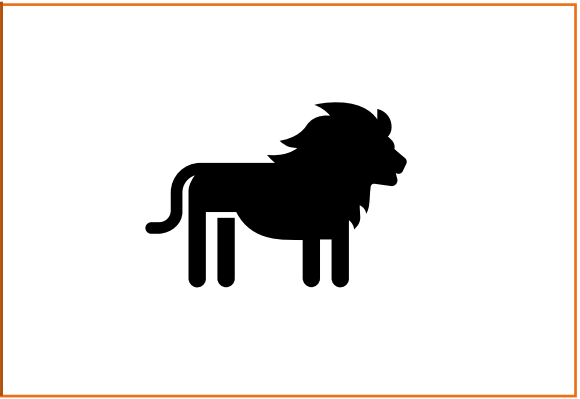
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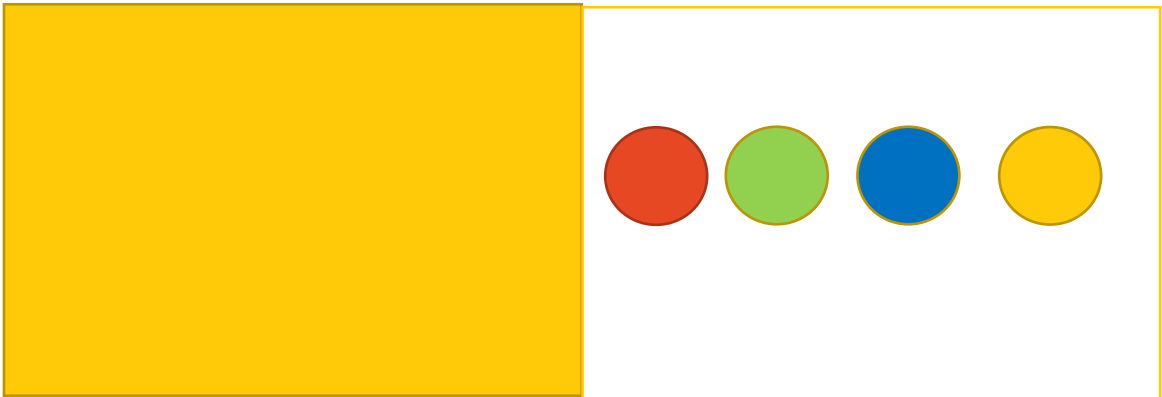
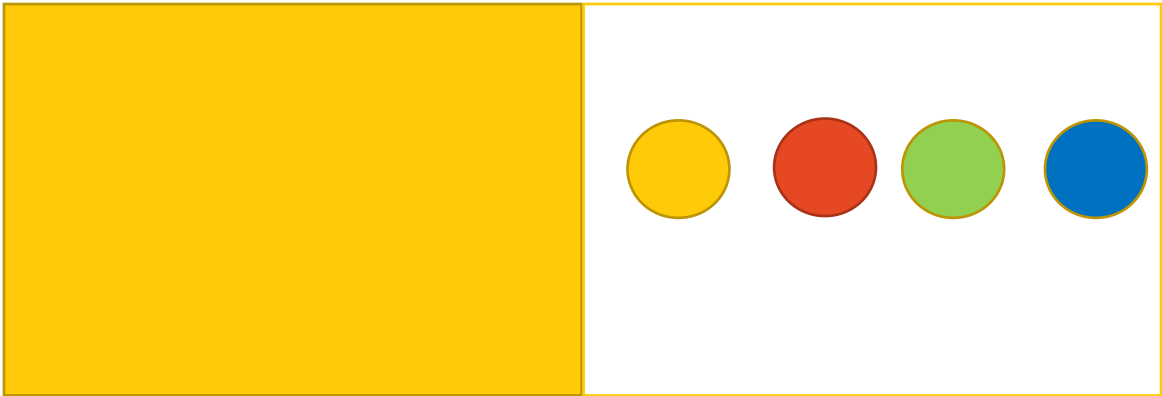
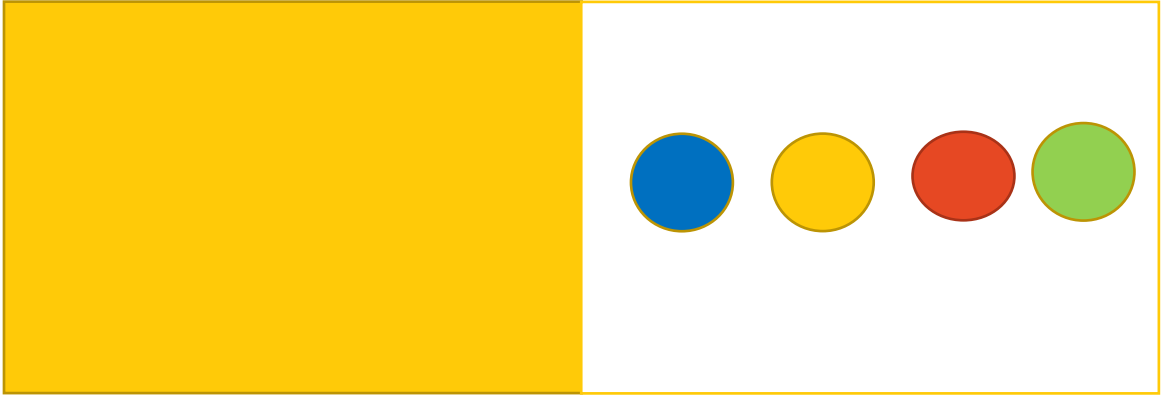
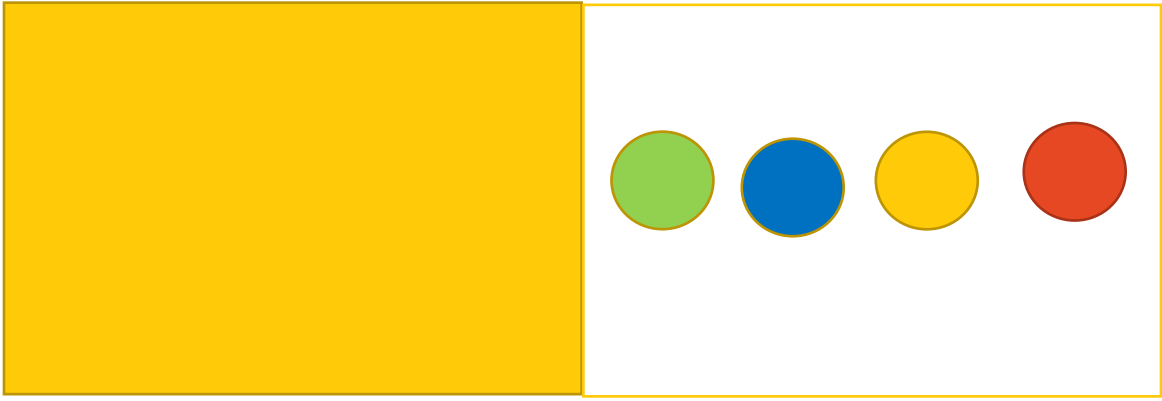
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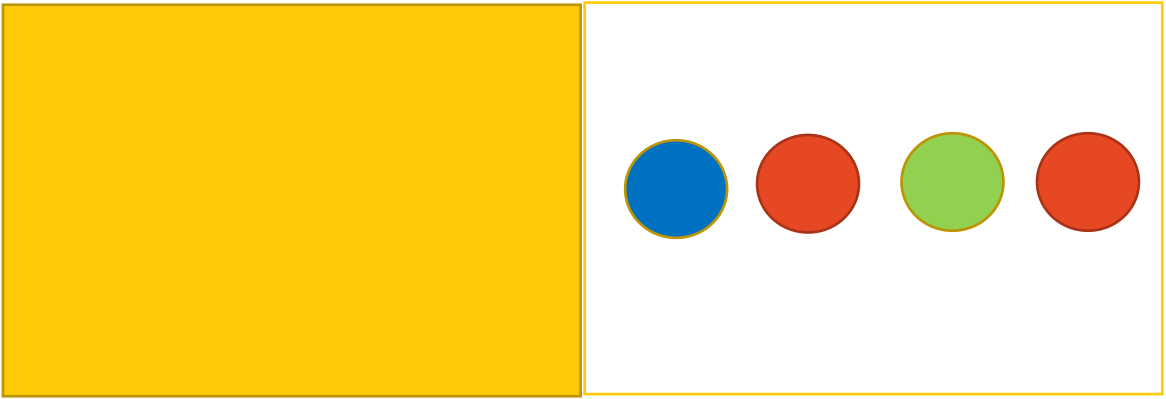
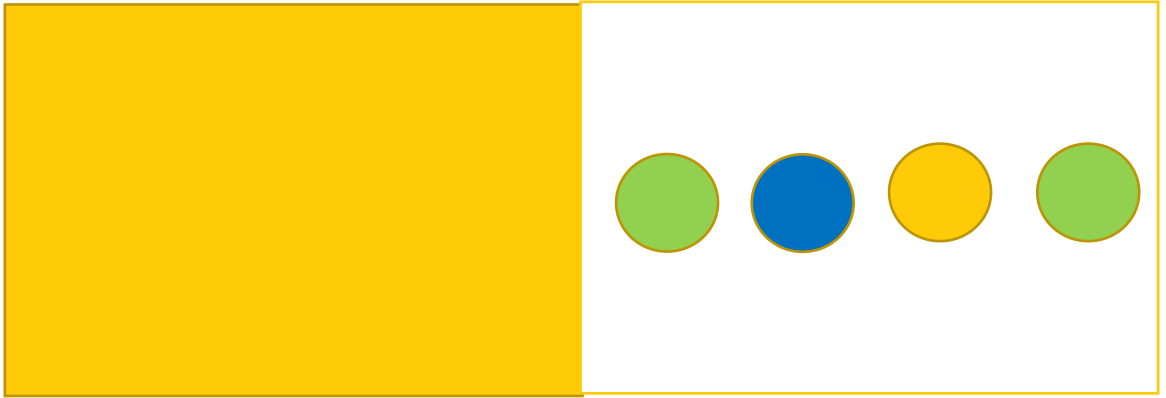
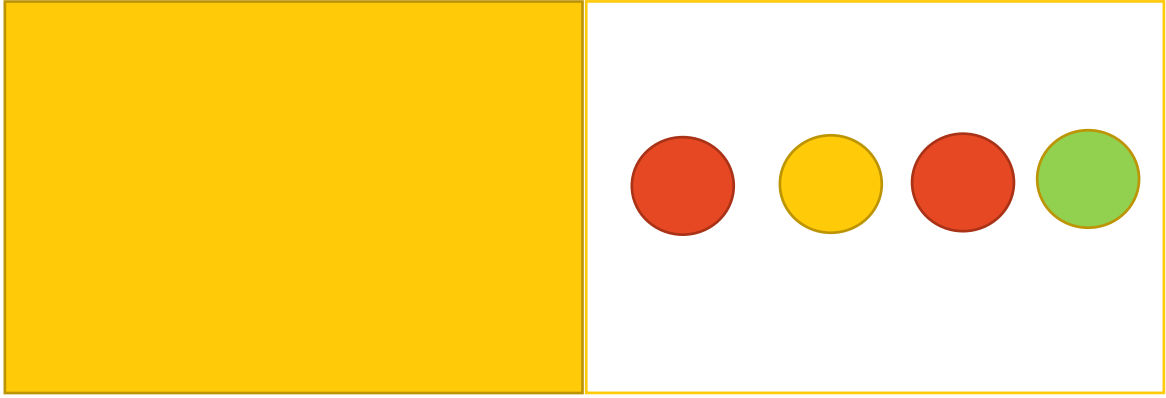













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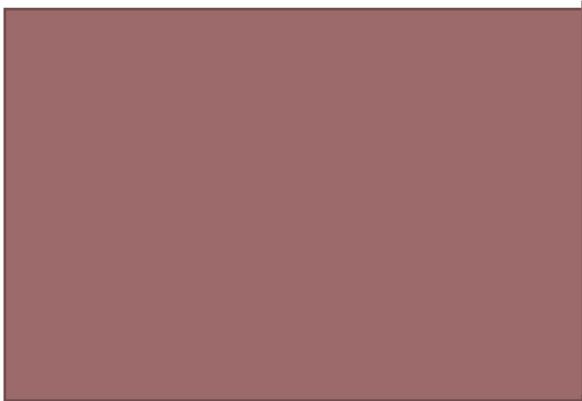
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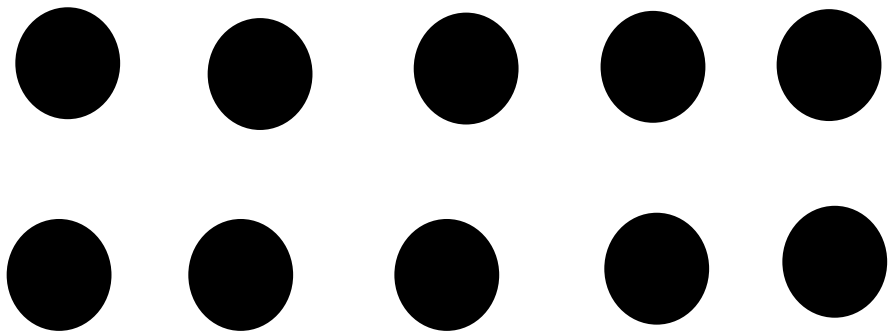
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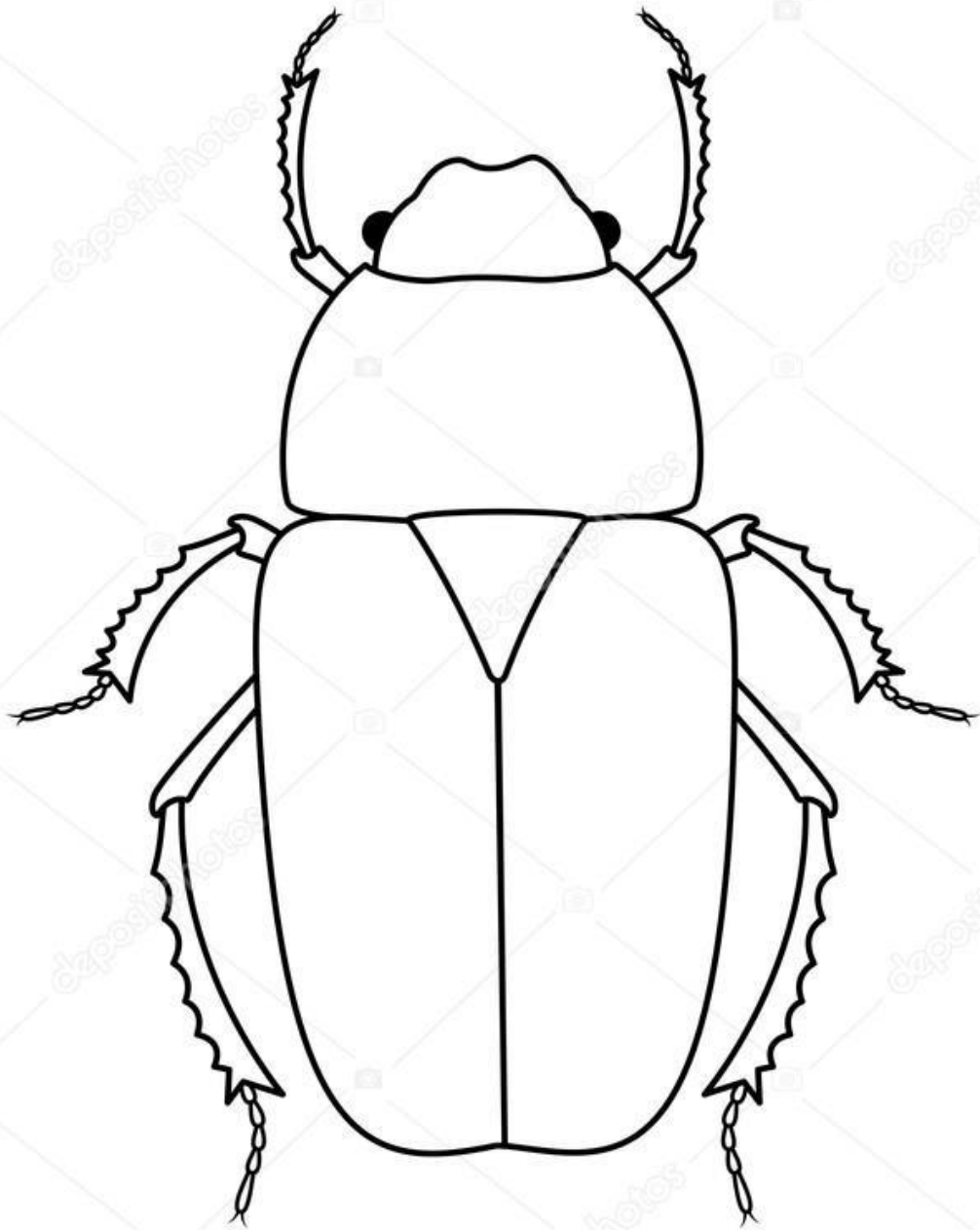


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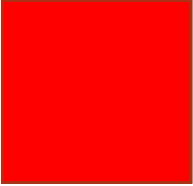
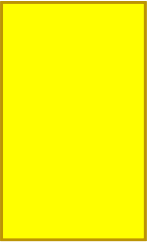
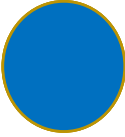
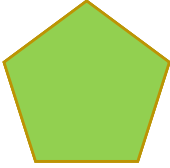
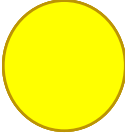


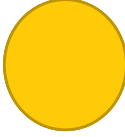


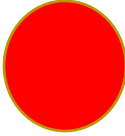
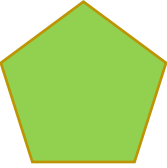

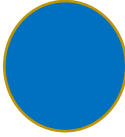
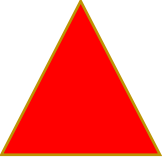

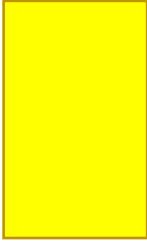
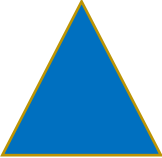
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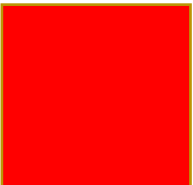

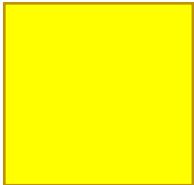
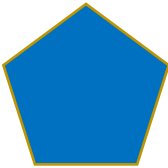

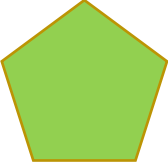
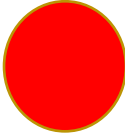









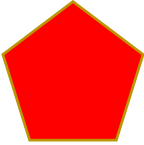

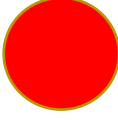
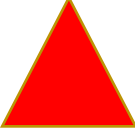
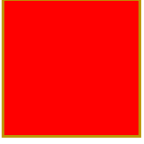


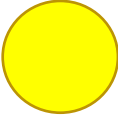

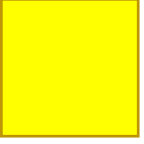
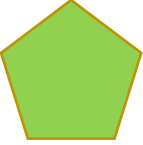


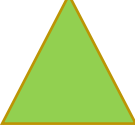



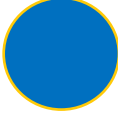


Bingo cards

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