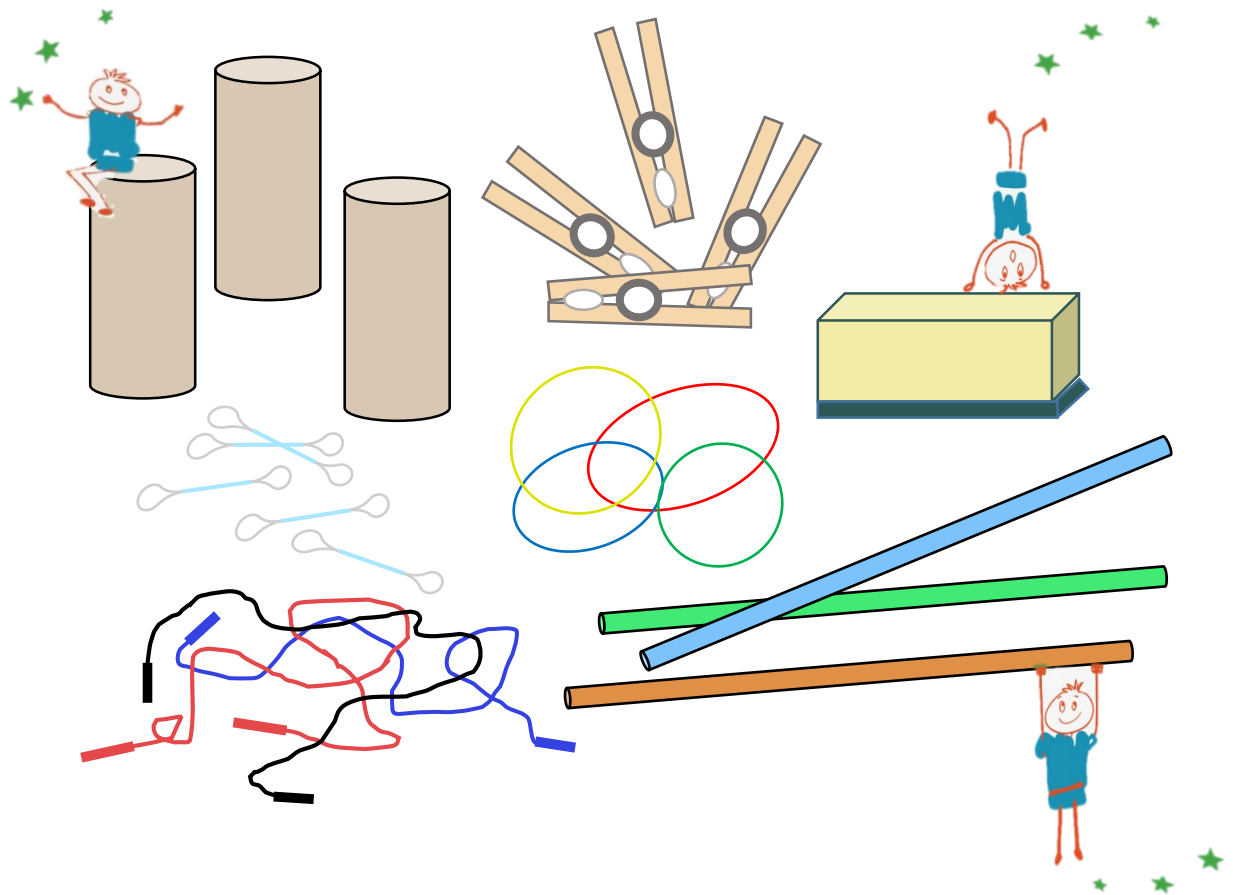


Blocks 4 Growth  
Special Edition  
Activity Book 4



This book belongs to:

---

Find these symbols at each activity to see which skills are being practiced:

 = Strengthening the small muscles in the hand

 = Using both hands together

 = Using the hands and the eyes together

 = Imagination

 = Language

 = Concentration

 = Counting

 = Numbers

 = Colours

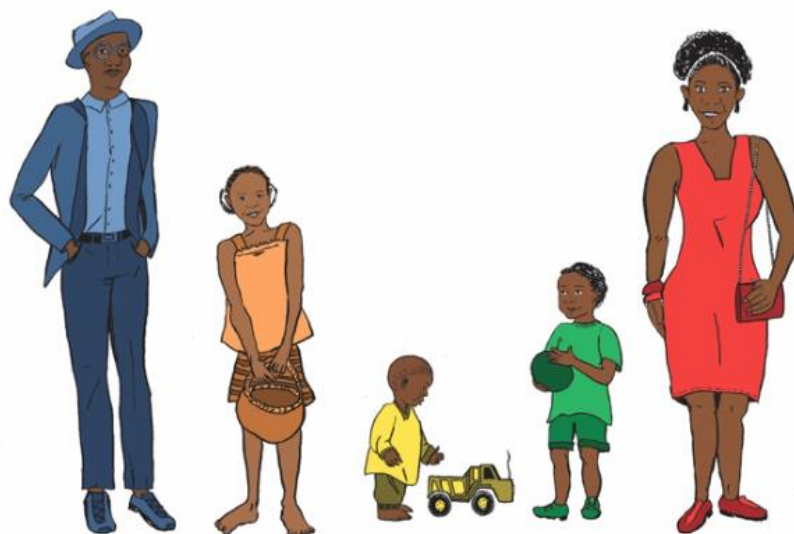
 = Shapes

 = Letters

# HI CAREGIVERS,

Did you know, that you do not need fancy toys for your child to play, learn and have fun? Play can be most fun when you become creative using simple, recyclable materials. In this book we will show you some ideas of things you can do with simple, inexpensive household items. Of course these activities are to give you some ideas but you do not have to stick to them only. Please get creative and develop the ideas further, making up your own activities from these ideas. For each resource we have given 3 activity ideas but there are so many more things, that you can do with each one of them.

In addition to developing creativity while doing the activities, your child will also be able to practice other skills which are important for healthy childhood development. The skills that are being practiced through using the simple items in this book, will help to better prepare your child for school. Some of the skills that are being practiced are listed on the inside of the book cover. Each skill has a symbol. You can look at each activity which skills are mostly being practiced by looking at the symbols. Have fun and enjoy getting creative!!





# ELASTICS



Stretch elastics over various objects:

- Tins/cans
- Toilet rolls
- Jars
- Cream/Lotion bottles

Practice different ways of holding the elastics:

- One hand – use all fingers
- Two hands – use only thumb and pointing finger of each hand

Stretch elastics over the cones on an egg carton:

- Build patterns
- Find patterns to copy on our website:  
[www.thelearninginitiative.org/resources](http://www.thelearninginitiative.org/resources)
- Draw own patterns to copy
- Count amount of individual cones within each elastic



Make music:

- Put elastics around various hollow containers to make different instruments
- Create a family band
- Add other instruments
- Find other instrument ideas on our website:

[www.thelearninginitiative.org/resources](http://www.thelearninginitiative.org/resources)





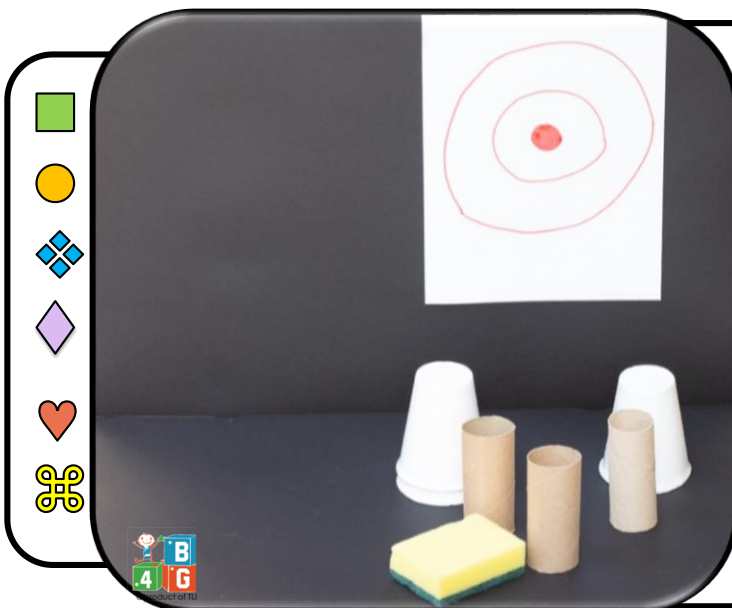
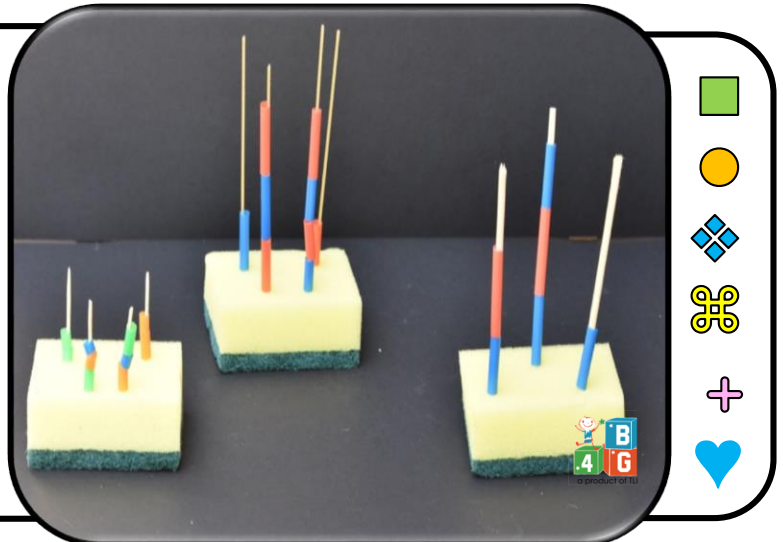
# SPONGE



## Sponge and Water:

- Soak a sponge in water and squeeze it out into another container
- Add a drop of food colouring for some extra fun
- Competitions – who can squeeze more water
- Watch the water drip into the bowl
- Talk about the textures (what you feel) and what you see

- Poke sticks/twigs/dry spaghetti/toothpicks/matches into a sponge
- Cut straws in various lengths and slide them onto the sticks
- Make patterns with the different colours of the straws
- Talk about the colours
- Count the straw pieces on each stick/sponge



## Use a sponge like a ball:

- Throw the sponge at a target
- Pass the sponge to one another

## Family Q & A

- Person that throws asks a question
- Person that catches must answer the question

## Build a story

- Pass the sponge around
- Every person adds a sentence to a story you are making up as a family



# STRAWS



Build with straws:

- Shapes
  - Letters and Numbers
  - Houses
  - Copy picture scenes from our website by using straws:
- [www.thelearninginitiative.org/resources](http://www.thelearninginitiative.org/resources)
- Draw pictures and let your child copy them by building with straws (you can also use other objects like earbuds, sticks, bottle caps, etc.)

Make a Maze:

- Cut straws into pieces
- Glue them onto a paper plate to create a maze
- Wait until glue is completely dry
- Use a marble or small ball and let it roll around in the maze
- You can also use play-dough to make a small ball



Blow cotton wool/paper balls using straws:

- Have races
- Lay toilet rolls flat and use them as tunnels to blow the ball through

Make bubbles:

- Add a drop of sunlight to water
- Put straw inside and blow
- Add a drop of food colouring for some extra fun



# PLAYDOUGH



## Playdough Recipe:

- 1 cup of Flour
- ¼ cup of Salt
- ½ cup Water
- 1 teaspoon Vegetable oil
- Food colouring

**Step 1:** Place the flour and salt in a bowl

**Step 2:** Add water, food colouring and oil

**Step 3:** Stir well and knead

**Step 4:** If too wet, add more flour

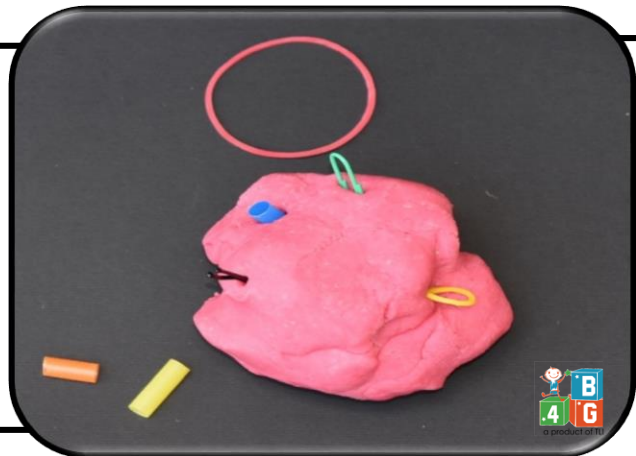
Play dough recipe can last for a few weeks. Store it in an airtight container in the fridge to last longer.



- Squeeze, pinch and knead playdough in various ways to strengthen and practice hand grips
- Cut playdough with scissors to practice cutting skills
- Use various utensils from the kitchen to manipulate the playdough
- Talk about how it feels

Hide objects in the playdough and let your child find them. You can hide:

- Buttons
- Bottle Caps
- Pebbles/marbles
- Paperclips
- Straw pieces



Build various things using playdough:

- Letters
- Numbers
- Shapes
- Names
- People
- Animals
- Houses



# PEGS



Use pegs to:

- Pick up different things
- Talk about textures, colours and sizes of items picked up
- Have a competition who can pick up the most items in a given time

Pegs can also be used to practice counting

Match (find the same):

- Put colour/number/shape/letter labels on pegs
- Put matching labels on toilet rolls, empty containers and paper plates
- Let your child match pegs to the matching symbols on the containers/toilet rolls/paper plates



- For practicing numbers you can also use any card game playing cards
- Ask your child to peg the same amount of pegs onto the number cards e.g. if it's the number 4 your child should peg 4 pegs onto the side of the card
- You can also make your own cards



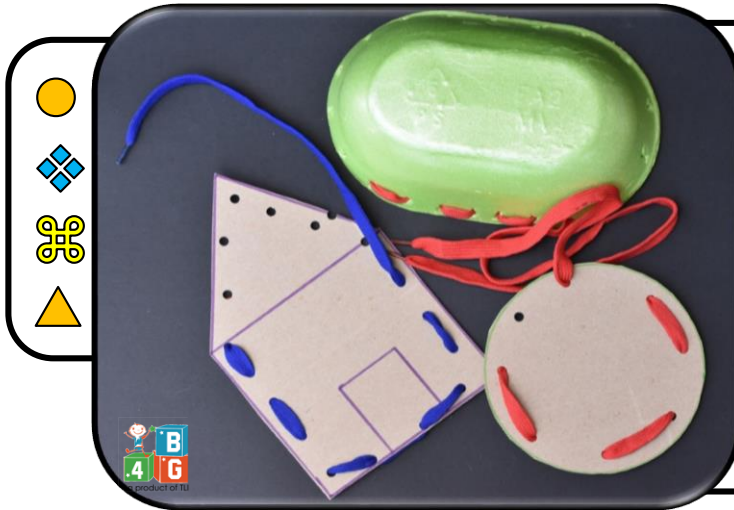




# SHOELACES



If you do not have shoelaces, you can use string.  
Carefully burn the ends of the string to prevent fraying or unravelling.  
You can also dip the ends into wax.

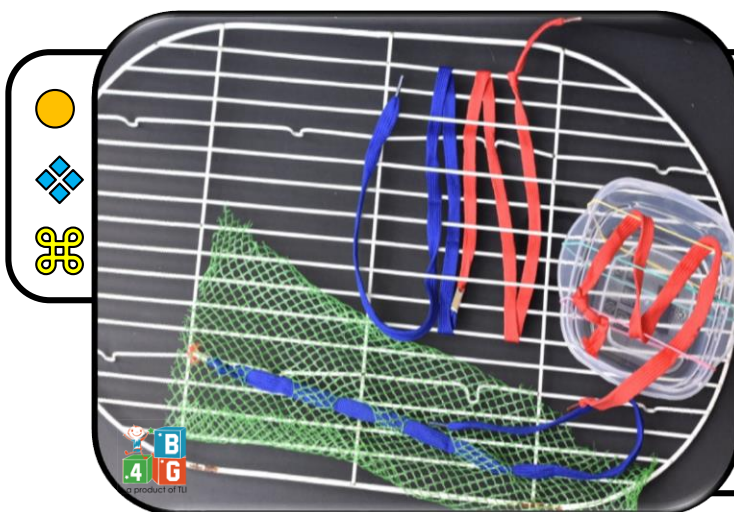
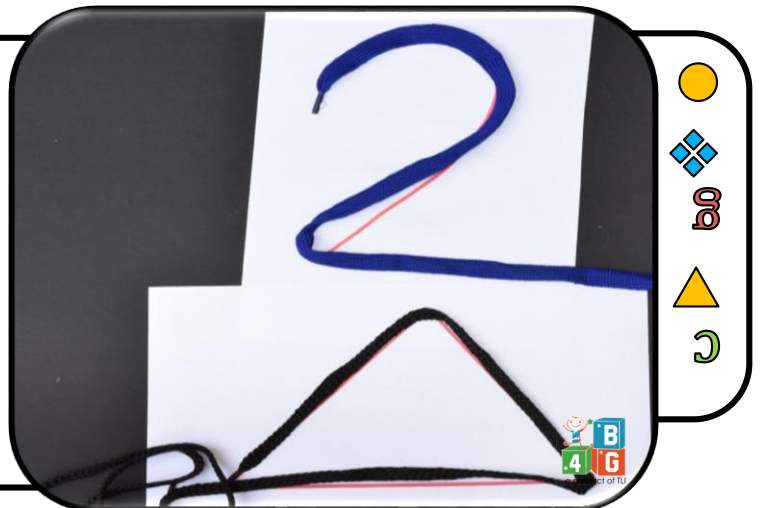


## Threading:

- Make shapes with any cardboard or polystyrene fruit/veg trays
- Poke holes using a sharp pen or punch
- Let child thread through holes with the shoelace/string
- You can also thread toilet rolls, straw pieces, beads, buttons

## Trace and build with numbers:

- Lay shoelaces/string to trace over written numbers, letters or shapes
- Build pictures by laying out shoelaces/string into shapes and forms (e.g. triangle and square to make a house)



Weave with shoelaces/string by going over and under. You can weave on:

- Oven grid
- Mesh (netting from vegetables)
- Strings/elastics tied around a container
- Rods on the backrest of a chair



# PAINT



## Paint Recipe:

- 1 cup of Flour
- 1 cup of Salt
- 1 cup of Water
- Food colouring

**Step 1:** Place the flour and salt in a bowl

**Step 2:** Add water and food colouring

**Step 3:** Stir well

You can also add glitter, sand or salt to the paint mixture.



## Paint anything:

- Trace over written numbers, letters, shapes, words
- Draw anything you like
- Use your imagination to add detail to your pictures
- Make up a story about your pictures

## Print with paint using various methods:

- Cut sponges into shapes
- Use paper cups
- Use mesh from vegetable netting
- Squeeze toilet rolls into various shapes as stamps
- Cut strips on one end of a toilet roll, dip in paint and twist



## Fingerprint painting:

- Use your fingers to paint
- Practice counting and numbers
- Dip finger in paint and make flower petals
- You can get creative and make other number and counting pictures e.g. number worms, number trees with fingerprints as leaves



# EARBUDS



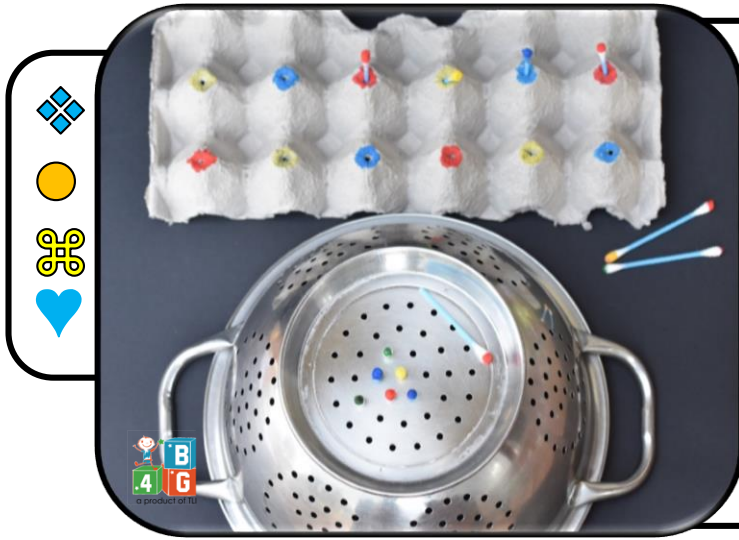
- Slide the earbuds through straw pieces
- Paint the cotton end of the earbuds in a colour and match the colours to the straws
- Count how many sets you have of the same colour

Use earbuds as paintbrushes:

- Draw anything you like
- Make dot-pictures
- Find pre-drawn pictures to copy on our website:

[www.thelearninginitiative.org/resources](http://www.thelearninginitiative.org/resources)

- Draw your own pictures for your child to copy using paint and earbuds



- Poke holes into the cones of an egg carton
- Stick earbuds into the holes
- Paint the cotton end of the earbuds in a colour and make matching colour circles around the holes on the egg carton
- Match the colours and count how many there are of each colour
- Stick earbuds into the holes of a colander





# PAPER PLATES



## Ring Toss:

- Cut out the inner section of paper plates
- Attach kitchen towel tubes to a base plate/use bottles filled with water
- Position the rods/tubes and stand 2-3m away
- Throw paper plate rings onto the rods

## Practice cutting:

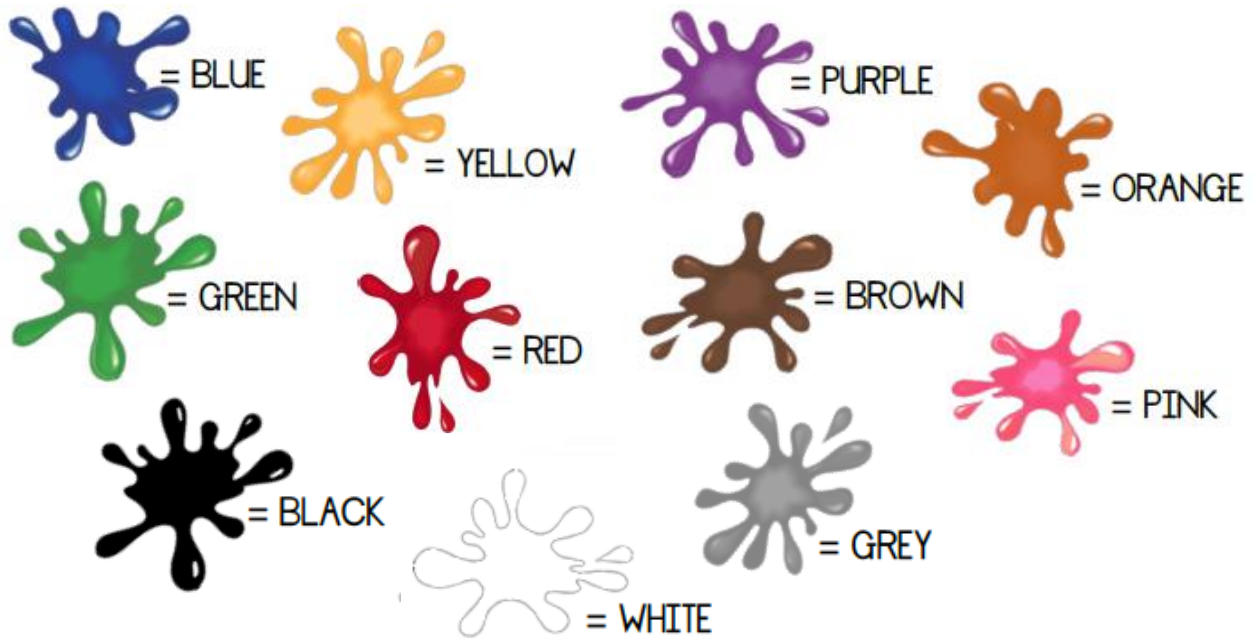
- Decorate a paper plate to make a lion face
- Cut into the boarder of the plate to make the mane
- You can also make a sun
- Cut strips of paper and glue it to the paper plate as sunrays
- Decorate the sun



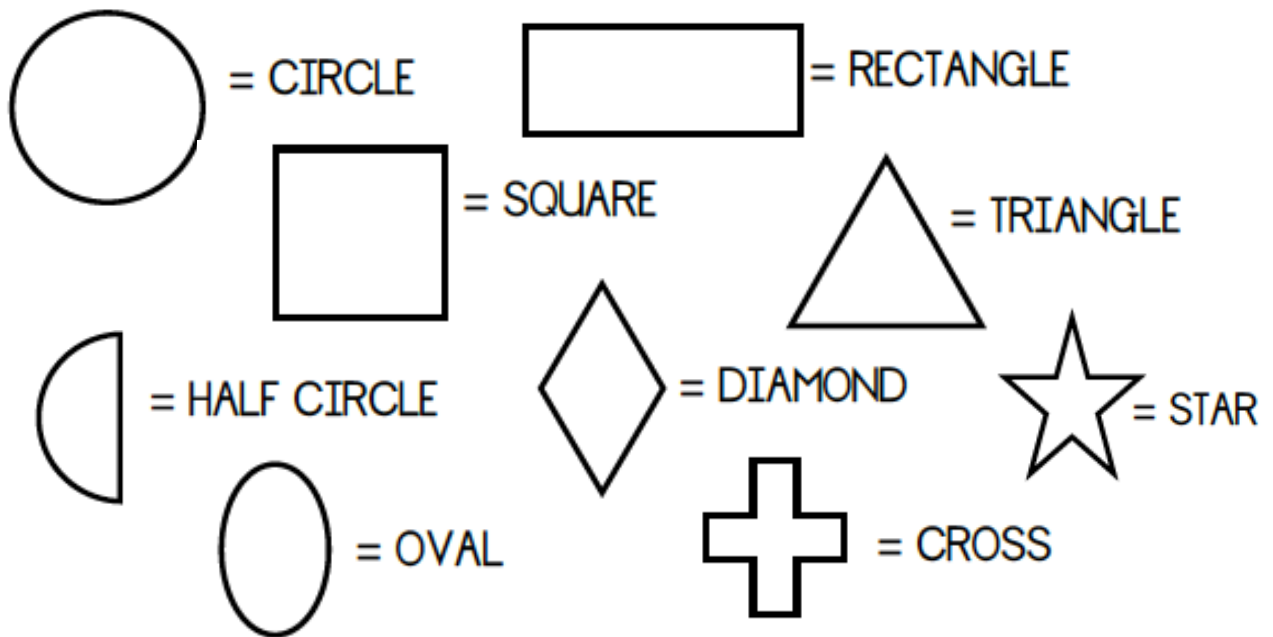
## Animal Masks:

- Make any animal you like
- Cut paper plate in half
- Decorate the animal faces
- Cut holes into the plate for eyes
- Attach a straw/stick on one side to hold the mask in front of your face
- Pretend to be different animals making the animal sounds

# COLOURS



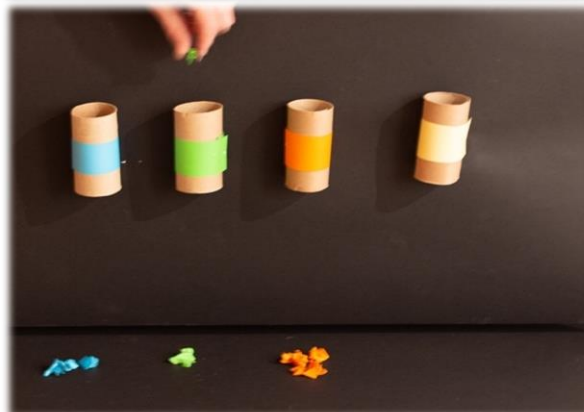
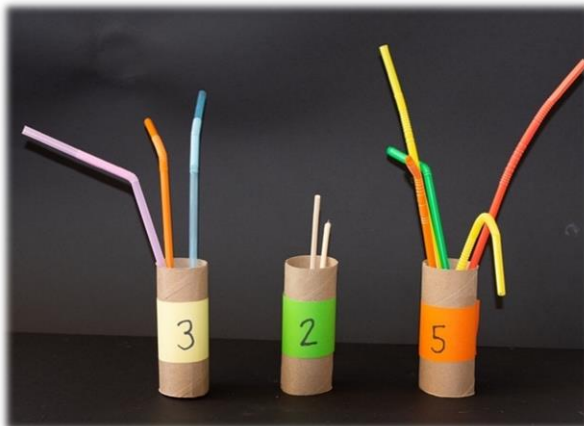
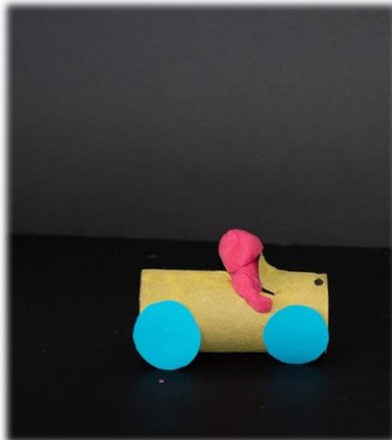
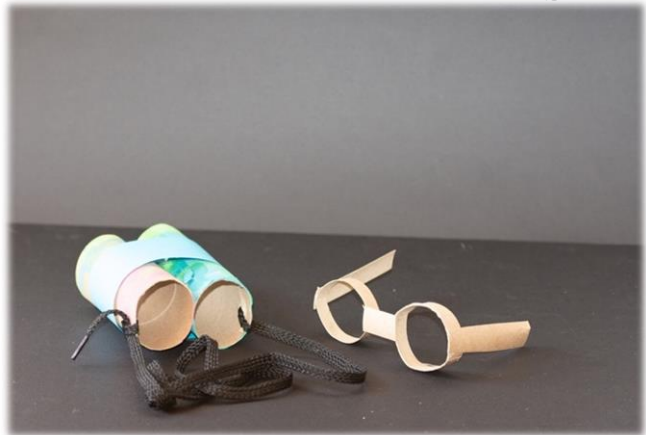
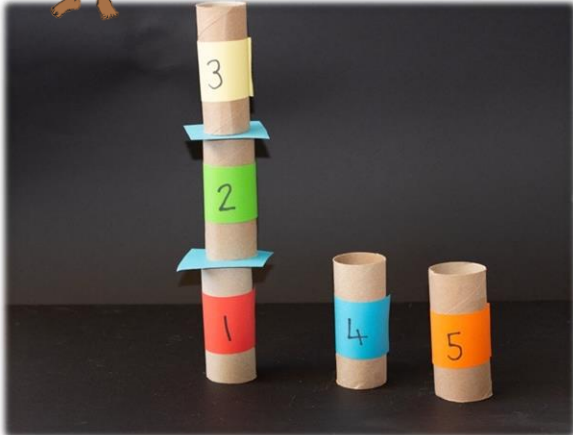
# SHAPES



The next section of the book will show you some more ideas of things that you can do with toilet rolls and bottle caps.

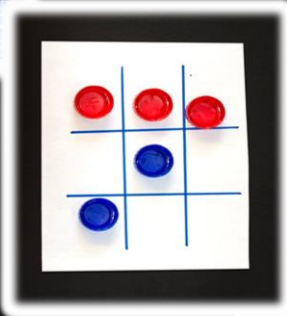
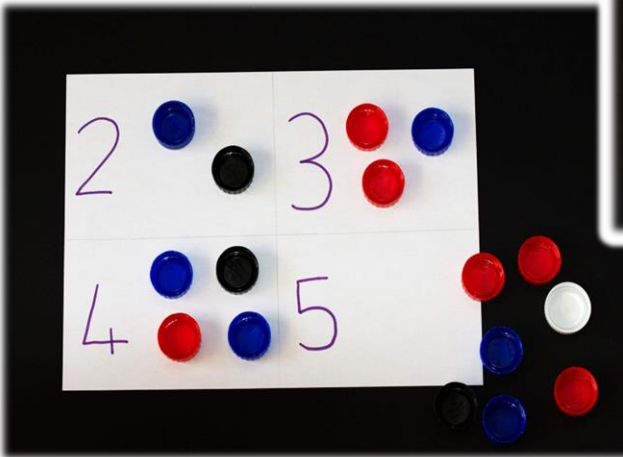
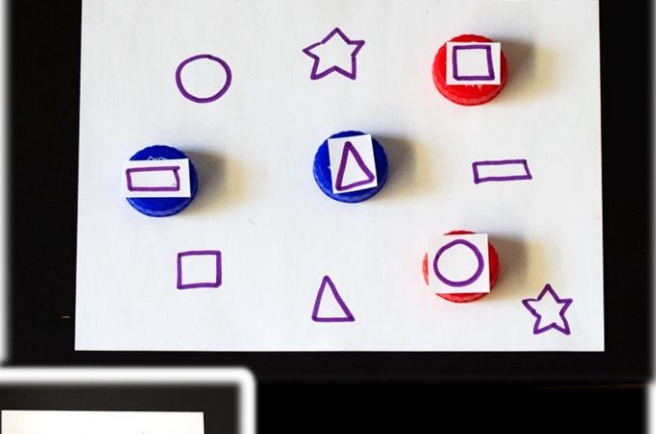
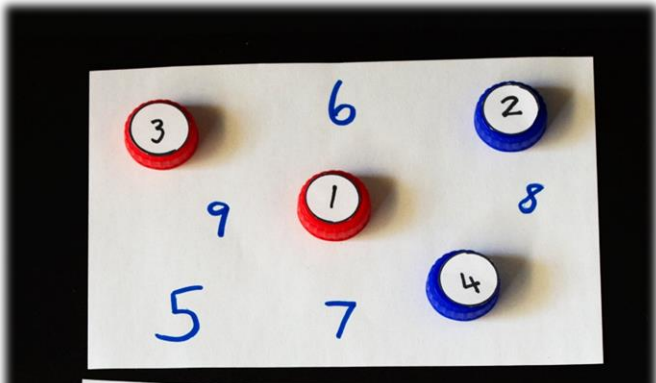
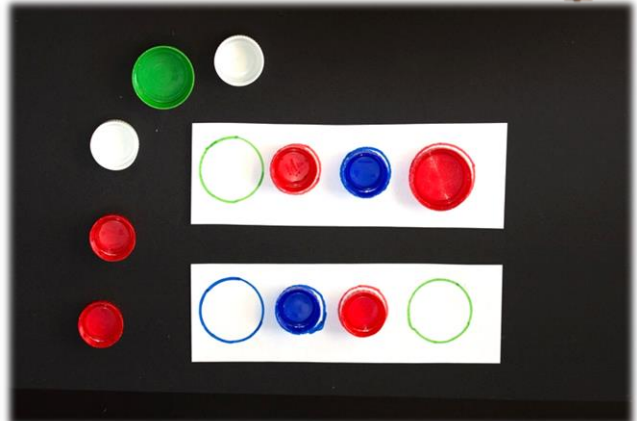
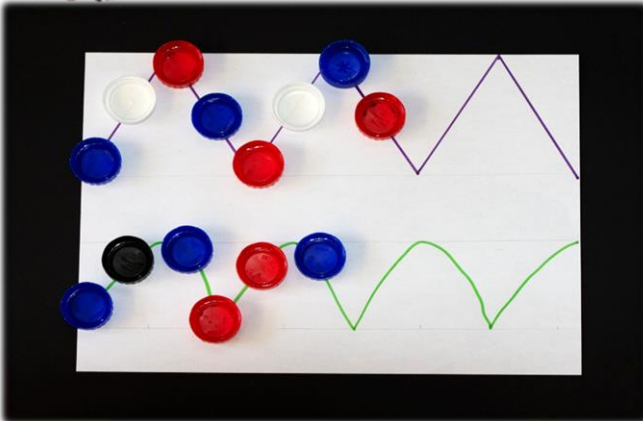


# TOILET ROLLS

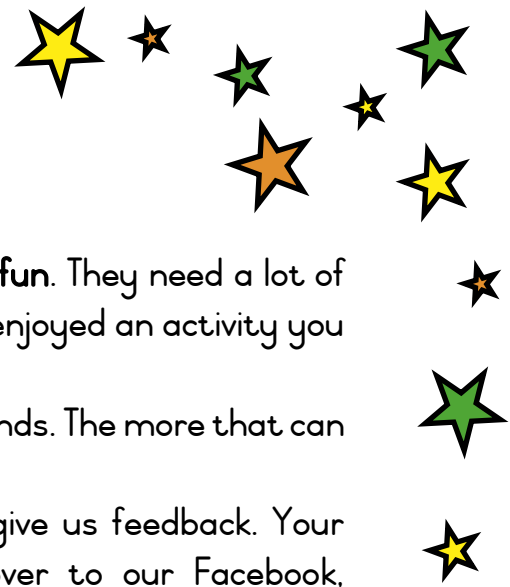




# BOTTLE CAPS



# REMEMBER,







Young children learn the best through **play** and having **fun**. They need a lot of **repetition** to learn. So if you had fun together and you enjoyed an activity you can do it over and over.

Please share these activities with all your family and friends. The more that can benefit from what we do, the better.

To improve on our work, please make sure that you give us feedback. Your suggestions are important to us, so please head over to our Facebook, Instagram or send us an email to let us know what you thought and how we can make our activity books even better.

Below are our social media platform details, please follow and like us for any updates:

- Website:  : [thelearninginitiative.org](http://thelearninginitiative.org)
- Email:  : [info@thelearninginitiative.org](mailto:info@thelearninginitiative.org)
- Facebook:  : [TheLearningInitiativeNPO](https://www.facebook.com/TheLearningInitiativeNPO)
- Instagram:  : [thelearninginitiative](https://www.instagram.com/thelearninginitiative)

**THANK YOU FOR  
INVESTING TIME IN  
YOUR CHILD'S  
FUTURE!**