

START UP!

Activity book for Early childhood Development Centres



Help a Child (HAC) is a Christian, child-focused development organization working with local Partners in Asia and Africa. The Head-office is based in the Netherlands where the organization is known under the name Red een Kind (REK). Help a Child wants every child to have a loving and dignified existence and a promising future.

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INDEX

INTRODUCTION	4
THEME: CLASSROOM MANAGEMENT	7
Information for the Facilitator	7
DAILY SCHEDULE	7
CIRCLE TIME	8
LEARNING ACTIVITIES	9
FREE OUTDOOR PLAY	10
PLAYING IN DIFFERENT CORNERS	11
EXTRA ACTIVITIES	12
THEME: NUMBERS AND COUNTING	15
Information for the Facilitator	15
GROUP UP!	19
MATCH NUMBERS WITH MATERIALS	21
JUMPING FUN	25
TICK, TOCK, BOOM!	27
STAMPS FOR CHAMPS	29
THEME: COLORS	32
Information for the Facilitator	32
COLOR DICE	35
TWISTER	37
DRAW YOUR DREAM	40
RICEBAG CONTEST	41
COLOR DOMINO	43

INTRODUCTION



This chapter presents the following information:

- WHO is this activities book for?
- **WHY** is this activities book written?
- WHAT is this activities book about?
- WHERE and WHEN can this activities book be used?
- **HOW** can this activity book be used most effectively?

Please read these pages carefully before you begin to use the activities!

WHO?

This activity book has been written for the partner organisations of Help a Child, who facilitate the Early Childhood development centres. It is part of the "ECDC Starterskit" which contains this activity book, play materials and colored paint. The activity book is especially meant for the volunteers who are leading the Early Childhood development Centres.

The activities are designed for children from 3 to 6 years old, but every activity has options to make it harder or easier.

WHY?

We did a little research about the Early Childhood Development Centres. Some partners told us that they don't use a programme and that the ECDC volunteers or caregivers find it hard to come up with activities every single day. A lot of partnerorganisations told us that guidelines for activities and a daily schedule would be helpfull. The idea of this activity book is to give you an idea of a daily routine and activities that you could use. Hopefully this book can help you with making the days for children at the ECDC's even more fun and educational!

WHAT?

This book is mainly about playwise stimulating children to develop themselves. The activities in this book can help to develop the social skills, the motoric skills and the language skills. You can use it as an inspiration source, to come up with some new ideas yourself.

This book contains 3 different themes:

- CLASSROOM MANAGEMENT
- NUMBERS AND COUNTING
- COLORS

Every theme is divided into two parts, one part is **information for the facilitator.** Here you can read some basic information about the theme and why it is important for children to learn

about this theme. This chapter also contains information about the buildup in learning about this theme, so you know where to start and how to make it harder when the children are ready for it.

The other part are **activities** around the theme. Main goal is playwise learning, so having fun is a really important part. Because that is the most effective way to teach young kids new skills. Besides having fun, the children learn new information and train their new learned things. Every activity starts with the goals, the materials you need for it and the time it will take. After that, some activities have an explanation how you can prepare the game, others already start with a short explanation how the activity works.

At the end of the chapter there are possibilities to make the activities different, harder or easier.

WHERE AND WHEN?

The activity book is meant to use on daily base in your Early Childhood Development Centres. Some activities are indoor plays, other are outdoor, but that is always clear in the description of the activity.

HOW?

This activity book is developed to inspire you, with new activities and ideas, but feel free to choose how you would like to use is. There is no need to go from page 1 to the end, there is no specific order that needs to be followed. Just pick the information and activities that you like and that fits the level and the interest of your group. Feel free to change the activities, add things or leave some things out.

The themes are not in a specific order, so you can choose which theme you want to do first. By developing this book we tried to keep cultural aspects in mind, but it is hard to make it match with a lot of different cultures, because of that, the general Christian norms and values form the base of the book. But please adapt to your own context if needed.

To prepare the day you can read the **information for the facilitator.** That gives you information about the theme and why it is important for the children to learn this. It is important that you prepare the activities well, and you are into the themes you are doing, this chapter can help you with that.

You can use **the activities** for inspiration for plays and games that fit the theme and the age of the children in your group. If it is too hard or too easy, you can adjust it, by using the options that are below. You can also make it harder by doing something you made up yourself.



CLASSROOM MANAGEMENT

THEME: CLASSROOM MANAGEMENT

Information for the Facilitator

Goal of this chapter: Giving the facilitator ideas for the daily routine

Introduction to the theme

Being a facilitator can be hard sometimes. Everyday you have to think about the activities you would like to do that day with the kids. You know great activities and start doing them, with the kids. You observe that they really like your games and that they are learning new things! But after a few weeks, the games you are using are starting to become a little bit boring and it can be hard to figure out new games. Some facilitators find it hard to create a daily routine. This chapter is all about that: to help you with creating a daily routine.

Having a daily schedule is important for the facilitator and the children, because:

- Children know what to expect and what will happen after the activity.
- It provides structure.
- Children learn to order time once they learned the routine.
- It is possible to do different activities a day, in different places (Indoor and outdoor).
- It helps you as a facilitator, you don't have to think what will come next.

Important to know

This chapter can help you to give an idea of a daily scheldule, but it is not the only right way to fill the days. You can adjust it, add some activities or skip things that don't fit with your group. You can try out some different things and see what fits your group best.

Feel free to select some parts of this chapter and use those and don't use the rest. If you don't feel like this schedule will work for your group, you don't have to use it!

DAILY SCHEDULE

8:00 - 8:30	Circle time
8:30 - 9:15	Learning activities
9:15 - 9:40	Break: free outside play
9:40 - 10:40	Playing in playing areas
10:40 - 11:00	Extra activities
11:00 - 11:10	Circle to end the programme

For more explanation about this schedule, see the next pages.

CIRCLE TIME



GOAL



- Develop Social skills
- Learn to listen to each other
- Having quality time together
- Developing communication skills

MATERIALS



None

TIME



30 minutes

THE ACTIVITY

Circle time is an important activity, because it is a real good quality time with the children. Make sure that it is not interrupted, by children who are late or something else.

Instructions to prepare this activity:

- 1. Prepare the activities you would like to do in the circle. Make sure you have all the materials with you.
- 2. Make a circle with all the children, make sure everybody can see each other (eyecontact).
- 3. Create some rules with the children, like raise your hand if you want to say something or not using the toilet while circle time.

- 1. First you can pray with the children.
- 2. Talk about the calendar, what day is today, what is the month and the number.
- 3. After that you can sing. You may also include songs with hands and body movements.
- 4. Ask the children who has done something nice that they would like to share. They tell their story and the others are listening quite. Switch persons for 4 times. The next day other children can tell their stories.
- 5. After that you can discuss what the children have learned the days before.
- 6. Practice a new activity with the whole group. Make sure that everybody is participating and that it is not too long. Children can only concentrate for 5 minutes.
- 7. Pick another activity and practice.
- 8. End the circle time with a song, use that song always to end the circle time.

LEARNING ACTIVITIES



GOAL



- Develop Social skills
- Learn the numbers/counting
- Learn the colors
- Having fun

MATERIALS



• Depends per activity

TIME



• Depends per activity

THE ACTIVITY

In short:

- 1. Pick a few activities you would like to do this day and prepare them.
- 2. Make sure that the activities are mainly focused on having fun, but of course they have a goal. For inspiration you can check chapter 3 and 4.
- 3. Do the activities and observe the kids. How are they acting? What is striking? Are they having fun?
- 4. Reflect together with the kids on the activity.
- 5. Start a new activity.

Note: Please keep in mind to take enough time for the activities. Sometimes you can not do all the activities that you have planned, but that is oke. It is better to have less activities, that are well done and reflected than a lot of activities, that are done real quick and not reflected.

FREE OUTDOOR PLAY



GOAL



- Develop Social skills
- Learn to share
- Having fun

MATERIALS



• All the (Homemade) outdoor play materials

TIME



• 20 minutes

THE ACTIVITY

Instructions to prepare this game:

- 1. Put all the outdoor play materials outside, like balls, hoops, rope, bicycle wheel, tyres etc.
- 2. If you don't have (enough) outdoor play materials, here are some ideas to make some.

Walking tins: Easy to make from old paint tins and rope. Make two of them, so a child can "walk" on them.

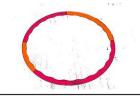




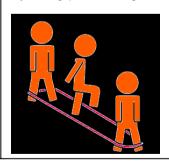
Sand pit or sand basin. Put some cups in there. You can also make wholes in a plate, so the sand can go threw it.



Hoops are easy to make from water pipes. Put one end in the fire, make it a bit bigger so the other side fits in there. Glue with solving cement and tape with electric tape



You can use an elastic band for jumping games, but you can also make one yourself by using plastic bags



- 1. Make sure that the children know where they are allowed to play.
- 2. Let the children choose what they would like to play with.
- 3. Let them play and observe what is happening. Who play together? Who is leading etc.

PLAYING IN DIFFERENT CORNERS



GOAL



- Develop Social skills
- Learn new things
- Having fun

MATERIALS



• Depends per area

TIM



• 15 minutes per area

THE ACTIVITY

Instructions to prepare this game:

- 1. Make four "corners" in the themes food, nature, art and building.
- 2. Put some objects in those corners, that match the theme, where the children can play with. In the corner food for example can be a pot, a spoon an a fork. The children can play an eating situation and playwise learn how to use a spoon.

Ideas per corner

FOOD	NATURE	ART	BUILDING
Cups	Wood/sticks	Paper	Stones
Pots and pans	Sand pit cabin	Paint	Building Blocks
Cutlery	Cups to play with sand	Pencils	Sticks
Broom	Leaves	Brush	Bottle tops
'self-made'		Vlay	

- 1. Divide the children in four smaller groups.
- 2. Send all the groups to one corner.
- 3. Rotate after 15 minutes.
- 4. Rotate again after 15 minutes until every group has been in all the corners.

EXTRA ACTIVITIES



GOAL



- Develop Social skills
- Having fun

MATERIALS



• Depends per activity

TIME



20 minutes

THE ACTIVITY

Storytelling

Children love to listen to stories. Telling stories to kids can have a lot of benefits. Children learn new vocabulary, develop their listening skills and their concentration. They also learn about social behavior through the characters in the story. It can also stimulate the problem solving thinking. Reading also helps children to develop their imagination and creative thinking.

In short:

- 1. Choose a story that fits the children's level. (Folk stories, bible stories, a book, etc.)
- 2. If you choose to read a book, make sure you have read the story in advance.
- 3. Tell the story in an active way. Involve the children by showing pictures, pointing out some things on the pictures or play a short part of the story. Ask questions about the story.
- 4. Maybe you can invite a storyteller, a grandfather or anyone else who knows stories that are told for years and years.

Music and dancing

In general children love music, singing and dancing, because it is fun. Through singing they learn rythms, rhyme and melody, and they improve their memory. You can include dancing, hand and body motions, that makes it even more fun. Besides that, the children are developing their motor skills as well. If you let the children practice singing as well, they build up confidence and they learn a new way to express themselves.

In short:

- 1. Use songs that the children can understand, it can be in the mother language or in another language.
- 2. You decide if you are going to sing, dance or just listen to the music.
- 3. Tell the children what your plan is (sing, dance or listen) and start.
- 4. Focus on having fun and try to include all the children.

Sport & Games

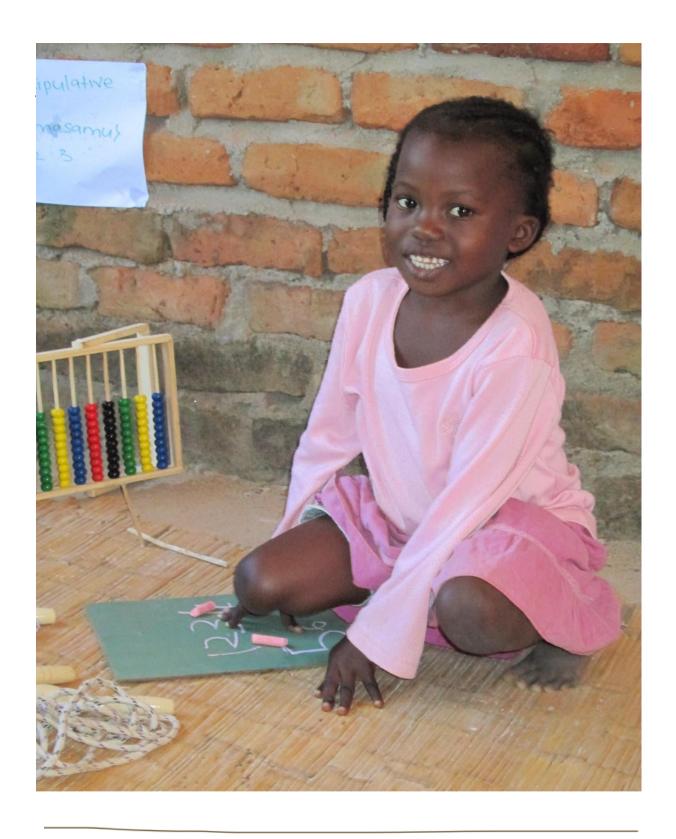
Sports are good for the health, it is important for children to move enough. Sports help to stay fit and active. Through moving children get to know their own body and capacities very well. It develops the fundamental motor skills of young children. And of course children are having a lot of fun together while playing sports.

Examples of sports games can be:

- Throwing and cathing a ball games
- Trying to hit an empty bottle by rolling the ball
- Catching games
- Hide and seek
- Walk run and jump like the teacher to the other side, also possible with animals. (Walk like a elephant, etc)
- Frisbee

Note: Go outside with the children to play sport & games, make sure they have enough space to play and run.

- 1. Choose a sport & games activity and pick all the needed materials.
- 2. Try to vary with different sports & games activities and materials.
- 3. Play and have fun!



NUMBERS AND COUNTING

THEME: NUMBERS AND COUNTING

| Information for the Facilitator

Goal of this chapter: Giving the facilitator ideas for activities about numbers and counting.

Introduction to the theme

Everywhere you go, you see numbers. When we go to the market to buy some fruits, we need to know who much fruits we need. But also what the fruits will cost and what we have to pay. Even if you are looking after goats or cows, it is good if you can count: do I still have all of them?

Ofcourse children in the age from 4 - 7 years don't need to know all the numbers from one to hundred. But it is important that they are learning the basics, by playing and doing.

It is important to learn to count, to make groups and to estimate and to order things, before you go to primary school. These skills can be a good preparation for the counting-skills that will be taught at the primary school. The skills that are taught at the ECD centres are a precondition for a good start at primary school in numeracy The "number sense", which is the base of preparatory calculation skills, starts devoloping when children are around four years old.

At the ECDC's you work with children in the age from 4 to 7 years. This is a perfect age for starting to get acquaintenced with numbers and counting. It is important to build this up: first start really easy and make it a little bit harder all the time you practise.

- Children first learn the numbers from one to ten, they have to practise that, playwise.
- After that they learn to link numbers to objects.
- If they can link numbers to objects, they are starting to know more numbers, till 20. This will be developing all the time. I
- If the children feel very familiair with the numbers, you can start with really easy sums. Like: 1+1, use objects for those sums.
- At the start of calculating, children need visual support.
- Later on, children learn to calculate without visual support.

So if you are practising numbers and counting, please follow this order. Take a next step if you feel that the children are prepared for that.

Important to know

For learning numbers and counting you can be very creative! Use all the materials you see around you, you can tell the children how much you have from that object. Use plays and games to introduce numbers to the children. It doesn't matter what you use, most important

thing is that the children are having fun and that the focus is not too much on learning.

To give you some inspiration for plays and games with counting, this chapter contains examples of games you can use. But these games are only ideas, it is not the only way to do it! You can adjust them to your group. There is no chronological order in the activities, you can use them in the order you prefer. It is not necessary to use all the activities, use what you want and be creative. You can also make up your own activities. Adjust the activities so it will fit in your culture and country.

DECORATING A NUMBER



GOAL



• Learning about numbers

Working together

_

MATERIALS



- Chalk
- Bottle tops
- Stones
- Sticks

TIME



5 – 10 minutes

THE GAME

This game is about learning new numbers and practicing them. The children work together as a team.

- 1. Explain the game to the children
- 2. Make groups of 2-3 children, they have to work together
- 3. Write a number with chalk, or use a stick to write it in the sand or soil.
- 4. Read the number out loud.
- 5. The children decorate the number as a group, with bottle tops, sticks and stones.

- Make it harder: Let the groups make a number they know, without the teacher helping them.
- Make it harder: Let the groups all make a different number, the first group makes a 1, the second group makes a 2, etc.
- Make it different: let the children make the number the teacher choose individual.
- Make it a contest: (individual or in groups): Which group can make the most beautiful number in one minute? (Great teamwork needed)
- **Afterwards:** ask the children which numbers they already know. Can they tell how much siblings they have? Can they tell how old they are? Can they tell how much children are in their (small) group?



GROUP UP!



GOAL



- Learning about numbers
- Working together
- Having fun

MATERIALS



• Chalk

TIM



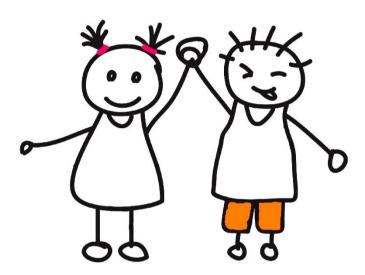
• 5 - 10 minutes

THE GAME

This game is about practicing with counting and numbers. The children work together as a team.

- 1. Explain the game to the children
- 2. Write a number down, below 5. You can use chalk or a stick for this.
- 3. Read the number out loud.
- 4. The children have to make groups as fast as possible. The groups must be as big as the number you just mentioned.
- 5. Repeat with a new number.

- Make it harder: You can make it harder by using numbers from 1 to 10.
- Make it harder: They have to make the groups without talking.
- Make it different: Let the children make the shape of the number you choose. Option to make this harder; let the children make the shape of the number with as much people as the number you choose.
- Make it a contest: (individual or in groups): You can tell the children that they have to make the groups as fast as possible. The children who are not in a group, can't participate in the next round. Until there is one "winner".
- Afterwards: Talk about how the children liked this game. What was hard, what was easy, etc.



MATCH NUMBERS WITH MATERIALS



GOAL



- Learning about numbers
- Match a number to materials
- Having fun

MATERIALS



- Thin (coloured) paper
- 10 plastic containers, like waterbottles
- Small objects like: stones, beans, maize, buttons, bottle tops, beads

TIME



• 10 - 15 minutes

THE ACTIVITY

This game is about practicing with numbers. The children have to connect the number to that amount of materials. It makes it less abstract.

Note: only use numbers the children already learned.

Instructions to prepare this game:

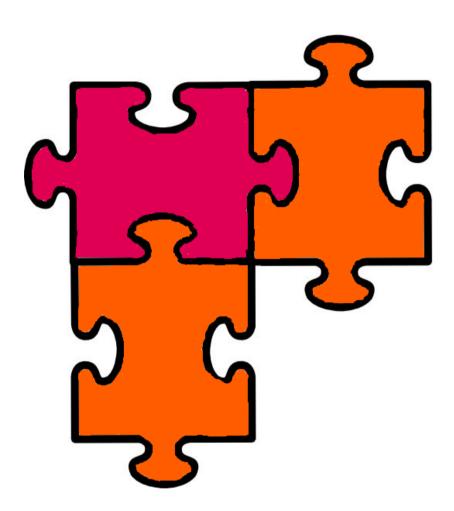
- 1. Cut the number 1 to 10 out from the carton
- 2. Glue the numbers on top of the containers.
- 3. Collect the appropriate amount of objects.
- 4. Put 1 object in the container with number one on top, etc.

- 1. Let the children feel and trace the number with their fingers (in the way in which you would write it).
- 2. Let the children count the objects inside.
- 3. Repeat this with the other numbers.

- Make it harder: Let the children take out all the objects. Mix them. Let the children sort the objects.

The children count the objects and put it back in the right container.

- Make it harder: Let the children search for small objects themselves. Let them fill the containers with the right amount of objects.
- Make it different: Put all the objects together and let the children fill the containers with the right amount of subjects.



MEMORY



GOAL



- Having fun
- Play together
- Learn the numbers
- Reproduce the numbers

MATERIALS



- Cartons without markings
- Coloured markers, pencils or pens
- Scissors and ruler

TIME



• 15 minutes

THE ACTIVITY

This game is about a nice way to let the children practice with the numbers. They are playing, learn to wait for their turn and are practicing the numbers.

Note: you can play this game with 2 up to 6 children per game. If you make two games, it doubles, etc.

Instructions to prepare this game:

- 1. Cut out 20 small cards (squares) from the carton, make sure that all the cards have no marking on the backside. Make 40 cards if you make two groups, etc.
- 2. Draw two identical pictures on two of the cards. For example two hearts, two moons, two happy faces. Write a number one at the top of both cards.
- 3. Draw 2 pictures, different than the one you used for number one, on one card and make exactly the same on another card. Write a number two at the top of both cards.
- 4. Continue this process until you made all the (double) cards from 1 to 10.

- 1. Mix up cards and spread them face down on the floor of table.
- 2. Any player goes first. He or she choose two cards and flip them, with the picture side up.
- 3. If the two pictures match, the player collects the pair and can try again, until failure. Than go to step 5.
- 4. If the two pictures do not match, the player turns the cards face down again.

- 5. The next child can try.
- 6. The game is over when all the cards are collected.
- 7. The children count their cards, the person with the most cards wins.

- Make it harder: Let the children make their own cards. They can do this in their playing groups.
- Make it harder: Put on one card only the number and on the other card that amount of pictures.
- Make it different: Give all the children one card, let them stand somewhere in the class room. Let the children try to find the matching card. Rule: this needs to be done without yelling.
- Make it harder: Give all the children one card, let them stand somewhere in the class room. Let the children try to find the matching card. Rule: this needs to be done in silence.
- Afterwards: Discuss how they liked this game. What did they learn?





JUMPING FUN



GOAL



- Having fun
- Play together
- Learn the numbers

MATERIALS



- Stick
- Stone

TIMI



5-10 minutes

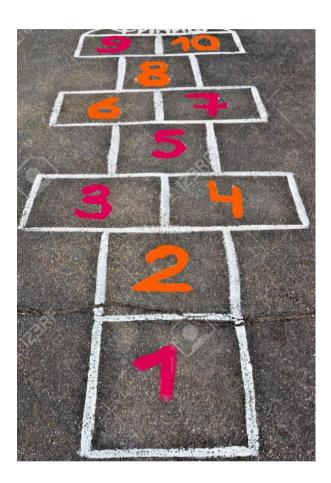
THE ACTIVITY

In short:

- 1. Let the children make a playfield with a stick in the sand, for an example see below.
- 2. Let one child try to throw the stone in the first box, if it is not in there, his/her turn is over. If it is in there, the child has to jump on one leg to the second box. Keep jumping from 2 to 3, 3 to 4 etc, on one foot.
- 3. If the child is at ten, it can turn around and jump back, from 10 to 9, 9 to 8 etc. When the child is in box 2 again, it bents and grabs the stone again.

Rule: You can have only one foot at a time and you are not allowed to go behind the lines or on them, than your turn is over.

- Make it easier: The children can have two legs at the same time at the ground.
- Make it harder: The children have to throw the stone all the time and if it is in the next box, they have to skip that box, and jump over it to the other box with one foot.
- Make it different: You can make the road different, for example in the shape of an snake. Be creative!



TICK, TOCK, BOOM!



GOAL



- Play together
- Learn the numbers
- Reproduce the numbers
- Having fun

MATERIALS



• 5 to 10 objects (a cup, play car, doll, bottle, spoon, etc.)

TIME



15 minutes

THE ACTIVITY

This game is about a nice way to let the children practice with the numbers. They are playing and are practicing the numbers.

- 1. All the children sit down in a circle, facing each other. Except from one child, who is standing in the corner and is not allowed to watch.
- 2. The leader puts the objects down on the ground.
- 3. Point at one of the object and tell the children that the object is like a 'bomb'. If it is picked, they have to say: 'BOOM'.
- 4. The class starts saying "tick, tock, tick, tock,..."
- 5. The child comes out of the corner, to the objects in the circle.
- 6. He/she picks one thing up and puts it on the side, not knowing which one is the 'bomb'.
- 7. He/she keeps on taking the objects until all the children shout BOOM (because the child picked the bomb).
- 8. The child counts the objects he/she saved from the bomb.

- Make it easier: Help with counting the "saved" objects.
- Make it harder: Make two objects at the same time the bomb.
- Make it different: Use more objects. A Child can choose the bomb.
- Afterwards: How did you liked this? Did you learn something new?



STAMPS FOR CHAMPS



GOAL



- Develop motor skills
- Reproduce the numbers
- Having fun

MATERIALS



- Paint
- Stamps (homemade, see the next page)

TIME



10 minutes

THE ACTIVITY

This game is a nice way to connect the youth who are in training to become a carpenter with the young kids at the ECDC's: the youth can assist in making the stamps

In short:

- 1. Give all the children a paper, paint and some stamps.
- 2. Tell them to stamp first one square, next to that 2 squares, etc.
- 3. Let them make a nice and happy painting of it by using different colors and stamps.

- Make it easier: Let the children make a drawing, without giving a specific task. Ask afterwards what it is and if they can find some "numbers" in the drawing.
- Make it harder: Let the children choose a different stamp for every number. For example: Number one is one circle. Number two are two squares. If you want to make it even harder, you can give the task that the numbers need to have another stamp and another color as well.
- Make it different: Feel free to change the task, so it fits your group better.

Instructions to make the stamps

What do you need?

- Wood cubes
- Bicycle inner tube
- Strong glue

How to make it?

- 1. Cut small forms from the inner tube. (Dots, squars, hearts, etc.)
- 2. Glue one form on the wooden cube. Do this with all the cubes.
- 3. Let the cubes dry for an hour.
- 4. The stamps are ready to use!

Note: Let the teenagers who are studying to become a carpenter make the stamps, they can practice and you have great material that you can use over and over again.



COLORS

THEME: COLORS

Information for the Facilitator

Goal of this chapter: Giving the facilitator ideas for activities in counting.

Introduction to the theme

Everything we see around us, we see in color. Colors have big effects on our brains, although we don't always realize it. The color red gives us a sign of warning, love or power. Yellow we link to creativity and mercy. In this way, every color has its own signs or meanings This is an natural process.

All the different colors give us a lot of information. But to get that information, you need to recognize the different colors.

Colors are relatively easy to remember for children. Children start learning the basic colors around the age of three years old. They learn to recognize the basic colors. The big colors are: Red, yellow, green, blue, orange and purple. They start recognizing pastel colors as teenagers.

In this chapter you find plays and games to practice the big colors. Don't be afraid to try things out. You can adjust the games or make up new ones.

Important to know

For teaching colors you can be very creative! Use all the materials you see around you. You can tell the children the color of the objects you use. For instance: I am now getting the blue pencil.

Use plays and games to practise the colors with the children. It doesn't matter what you use, most important thing is that the children are having fun and that the focus is not to much on learning.

To give you some inspiration for plays and games with colors, this chapter contains examples of games you can use. But these games are only ideas, it is not the only way to do it! You can adjust them to your group. There is no chronological order in the activities, you can use them in the order you prefer. It is not necesary to use all the activities, use what you want and be creative. You can also make up your own activities. Adjust the activities so it will fit in your culture and country.

I SPY WITH MY LITTLE EYE



GOAL



- Learning the colours
- Play together
- Match colors to objects

MATERIALS



• None

TIME



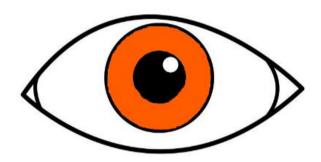
• 5-10 minutes

THE ACTIVITY

This game is a playful way to get the children in contact with different colors.

- 1. Think about an object in the classroom, what everyone can see. Keep it in your mind and don't say it out loud.
- 2. Say out loud: "I spy, I spy with my little eye, and the color is ..." (tell the color of the object you have chosen).
- 3. The children have to guess what it is, mentioning objects they see with that color. The first one who is right, can now become the 'spy'.
- 4. Everything starts at number one again.
- 5. Repeat this game until you have the feeling that it is not fun anymore.

- Make it harder: Let all the children close their eyes. Grab the object you had in your mind and hide it somewhere in the room. Say "I spy, I spy with my little eye, and the color is ..." Then let the children walk in the room to find the object you hided.
- Make it different: You can divide the group in smaller groups and practice in these small groups.
- Make it different: This game can also be done outside.
- Afterwards: Ask how the children liked this game? What did they learn?



COLOR DICE



GOAL



- Learning the colours
- Being active
- Having fun

MATERIALS



- (Homemade) Dice
- White paper or carton
- Ruler
- Scissors
- Glue
- Pecils or crayons in the colors: yellow, green, blue, red, purple and orange

TIME



10-15 minutes

THE ACTIVITY

Instructions to prepare this game:

If you don't have a dice, you can make one yourself. Explanation is below.

If you do have a dice, you can just replace the numbers by colors with colored paper.

In short:

- 1. Make a big circle with the whole group.
- 2. Divide the kids in 6 small groups, give every group a color name.
- 3. Make together with the kids a "movement plan".

For example:

Red means clap your hands.

Yellow means shake the hand of the person next to you.

Green means switch places with a random person.

Blue means do a little dance.

Orange means turn around.

Purple means walk like a tiger.

- 4. Let the children remember their group color and movement.
- 5. Let the children throw the dice alternately.
- 6. Let them tell which color the dice shows.

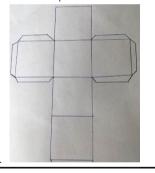
- 7. Do the matching movement with the group that matches the color.
- 8. Repeat until it is not fun anymore.

- Make it harder: Don't make smaller groups, and let all the children do all the movements that match the color of the dice.
- Make it different: You can make a different "movement plan" for a few times.
- Make it a contest: The children have to throw the dice alternately. The leader says which color it is. The children have to tell an object which has this color. The person who is the latest is out of the game. Repeat until there is one winner.

You can also ask the teenagers who are studying to become carpenter to make a dice out of wood. They can practice and you have a long lasting solution.

How to make a dice?

1. Draw this form on a white paper. Use the ruler. Try to make the squares $4 \text{ cm } \times 4$



4. Fold on the drawn lines.



2. Cut the form with the scissors.



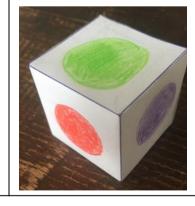
5. Glue the small strips to the big squares.



3. Draw a colored circle on every square.



6. Your dice is ready to use!



TWISTER



GOAL



- Learning the colors
- Develop motor skills
- Having fun

MATERIALS



- Twister the game (Is included in the start-up kit)
- Turntable

TIME



• 5 - 10 minutes

THE ACTIVITY

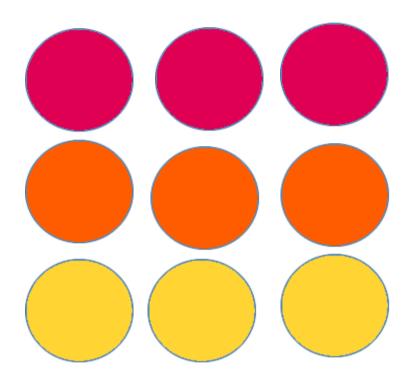
Instructions to prepare this game:

Put the twister field on the ground.

- 1. Let the children stand next to the field.
- 2. Take the turntable and turn the pointer.
- 3. Tell the children if they have to move their hand or their foot. And to which color. (It doesn't matter which foot or hand the children move, because they don't know left and right at this age).
- 4. While keeping that hand or foot on that color, you continue and turn the pointer again. "Put now your hand or foot on color... (mention the body part and color the pointer is pointing at)

 Continue until children are starting to fall. When you fall, you are out of the game.
- 5. Continue until there is only one child left.
- 6. He or she is the winner!

- Make it harder: Tell the children also if they have to move the right or the left body part.
- Make it easier: Choose to only use hands or only feet.
- Make it different: Give the children one color, that is "their" color, if the pointer points to that color, they have to move their hand or feet, that depends on where the pointer points to.



FIND THE RAINBOW



GOAL



• Learning colors

Work together

MATERIALS



- Chalkboard
- Chalk

TIM



5 - 10 minutes

THE ACTIVITY

Instructions to prepare this game:

Write the colors of the rainbow on the chalkboard with chalk (Red, Orange, Yellow, Green, Blue, Purple).

In short:

- 1. Make small groups, from 4 to 6 children.
- 2. Give the children the task to find from each color at least one object.
- 3. If they are finished, discuss what they found.

- Make it harder: Let the children do it on their own.
- Make it different: Let the children write down what they found, in every color.
- Afterwards: Ask how the children liked this game? What did they learn?

DRAW YOUR DREAM



GOAL



- Learn to link colors to feelings
- Fine motor skills
- Fantasy development
- Communication skills

MATERIALS



- White papers
- Colored pencils

TIME



5 - 10 minutes

THE ACTIVITY

In short:

- 1. Give all the children a white paper and colored pencils.
- 2. Give the children the task to draw their dream on paper. This can be anything.
- 3. Tell the children to use colors that are matching with their dream.
- 4. If they are finished, the can talk with the person next to them. They tell each other what they have been drawing and why.

- Make it harder: Let the children link emotions of their dreams to the colors they use in their drawings.
- Make it different: Let the children make a drawing of their dreams together with a class mate, how they will do this is totally up to them.

RICEBAG CONTEST



GOAL



- Learning to target
- Develop motor skilss
- Learning to sort
- Develop the knowledge of the colors
- Having fun

MATERIALS



- 6 hoops, 2 red ones, 2 yellow ones, 2 blue ones
- 60 ricebags (see below)

TIMI



• 10 minutes

THE ACTIVITY

Instructions to prepare this game:

Make the ricebags. Make a playfield. Draw two lines next to each other. Put the hoops 2 meter away from that line, next to each other. Make sure that both teams have one hoop of every color. Divide the ricebags, put 15 behind both lines.

In short:

- 1. Divide the children into two teams.
- 2. Tell both teams to stand behind one line.
- 3. They have to wait until you say they can start, because it is a contest.
- 4. Let the children throw alternately a ricebag in the matching colored hoop.
- 5. Repeat until all the ricebags are thrown.
- 6. Check which team has the most ricebags in the right hoop, they are the winners!

- Make it harder: If the ricebag is in the wrong hoop or not in the hoop at all, they child has to pick it up and try again. The fastest team wins.
- Make it easier: The children that finishes fastest are the winners.

Instructions to make the ricebags

In case there is youth in training for tailoring, ask them to help you! They can use the left over materials for making these small bags.

What do you need?

- Old maize bags or old fabrics.
- Needle and thread
- Rice or maize
- Optional: Paint

How to make it?

- 1. Use old maize bags, to make this. Or if you have it you can use fabric or old clothes.
- 2. Make a bag of the fabric or use the maize bag, about 5 cm by 5 cm
- 3. Fill the bag with the rice or maize, or very tiny stones
- 4. Sew the bag as an envelope with needle and thread.
- 5. They are now ready to use!



COLOR DOMINO



GOAL



- Learning to sort
- Develop the knowledge of the colors
- Having fun

MATERIALS



• Domino stones with colors (see below)

TIME



• 10 minutes

THE ACTIVITY

In short:

- 1. Make groups of 4 children. They have to split up in two teams of 2 children, they will compete with each other.
- 2. Both teams get 7 domino stones. There will be one stone of the left over stones on the table.
- 3. Team 1 starts and tries to find a matching stone.

A stone matches when:

- the first or the last color of the stone snake matches with a color on one of your stones. If you don't have a matching stone, you have to pick a new one from the leftovers. If that is still not the right one, you have to pick a new one, until you have a matching stone.
- 4. The other team's turn. Start again at point 3.
- 5. The round ends:
- when one team runs out of stones
- when there are only two stones left of the left-over stones, and the other team can not match a stone anymore.
- 6. You now count how much stones every team has left.
- 7. Start again at step 2. Repeat this until they played for 3 rounds.
- 8. Now count how had the most stones left in total. The team with less stones wins.

- Make it harder: Let the children play the game alone, instead of in teams.
- Make it easier: You can start with 8 stones, that makes the chance that one fits bigger.
- Make it different: Finish after one round, the team who runs out of stones as fastest wins, or who has the least stones left.

You can also ask the teenagers who are studying to become carpenter to make the domino stones for you. They can practice and you have a long lasting solution.

Instructions to make the domino stones

What do you need?

- Wood
- Saw
- Paint in the colors of the rainbow
- Sandpaper

How to make it?

- 1. Make small stones from 1 cm x 2 cm out of the wood, with the saw.
- 2. Make the corners of the stones softer with sandpaper, so the children can't get hurt of it.
- 3. Paint one side of the stone, use two colors, one part for example green and the other part yellow. Try to use different combinations all the time.
- 4. Let the paint dry.
- 5. The domino stones are ready to use!

