



ATTENTION
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PLAYWORKS



HOME- BASED LEARNING PRECAUTIONARY MEASURES

A practical guide to **TRUST** the child and
TRUST THE LEARNING PROCESS for
a **HANDS FREE & BREATHABLE** quarantine.

PARENTS CONTROL MEASURES : STEP 1

DEAR PARENTS,

The purpose of this PLAYWORKS guide is to ensure key systems for home- based learning are being implemented before learning is prescribed.

This guide is developed as preventive measures before parents develop the following symptoms :

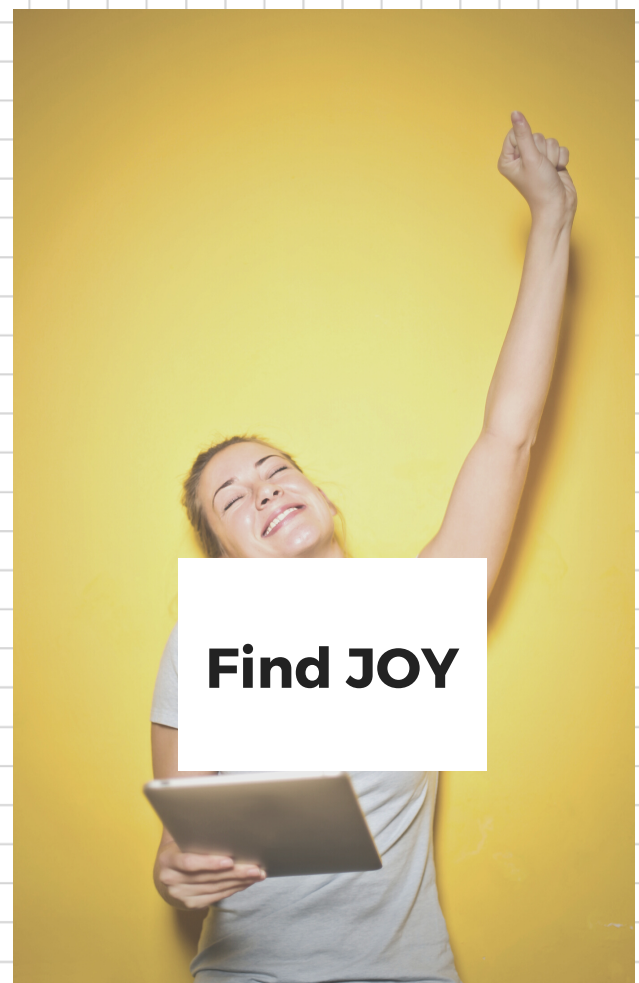
- **Shortness of breath** due to child's activeness
- **Headaches** due to activity planning exhaustion
- **Coughing** due to high level of verbal instructions (screaming)
- **Fever** due to long school closure

We do promote parents and child bonding. However, we also value the importance of child's self- directed learning that promotes both child and your self- care.

This guide is to ensure that both child and parents will experience a joyful & positive health outcome.

**“YOUR ABILITY TO ENJOY
YOUR CHILD MAY BE THE
MOST IMPORTANT FACTOR
IN HIS DEVELOPMENT.”**

Dr. Laura Markham



CONTENTS

1. PARENTAL CONTROL MEASURES
2. LEARNING TOOLS
3. HOME LEARNING REVIEW
4. HOME LEARNING CHALLENGE
5. RESOURCE LIST



1. PARENTAL CONTROL MEASURES



STEP 1

Breathe. Be Calm.

STEP 2

Implement ROUTINE

STEP 3

Empower the
ENVIRONMENT

STEP 4

Empower the CHILD



ATTENTION

Before HOME LEARNING is implemented, please ensure STEP 1 to STEP 3 are executed so as to ensure that your child's learning is not restricted.

PARENTS CONTROL MEASURES : STEP 1

BREATHE. BE CALM

We need to prepare (Not Panic) our kids when it comes to the Coronavirus. Your child needs to know why they are not allowed to go to school or to go out. Let's take this opportunity to calmly explain to children on what is happening.

RESOURCE :

Lovely Resource book on Corona Virus for children
([PDF here](#))

Child- Friendly Science Projects
Project ONE ([link here](#))
Project TWO ([link here](#))

**“THE MOST IMPORTANT
PARENTING SKILL:
MANAGE YOURSELF”**

Dr. Laura Markham



BE CALM

PARENTS CONTROL MEASURES : STEP 2A

IMPLEMENT ROUTINE

According to the Centers for Disease Control, "One way to keep control and help children learn is to create structure. Structure is created by consistent routines and rules. Rules teach children what behaviors are okay and not okay. Routines teach children what to expect throughout the day."

The schedule below was created by a mother and it went viral and received positive acknowledgements from paediatricians. [Read here](#)

COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

PARENTS CONTROL MEASURES : STEP 2B

IMPLEMENT ROUTINE

The routine below is how our educators plan their day by promoting :

INDEPENDENCE

"I am planning and organising my thoughts on how to take care of myself and how to help others."

Allow your child :

- To be responsible of simple daily chore (self- help)
- To help you in doing simple household chores
- A MUST: Tidy up the mess

PHYSICAL PLAY

"My body needs to move it move it as I need to use my energy and to develop gross and fine motor skills."

Self - Help

- As they help around the house they are developing gross and fine motor skills

Sing & Dance

- Play music that they can sing and dance indoor

UNINTERRUPTED

PLAY TIME

"Shhh I am busy thinking here..."

SELF- DIRECTED LEARNING

"I can make my own decision..."

"You may ask me what I want to learn today and we can start from there."



We would encourage parents to implement this in your child's daily routine.

PARENTS CONTROL MEASURES : STEP 3

EMPOWER THE ENVIRONMENT

Create a corner or area where child is able to:

- engage in UNINTERRUPTED PLAY



Attention

- Allow mess that is not harmful to your health
- Set the mood by playing a relaxing instrumental music to promote positive well- being

First teacher is PARENTS.

Second Teacher is TEACHER

Third Teacher is ENVIRONMENT.

PRIMARY ITEMS IN A PLAY AREA SHOULD CONSISTS

We would encourage the use of real items than toys.

• PRETEND PLAY

- real cooking set, tool set, dry pasta/ rice/ beans or non- food objects

• FINE MOTOR

- cooking utensils (e.g spoon, tongs, bottles, straws, strings, recycled papers, safety scissors, varied writing tools e.g. crayons, markers, pencils chalks

• CONCEPT /CONSTRUCTION

- duplo/ lego, wooden blocks
- 3D Alphabets/ Numbers
- cardboxes, pipes

• LOOSE PARTS

- refer to PLAY TOOLS 1 below

PARENTS CONTROL MEASURES : STEP 4



**Trust the
learning
process**

EMPOWER YOUR CHILD

Allow child to lead their learning :

- **UNINTERRUPTED PLAY**

"Shhh I am busy thinking here..."

- **SELF- DIRECTED LEARNING**

"I can make my own decision..."

"Maybe you may ask me what I want to learn today."

SUPPORT THEM WITHOUT INTERRUPTING

Your presence is the most important support as their 'safe-ground'. As long as they can see you, and as long as they know they can reconnect with you when they want to, they feel safe enough to play and learn. As you make yourself present, practice SOUL :

**SILENT
OBSERVE
UNDERSTAND
LISTEN**

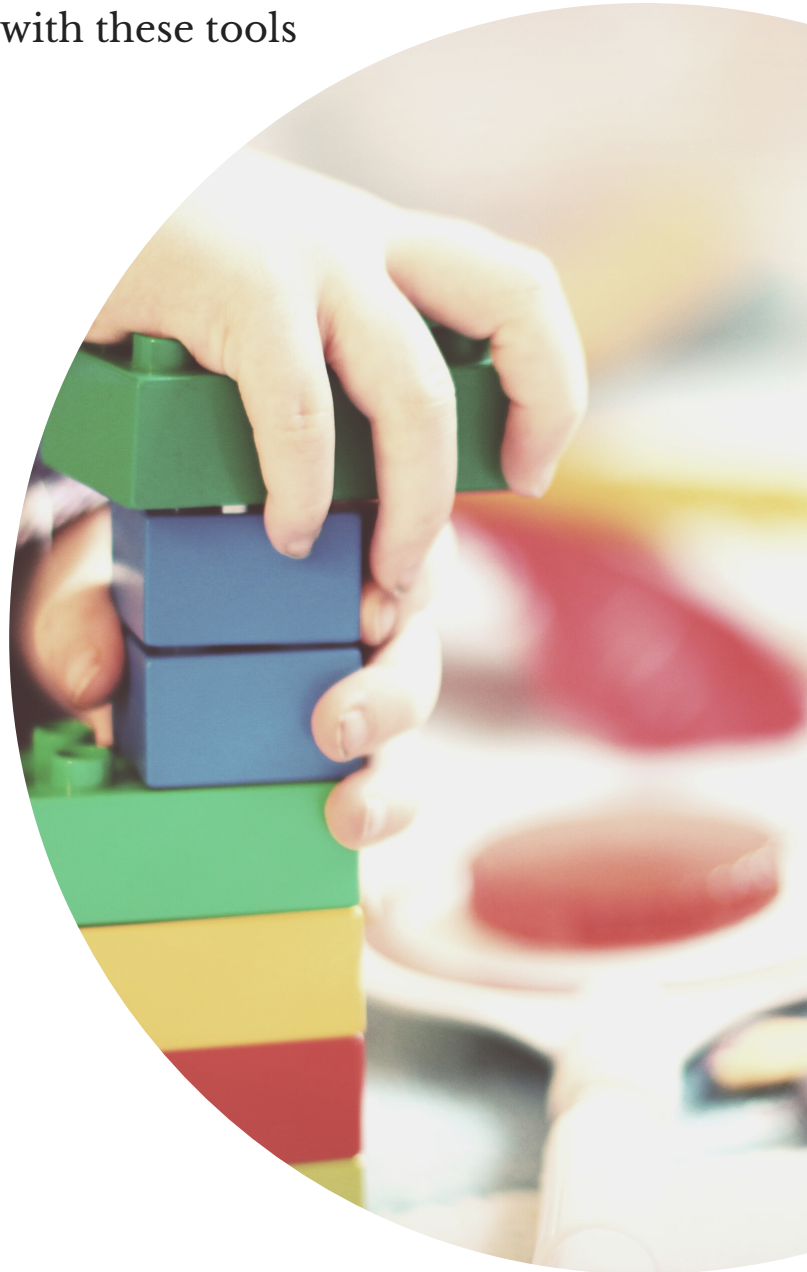
Source: Highscope



Just breathe and believe that learning is in process

2. LEARNING TOOLS

- These **THREE** learning tools are used by our educators to engage children in their learning experiences.
- Children loves to explore learning with these tools



LEARNING TOOL 1 : **LOOSE PART PLAY**



WHAT ARE LOOSE PARTS ?

Loose parts are any collection of natural or manmade objects that can be used to extend and further ideas in children's play. They are open-ended materials that can be moved, combined, taken apart, redesigned, lined-up and more! There is no pre-determined use or function. Loose parts are open to a child's interpretation and creative thinking! A loose part can become anything !

Source: fairydustteaching.com

Loose Parts Booklet [here](#)

CREATIVE WAYS TO EXPLORE

Can be used for learning exploration on colors, shapes, mathematical concepts, language pre- writing skills

HOW TO SUPPORT THE PLAY

Parents may ask child on what they have created.

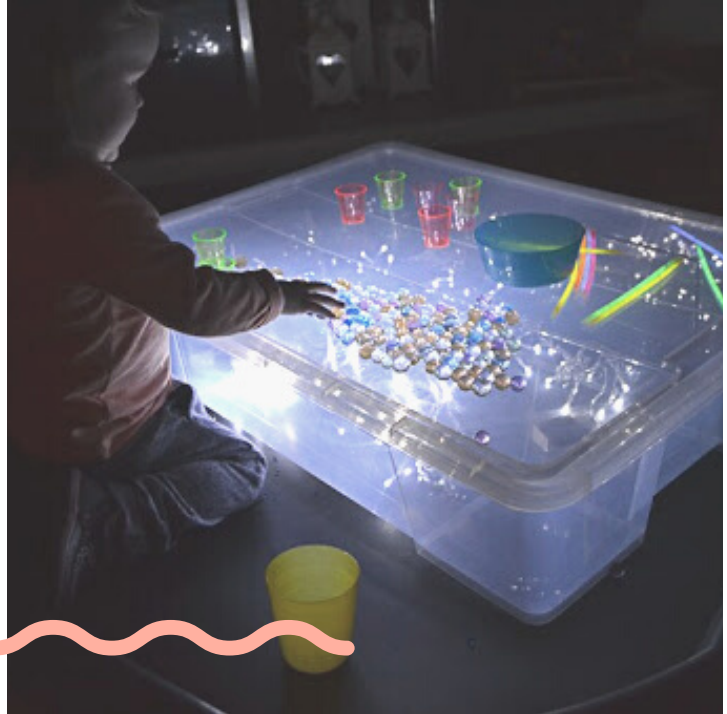
2 to 3 years old :

To make meaning and express ideas

3 to 4 years old + :

To create story and you may help them to write the story or they may write the story title (they may copy what you have written)

LEARNING TOOL 2 : **LIGHT BOX PLAY**

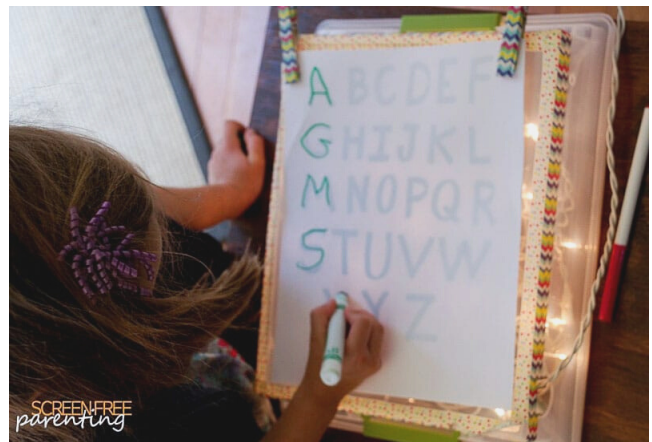


MATERIALS

Clear plastic tub
Fairy Lights
Aluminium foil wrap

HOW TO

Instructions [here](#)



Smaller plastic tub can be used for table activity.

CREATIVE WAYS TO EXPLORE

Can be used for learning exploration on colors, shapes, early numeracy/ literacy, pre- writing skills, for sensory play (play dough, sand etc.)

Activity ideas [here](#)

Just breathe and believe that learning is in process

LEARNING TOOL 3 : **LIGHT SHADOW PLAY**



MATERIALS

Torch Light
Figurines
3D Numbers or Alphabets

CREATIVE WAYS TO EXPLORE

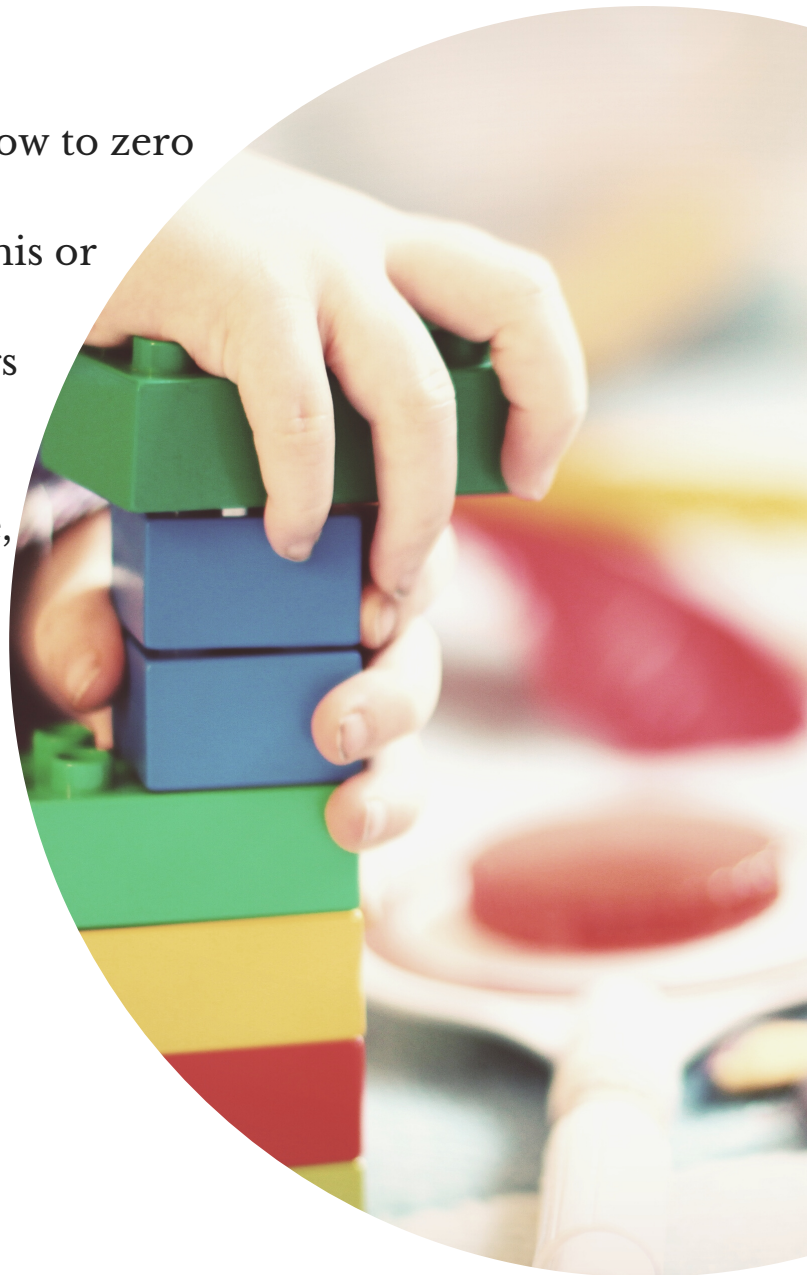
Can be used for learning exploration on shapes, alphabets, numbers and pre-writing (tracing of shadows).

Activity ideas [here](#)

3. HOME LEARNING REVIEW: **SELF - DIRECTED LEARNING**

- Review of learning outcomes that were introduced last term
- These learning activities are to be presented to your child in a **SELF - DIRECTED APPROACH** :

1. Present materials to child
2. Invite child to the activity with low to zero instruction
3. Allow child to explore and lead his or her own learning
4. Play instrumental music or songs related to the activity (shapes, numbers, alphabets)
5. Breathe...Shhhh. Sip your coffee, tea or healthy juice.



"STAND ASIDE FOR A WHILE AND LEAVE ROOM FOR LEARNING, OBSERVE CAREFULLY WHAT CHILDREN DO, AND THEN, IF YOU HAVE UNDERSTOOD WELL, PERHAPS TEACHING WILL BE DIFFERENT FROM BEFORE."

- Loris Malaguzzi

Trust the learning process

SELF- DIRECTED LEARNING : PRE- NURSERY

EARLY NUMERACY/ MATHEMATICAL CONCEPTS

EARLY NUMERACY

- Matching numbers (1 to 10)

EARLY MATHEMATICAL CONCEPT

To sort/ Identify

- Same/ Different
- Light/ heavy
- big, small
- long, short
- shapes (circle, square, triangle)

MAIN MATERIALS

3D Numbers

Loose Parts

Blocks



SELF- DIRECTED LEARNING : **NURSERY**

LANGUAGE & EARLY LITERACY EXPERIENTIAL

EARLY READING SKILLS

- To engage in quiet reading and to retell stories from the book
- Identify the names and phonic sound of alphabets
- Initial sound object matching

PRE - WRITING SKILLS

- Mark Making using range of materials
- Experimenting with letters and patterns using a range of materials
- Writing own name
- Drawing favourite character from the stories or create a new ending to the story.

MAIN MATERIALS

Story book
3D Alphabets/ Card
(Upper & Lowercase letters)
Paper
Writing Tools
Tubs of small figurines/ items

Paper
Writing Tools
Loose Parts
Senory item (e.g. sand, water)





4. HOME LEARNING CHALLENGE

1. We would like to encourage parents to explore the use of **LOOSE PARTS, LIGHT BOX, LIGHT/ SHADOW PLAY** in your child's learning experience at home.
2. To explore **SELF- DIRECTED LEARNING**, where materials are presented to child with **low to zero instructions**. Allow child to explore his or her own learning.
3. Breathe. Let your child be busy while you sip your coffee or have a breather.



SHARE

Daily photo or video of your child's home learning experience via WA or Class Dojo. If you share it on Instagram do tag us @matahouse.id and add #homeplaychallenge.

BREATHE. THANK YOU.

Thank you for trusting your child's learning process.

5. RESOURCE LIST

MESSY PLAY

Sensory Play Recipes (PDF [here](#)).

Process Art (PDF [here](#))

EARLY LITERACY & EARLY NUMERACY

Hands - On Learning Experiential (PDF [here](#))

DIY LEARNING KITS

GAME MONTESSORI (JAKARTA) (Link [here](#))

OTHERS

Montessori Inspired Indoor Activities (Link [here](#))

Number Printables (Link [here](#))

Alphabets Playdough mat (Link [here](#))

Cardbox Activities (link [here](#))



ATTENTION

All the PDF that have been shared in this booklet have been saved in an e- folder [HERE](#)

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