



Learning in Reach

**LEARNING AT HOME  
AGES 3-6 YEARS**

**PARENT RESOURCES**

BOOK 1

**QUALITY ECD THAT CULTIVATES  
CONFIDENT, CAPABLE CHILDREN**



# EMERGENCY NUMBERS



Childline	0800 055 555	
Coronavirus Hotline	0800 029 999 WhatsApp: 060 012 3456	
AMBULANCE 10177	FIRE BRIGADE 998 or 999	POLICE 1011
COCT General Emergency	107	
SAPS Child Protection Unit	0860 10111	
SMS Crime Line	32211	
Suicide Helpline	0800 567 567 / SMS 31393	
Gender Based Violence Command Centre	0800 428 428 Dial *120*7867# (free) from any cell phone and a social worker will call back.	
Lifeline National Counselling	0861 322 322	
Aids helpline	0800 012 322	
Rape Crisis Helpline	021 447 9762	
Marie Stopes Clinic	0800 117 785	
Poisons Information Helpline	0861 555 777	
Alcoholics Anonymous	0861 435 722	
Alcohol and drug helpline	0800 435 748	
SASSA Call Centre	0800 601 011	
Legal Aid South Africa	0800 110 110	





# MONTESSORI IN THE HOME

Be patient  
with yourself,  
and smile.

Being a parent is the most **exciting** and **challenging** thing we do, and we have no training for it. All we have are the experiences our parents gave us as children.

When we think of giving our children the best, we want to do things differently in this goal. To do this we need to think about what our children want from us and how they need us to be.

To our children we are their biggest heroes. Children look at their parents and do everything they do. This makes it very important for us, as adults, to think more about what we do and what we say, and how children **feel** about themselves.

We must **watch** our words. Everything we say to them they believe. We want to make sure they are hearing kind, patient words. We need to **slow** ourselves **down**. This is especially true at the moment particularly when we expect children to do things quickly, to listen and to do what they are told.

Think about how you speak to your child, and what you are expecting a 3, 4, 5 year old to do. If your child makes a mistake how do you encourage them? Making mistakes is how we all learn. Do you get cross with yourself when you break something, or do something wrong or it is not perfect? Would you speak to your friends rudely?

For children in Montessori schools the adults around them do the following:

**They use calm, quiet voices**

**They use positive language**

**They show children how to behave, by being the role model**

**They give children unconditional love and support**

**Give freedom with age appropriate limits**

**Allow the child to be themselves**

You can set your home up to support your child in becoming **independent**. Make things available to them and put things away that are not safe for them to have. Children are **curious**, it is how they learn, by touching and feeling everything.

Get your child involved in activities around the house. They love helping out, but remember you have more experience, so don't expect it to be done correctly, they are trying.

Read stories, tell stories, sing songs, listen with your eyes and ears, and remember to laugh together.

This booklet is filled with ideas of activities you can do with your child/ren. Get them involved, you don't have to do everything, sit back sometimes and be amazed at your child's level of experimentation and capabilities, this is how they learn!

Be patient with yourself, and smile.



# OUR DAILY ROUTINE

Young children feel safe if they have a good daily routine that meets their needs. Routine is helpful for parents too. Include your child in creating a routine that works for you.

Cut out these icons and paste them on the next page in the order that suites you and your child. Make some of your own activities to add.

There are lots of activities in this booklet to use in your daily routine.

Remember these movement guidelines for 3 - 6 year old children:

- 3 hours moving and playing
- 1 hour sitting (reading or screentime)
- 10-13 hours sleeping



Waking up



Chores



Exercise



Worship



Play



Lunch



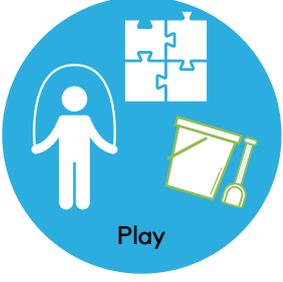
Rest



Bath



Game/activity



Play



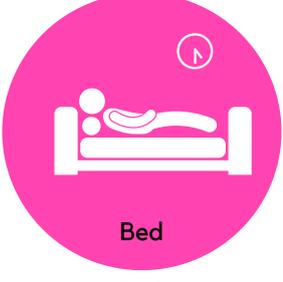
Supper



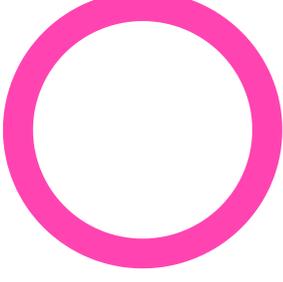
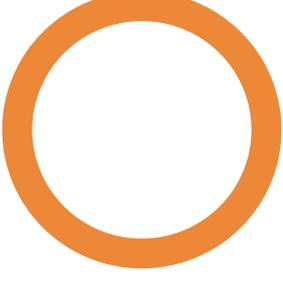
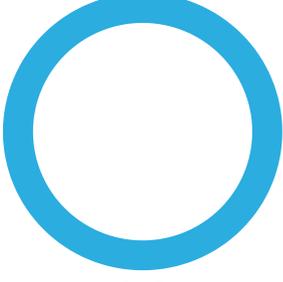
Brush teeth & hair



Story



Bed



Draw your own activities





# OUR DAILY ROUTINE

Be kind to yourself  
and your child.  
Make time to play together  
and talk about feelings.

**Morning routine**

**Daytime routine**

**Bedtime routine**





# LEARNING AT HOME

Some tips for keeping your child learning at home.

## Plan the day with your child

It's good to involve your child in planning their day.

Give them options. Ask them what they feel about doing tasks in certain ways.

Give them time to adjust to the schedule.

## Involve the family

Schooling at home involves integrating your child's educational schedule with your family's regular routine.

Have a chat with your family about what each person needs to do to be able to help your child learn from home.

## Keep in touch with teachers

Speak to your teacher about where your child is at and where your focus should be spent and how best to support your child's learning.

Teachers can also get you in touch with other parents.

## Use free resources

You can also make use of other resources like worksheets available online to support or expand what the school provides.

There are many data-free websites making educational content available. Please see Free Resource List for more information.

## Take breaks

It's simple advice - and you can't underestimate the power of breaks.

Add it to your schedule and make it fun—or be spontaneous and flexible and take it when you can.

## Be flexible

Learning from home can be difficult, new, and frustrating. Remember, these are unusual times and your child might be feeling stressed and vulnerable. Care for their feelings first, worry less about how much work they finish.

Be flexible to change the schedule based on your child's learning needs at the time.



# TOP PARENTING TIP

You are your child's super hero.  
Love them with all your might.

## 4 THINGS YOUR CHILD NEEDS FROM YOU:

**TO LISTEN**



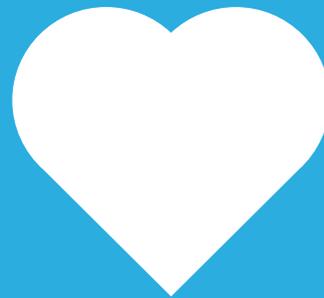
**TO BE AN EXAMPLE**



**TO SAY NO**



**TO BELIEVE IN THEM**





# FREE LEARNING RESOURCES

We learn to read  
so that we can read to learn.

## MOBILE APPLICATIONS:

### Wordworks:

Engaging educational app with helpful information, tips and activities for children from birth to 5 years.

<https://www.wordworks.org.za/wordworks-app/>

### African Storybook:

Open access to picture storybooks in the languages of Africa. For children's literacy, enjoyment and imagination.

<https://www.africanstorybook.org/>

### Kahn Academy Kids:

A free, fun educational app for children aged 0-7 years.

<https://learn.khanacademy.org/khan-academy-kids/>

## E-BOOKS:

### Book Dash (Datafree):

Beautifully illustrated and engaging downloadable ebooks for all children in multiple languages. Available as a mobile application.

<https://bookdash.datafree.co/>

### Nal'ibali:

African stories, audio books and more in multiple languages.

<https://nalibali.org/story-resources/multilingual-stories>

### Storyweaver:

Global library of learning materials and stories in multiple languages. The readalong function is great to give parents a break.

<https://storyweaver.org.in/>

## ECD RESOURCES:

### Vodacom:

Free ECD resources available. No data required!

<http://www.digitalclassroom.co.za/digitalclassroom/eCD-resources>

### Western Cape Department of Education:

School closure pack for children of all ages. Including TV and radio programmes.

<https://wcedportal.co.za/partners>

## FACEBOOK:

### Recycle and Play

Fun activities with recycled materials.

<https://www.facebook.com/recycleandplay>



# ACTIVITY: MATCHING OBJECTS

Don't correct your child if they say the wrong thing. Rather ask more questions and help them find their own answers.

## What do I need?

Look for objects in your house that look the same. We have used smarties, but you can also use things like clothes pegs, pencil crayons, coins etc.

The objects must be the same and only differ in size or colour

### Step 1

Find objects in your house that look the same.



### Step 2

Discuss the colours, ask them which they like etc. Discuss with the child what they notice, don't tell them.



### Step 3

Now ask the child to put the same colours together.



### Step 4

You can add a mathematical element where your child can count how many there are of each colour.



## What are they learning?

Visual Discrimination

We understand our world through our senses. We use our eyes to look at specific features so we can match it, or see how it is different from something else.

Visual discrimination is being able to see similarities and differences between objects in the world, like different shapes or letters.

We need to do this so we can read well, and do maths and write.

You can help your child develop their visual discrimination using things in your house.

## Outcome

To help your child see small differences between what they are looking at, here we are looking at colour.

## Do more with this activity

Talk about the objects around the house, inside and out:

- How are they the same and different? What colour is this? What shape is this?
- Ask questions and wait for your child to answer.
- Don't correct them if they say the wrong thing, rather ask more questions.



# ACTIVITY: SORTING & PAIRING

Your child can help you fold the washing. While you do this talk about the colours, whose clothes are whose.

## What do I need?

Clean, dry socks from the washing pile

### Step 1

Now we are going to sort, match and fold the socks. Put all the socks into one pile.



### Step 2

Find the socks that match and put them together. Now we are going to show the child how to fold socks.



### Step 3

Lay the first sock neatly on the floor/table. Put the matching sock neatly on top of it.



### Step 4

Fold at the heel, using your dominant hand to get the toes to meet the top of the sock.



### Step 5

Older children can also fold the socks over, show them carefully.



### Step 6

Pack the socks away.



## Outcome

Sorting, matching and folding socks, as well as putting them away to where they belong.

## What are they learning?

This Practical Life Activity teaches children about visual discrimination, one to one correspondence, matching, care of self, and assists with the development of fine motor skills.

Develops self esteem and independence.

## Do more with this activity

Sort and fold other laundry. See activity on folding washing next.



# ACTIVITY: FOLDING WASHING

Children enjoy doing activities that they see the adults doing around them. Be patient, they will not fold it as neatly as you, that is alright.

## What do I need?

Clean, dry dish towels from the washing pile

### Step 1

Ask your child to help you sort your washing. Ask them to put all the dish towels together.



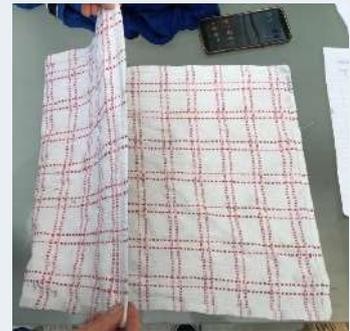
### Step 2

Lay the dish towel flat onto the floor or table. Show your child how to lift the corners in their fingers.



### Step 3

Fold the towel in half, using the language 'half'. Then fold it again.



### Step 4

Smooth the dish towel out with flat hands.



### Step 5

Fold in half once more.



### Note:

Using the language of 'half' introduces your child to simple maths concepts as well.

Remember: it doesn't need to be folded perfectly. Be patient and supportive.

### Outcome

Sorting and folding dish towels, packed away where they belong.

### What are they learning?

Folding clothes builds independence, confidence and fine motor skills, by using an everyday object: cloth.

This activity helps your child develop control, it also provides an of their movements and insight into rectangles and squares.

### Do more with this activity

You can also show your child how to fold T-shirts. Follow the steps in the next activity



# ACTIVITY: FOLDING A T-SHIRT

It is important that you don't expect it to be folded perfectly, the way you would do it. Remember you have had a lot of practice

## What do I need?

Clean, dry T-shirt from the washing pile

### Step 1

There are more steps in this. When you show your child you have to go slowly, so they can see what you are doing.



### Step 2

Lay the T shirt flat on its front. Lift the edge & the shoulder seam at the same time & fold inwards.



### Step 3

Neaten the sleeve and fold it in.



### Step 4

Fold the other side in the same way and fold the sleeve in as well.



### Step 5

Fold the bottom of the T shirt over to the neck of the T shirt.



### Step 6

Turn the whole T shirt over and smooth it out.



## Outcome

Folded T-shirt, packed away where it belongs.

## Do more with this activity

Repeat with different types of clothes e.g. trousers. Let your child help you fold and pack away the laundry.

## What are they learning?

Folding clothes builds independence, confidence and fine motor skills.

This activity helps your child develop control of their movements.



# ACTIVITY: CUTTING FRUIT

This activity helps your child become more independent. They learn how to do things for themselves and others..

## What do I need?

Cutting board  
Bowl  
Knife  
Banana or any other fruit

### Step 1

Lay out a cutting board, a bowl, and a knife.



### Step 2

Let the child get the fruit they would like to cut. A banana is a good fruit to start with for younger children.



### Step 3

Allow the child to peel the banana. Don't worry if their hands get messy.



### Step 4

Now let your child cut the banana into slices. It doesn't need to be perfect! You can sit back and watch.



### Step 5

When the child is done cutting the banana in pieces. Ask them to count every piece as they put it into the bowl.



### Step 6

They can enjoy eating their fruit and offering to others. Invite the child to tidy up afterwards and wash their dishes.



## Outcome

Preparing fruit provides a healthy snack and an opportunity to practice independent chopping and other practical life skills.

## Do more with this activity

Try cut other fruits and make a fruit salad.  
You could also squeeze oranges to make orange juice.

## What are they learning?

By giving your child the opportunity to cut their own fruit they learn to work with a knife which builds fine motor muscles in their hands.

They learn independence, to do things for themselves.

Counting every piece of banana builds their maths skills as well.



# ACTIVITY: WASHING & DRYING DISHES

Children love to work with water. This is an opportunity for them to do their own dishes. They can help you wash the dishes after a meal. Make sure you chat and have fun together.

## What do I need?

Dirty dishes  
Wash cloth  
Dishwashing soap and water

### Step 1

Ask the child to take the dishes to the sink to be washed. Make sure they can reach the sink or find a sturdy step so they can reach it.



### Step 2

Let your child wash the dishes. Don't worry if it is not as clean as you would do it. Practice makes perfect.



### Step 3

When they have washed all the dishes they can dry them.



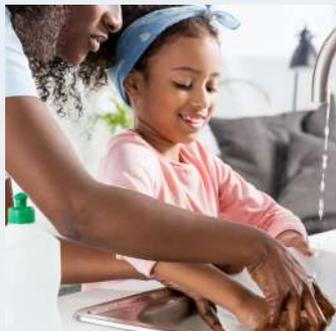
### Step 4

Let them do what they can. They may not do it the way you do, but it is alright.



### Step 5

Support them and chat to them while they are washing up.



## Outcome

This activity teaches the child how to wash dishes by hand and general care of the home.

## Do more with this activity

Involve your child in other washing and scrubbing activities like scrubbing the table or washing the windows.

## What are they learning?

Independence, self-esteem and a sense of belonging.

The opportunity to do things on their own.

Your child loves doing the things you do. This is how they learn.



# ACTIVITY: PLANTING A SEED

Children love being involved in growing their own vegetables. Discuss what fruit and vegetables they like.

## What do I need?

Egg box  
Soil  
Water  
Tomato (you can also use beans & pumpkin seeds)

### Step 1

We are going to grow tomatoes. Fill the cups of an egg box with some soil.



### Step 2

Using a spoon scoop the seeds out of a tomato



### Step 3

Fill each cup with some tomato seeds.



### Step 4

Cover with soil and water lightly. Keep soil damp until seedlings start appearing.



### Step 5

Once the seedlings start appearing, tear the egg cups apart from each other, plant them directly into a bigger container.



### Step 6

Talk about how we care for plants and what foods come from plants.



## Outcome

Watch your seed sprout and grow into a plant. If nurtured and cared for, you might be able to pick your own food.

## Do more with this activity

Try plant different seeds and grow your own food garden.

## What are they learning?

Caring for a new seedling is a wonderful way to teach children how to care for living things.

- Responsibility – caring for plants.
- Understanding – as they learn about cause and effect (for example, plants die without water).
- Self-confidence – from achieving their goals and enjoying the food they have grown.



# ACTIVITY: FLOATING & SINKING

Don't give answers, allow your child to explore and discover. As your child does this activity ask questions about what they think will sink and float.

## What do I need?

A collection of small objects from around the house e.g. Paperclip, coin, plastic spoon, metal spoon, stone, key, cork, small toys, clothes peg or anything waterproof.  
Two bowls for water  
A jug of water

### Step 1

Collect a variety of objects, two bowls for water and a jug of water. Your child can help you with this.



### Step 2

Ask your child to pour water into the two bowls. Don't worry if they spill, we can wipe it up.



### Step 3

Let your child choose one object. Ask if they think it will sink or float. Once they have put it in the water discuss what they saw happen.



### Step 4

Continue with each object. Don't worry if they have mixed up the objects. Discuss what they notice.



### Step 5

Once all the objects are in the two bowls, talk about which objects sank and which floated and why.



### Step 6

You can write a label for each container if you'd like to. Pack all the objects away & empty water into some plants.



## Outcome

Explore and observe objects that float and objects that sink.

## What are they learning?

A simple science experiment that will encourage your child to make predictions and observations about buoyancy and density.

## Do more with this activity

On another day, put the objects into two piles thinking about which will sink and float and then experiment.

Through their observations, they'll learn that buoyant objects float and dense objects sink. They can even record their predictions.



# ACTIVITY: OBJECT MEMORY GAME

This is a language and memory game that everyone can play.

## What do I need?

A cloth  
Objects from around your house (e.g. coin, stone, key, shell, a small toy, string, bottle lid, spoon)  
You can use 3 objects for young children and a maximum of 10 for older children.

### Step 1

Talk about each of the objects. Let your child hold them and touch them. We learn by touching.



### Step 2

Ask what it is made of?  
What it is called?  
What does it look like?  
What colour is it?  
What do you use it for?

Encourage conversation and sharing of ideas.

Now we are going to play a game.

### Step 3

Cover the objects with a cloth.



### Step 4

Tell the child to close their eyes, and that you are going to take one object away.



### Step 5

Let them open their eyes. Take the cloth off the objects and see if they can guess which object was removed.



### Step 6

Return the object and play the game again, taking another object away.

Let your child have a turn being the person who takes an object away and then you have to guess what is missing.

Have fun!

## Outcome

Remember objects and identify an object that is removed.

## What are they learning?

This game will increase your child's memory, concentration and thinking skills.

By talking about the objects, you support language development and self-confidence.

## Do more with this activity

You can also use the objects to play I Spy with my little eye. You can both have turns being the person who says I spy!



# ACTIVITY: PLAY DOUGH FUN

It is very important that children feel things as this is one of our senses and how we learn best.

## What do I need?

1 cup flour  
½ cup salt  
2 tbsp cream of tartar

1 tsp oil  
1 cup boiling water  
Food colouring (optional)

## Step 1

We will start by making play dough:

- In a bowl, mix the flour, salt, cream of tartar well.
- Add the oil.
- Mix a few drops of food colouring into the boiling water and add to the bowl.

## Step 2

Mix everything well and knead with your hand until it is no longer sticky (be careful as it is hot).



## Step 3

Now everyone can have some fun! When not in use put dough in a plastic bag or container. It can keep for up to 6 months.



## Step 4

Break off some play dough and roll it out.



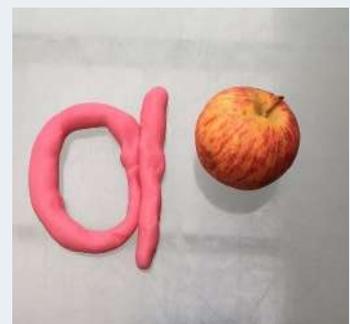
## Step 5

Make numbers using the play dough and add objects to show what the number is.



## Step 6

You can show your child how to make the letters and then find objects around the house that start with the letter.



## Outcome

Creating numbers and letters from play dough and matching to objects helps develop an understanding of the shapes of numbers and letters and what they stand for.

## Do more with this activity

You can also show your child how to write their own name in play dough.

## What are they learning?

Play dough helps children develop eye/hand coordination and build understanding of form and shape.

Art activities such as working with play dough allows for cause and effect and problem solving.



# ACTIVITY: WORDS AROUND THE HOUSE

It is important for language development that we teach children the names of objects around them. As they start to read they use this knowledge to help them.

## What do I need?

Pieces of plain paper  
Marker

### Step 1

We are going to play word games with objects around the house. The adult must prepare some words by writing them on paper.



### Step 2

The child walks around the house and puts the words with the objects.



### Step 3

Alternatively, you can read what the child has to find and they go and find the item to put the label at.



## Outcome

Matching written words to objects in the home.

## What are they learning?

The labels can teach your child the connection between objects and words. With this exposure, children can learn to recognise, read and spell common items in the home.

## Do more with this activity

The adult describes an item to the child and they have to work out what it is and put the label with it.

Example:

- We have 6 of these.
- You can open them and close them.
- They are made of two things.
- They let the sun in and keep the cold out.





# ACTIVITY: CUT AND PASTE

Children love to do art & craft. Through this activity many learning skills take place. They make choices, they can be creative and they learn to use scissors and glue.

## What do I need?

Old magazines or newspapers  
Scissors  
Glue stick  
Piece of plain paper

### Step 1

Use a magazine to find pictures together. Ask your child what they like about the pictures they have chosen.



### Step 2

Using the scissors let them cut pictures from the magazine.



### Step 3

After the child has cut out the picture allow them to put some glue on the back of the picture and paste it on a page.



### Step 4

When all the pictures are pasted give your child an opportunity to tell you what it is they think is happening in the picture.



### Step 5

This is your chance to just listen. Be interested in what they are saying and enjoy listening to how their minds work.



## What are they learning?

Cutting with scissors helps children develop fine motor skills and helps with holding a pencil strengthening hand muscles.

Creative play promotes social and emotional development by integrating feelings with tasks.

Discussing and making up stories helps the child to use their imagination and develops language skills.

## Outcome

A colourful poster of images cut and stuck from a magazine.

## Do more with this activity

Choose a theme such as a colour or a shape e.g. blue, and find pictures to cut and stick that fit the theme.



# ACTIVITY: MAKING A SILENCE

The world is a busy, crazy place for all of us. Help children discover peace "within" when they "make silence."

## What do I need?

Candle  
Matches

### Step 1

Make sure the candle is in a safe place. The adult must light the candle to be safe.



### Step 2

Light the candle and make a silence.



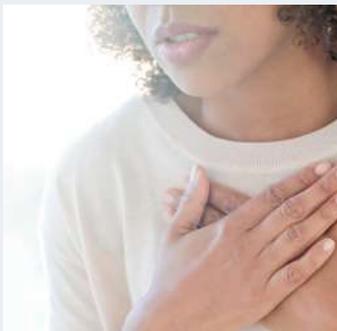
### Step 3

Everyone sits quietly with their eyes closed. Your hands can be on your lap, together or resting on your knees.



### Step 4

Breathe in through your nose, Breathe out through your mouth – feeling your lungs fill.



### Step 5

Listen for the sounds outside the house, then inside the house, then in your body.



### Step 6

If you notice the child is restless, ask them to blow the candle out, to show it is the end.



## Outcome

Your child will be able to see if they are able to 'make silence'. With practice, children learn to create silence and they love it.

## Do more with this activity

At the end of the game, discuss if they were able to make a silence or not. Talk about the noises they heard around them when they were silent.

## What are they learning?

Making a Silence with your child helps create a level of awareness and sensitivity to noise, making them calm and peaceful.

In time, their listening skills sharpen and they will be able to even hear the slightest movement in the room.



# Learning in Reach

- This booklet was compiled primarily for our families in Lavender Hill. Due to the Covid-19 pandemic, Early Childhood Development centres have had to close and it is our priority to ensure that children receive the support they need at this time. This booklet is being printed and distributed to those who do not have data for online learning.
- Learning in Reach is a solutions-driven non-profit organisation based in the severely deprived Cape Flats community of Lavender Hill in Cape Town, South Africa.
- Our main mission is to deliver quality early childhood education that instils an ongoing love of learning in the children of Lavender Hill, and so inspires and empowers them to be able to thrive in the ever-changing world as they develop and grow into skilled, productive adults.
- Our approach is to leverage community ownership and drive geographical impact through empowerment, mentorship and education. Our primary focus is to share dynamic teaching methodologies that use Montessori education principles with an internationally proven track record.
- Our collaboration with educators, business people and community leaders offers the expertise required to deliver quality education for all children.

*"DO NOT MERELY TRANSMIT KNOWLEDGE, BUT TAKE CARE OF HIS LIFE WHICH HAS THE POSSIBILITY OF BETTERING ALL LIFE. IT IS A GREAT THING TO DO, YET SO SIMPLE."*  
DR MARIA MONTESSORI, THE 1946 LONDON LECTURES



**DONATE BY  
SNAPSCAN**



**DONATE BY EFT**

Learning In Reach NPC  
FNB Branch | 250 655  
62614116904

Ref: C19 + cell number

Kindly email proof of payment to  
donations@learninginreach.org.za



2016/190316/08 NPC | 178-856 NPO

PBO 930054765

CALL/WHATSAPP 078 766 0578

WWW.LEARNINGINREACH.ORG.ZA