




هيئة أبوظبي للطفولة المبكرة
Abu Dhabi Early Childhood Authority

At-Home Activity Booklet

For Children





Children love to play—anytime, anywhere, and with almost anything. As they play, they’re learning about the world around them and practicing important skills. To support their play, early childhood programs typically arrange their spaces into learning areas or centers. The following activity suggestions are also organized around these same learning areas.

Pick activities from each area according to the materials you have available and the interests of your child. Many of these activities include a range of suggested materials. If you do not have the suggested materials, look around your home for similar materials that may also work. In addition to the activities suggested here, your child’s favorite toys, games, and books likely also offer many opportunities for learning, especially when you play and talk with them. By talking with your child as you play, and engaging in back and forth conversations, you are supporting the development of many important skills (e.g. vocabulary development, communication skills, listening skills, social emotional skills, and critical thinking skills). Always feel free to use any language your family speaks when talking and playing with your child as this supports later learning in any language.

The activities in this document are intended to be fun and engaging. Some of them are designed to be implemented over the course of many days. Your child may also want to repeat some of the activities. Young children enjoy doing things they like many times. If possible, keep materials you use available to your child and feel free to revisit them often.

Children thrive on routines. Following a predictable routine is a helpful way for children to feel safe and know what is expected of them (e.g. washing hands before breakfast, reading a book before nap, or playing after lunch). Routines help you and your child move confidently through the day and encourages positive behavior. At the same time, be flexible and responsive to your children’s needs. You know your child best!

Science Experiments

Easy at-home experiments and STEM activities to have fun and learn something new at home with the kids

Write with Invisible Ink

Send a mysterious message to someone, using ingredients you have at home!

Materials:

- Lemon
- Small Bowl
- Water
- Spoon
- Paintbrush
- White paper



How to do it:

- 1 To make the invisible ink, cut a lemon in half with the help of an adult. Squeeze the lemon juice into your small bowl and remove any lemon seeds you find.
- 2 Add a few drops of water to the lemon juice and stir with the spoon.
- 3 Use the ink you just created to write a message on a white piece of paper using the paintbrush.
- 4 Once the ink has dried, you can give the invisible note to someone. To read the mystery message, you'll need to hold the paper up to a heat source like a lamp.
- 5 Watch as the invisible ink slowly becomes visible! You're observing some cool chemistry! The lemon juice contains carbon, a chemical element. When you add heat, some of the chemical bonds in the lemon juice break down, releasing the carbon. When the carbon meets the air it oxidizes and turns brown or black.
- 6 You can try this experiment with other acids like vinegar and orange juice - see which ones make the best ink!



Build a String Telephone

Use sound's unique properties to make an unconventional phone!

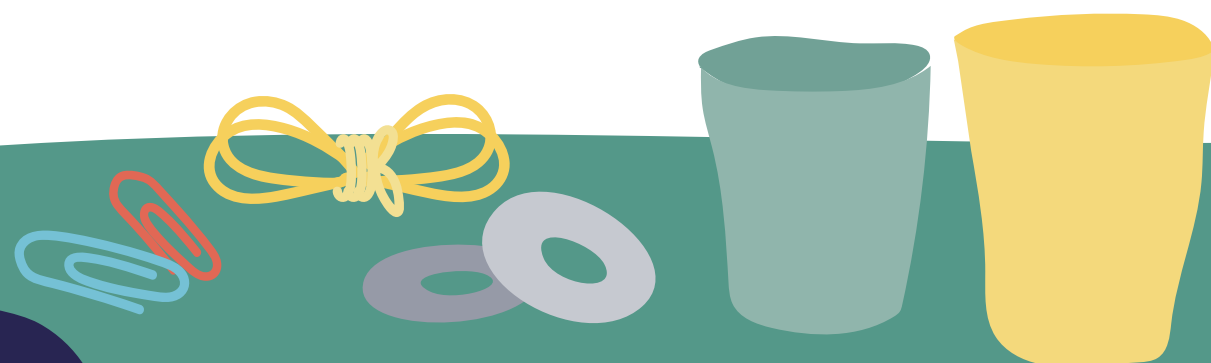
What you'll need:

- Two paper or plastic cups, large enough to fit over your ear
- Paperclips
- Two small washers
- String or fishing line, up to 30 feet long
- A friend to help!



How to do it:

- 1 Carefully punch a hole in the bottom of each of the cups. You can do this by straightening out a paper clip and using it to puncture the cup. If you are using a plastic cup you may want to use a nail (along with the help of an adult) to make the hole.
- 2 Now, thread the ends of the strings through each of the cups. The string should be threaded through the bottom of the cup. You can use the straightened paper clip to get the string through the hole if it starts to fray.
- 3 Once inserted into the cup, tie the ends of the strings to a washer. This will keep the string from being pulled out of the cups.
- 4 You're now ready to try out your phone! If you haven't already, grab a friend to see how it works.
- 5 Each person should take a cup and slowly move away from each other until the string is pulled tight.
- 6 Keeping the string tight, have one person put the cup to their ear and let the other talk. See what happens!
- 7 Switch with your friend and try again. You can keep experimenting by seeing what happens when the string isn't pulled tight or how different lengths and types of strings modify the sound.



Do-It-Yourself Lava Tube!

Build a groovy creation - no magma required!

What you'll need:

- Bottle or jar
- Funnel
- Vinegar
- Water
- Food coloring
- Sodium bicarbonate (baking soda)



How to do it:

- 1 Clean out your bottle or jar. Fill it 1/2 with vinegar and 1/2 with water.
- 2 Add a few drops of food coloring. They will slowly travel through the vinegar and will mix with the water.
- 3 With the help of an adult, add in a small amount of sodium bicarbonate and watch what happens! Keep adding more to create a cool bubbling effect.
- 4 This experiment works because the sodium bicarbonate releases gas when it comes in contact with the water. This gas is less dense than the vinegar, so it creates bubbles that travel upward. Since the food coloring is dissolved in the vinegar you can see the bubbles, creating a fun lava effect.



Learn to Count from 1 to 10

Ages
0-5 Years

Count the pictures and write down the answers in the circles



I Spy with My Little Eye Checklist

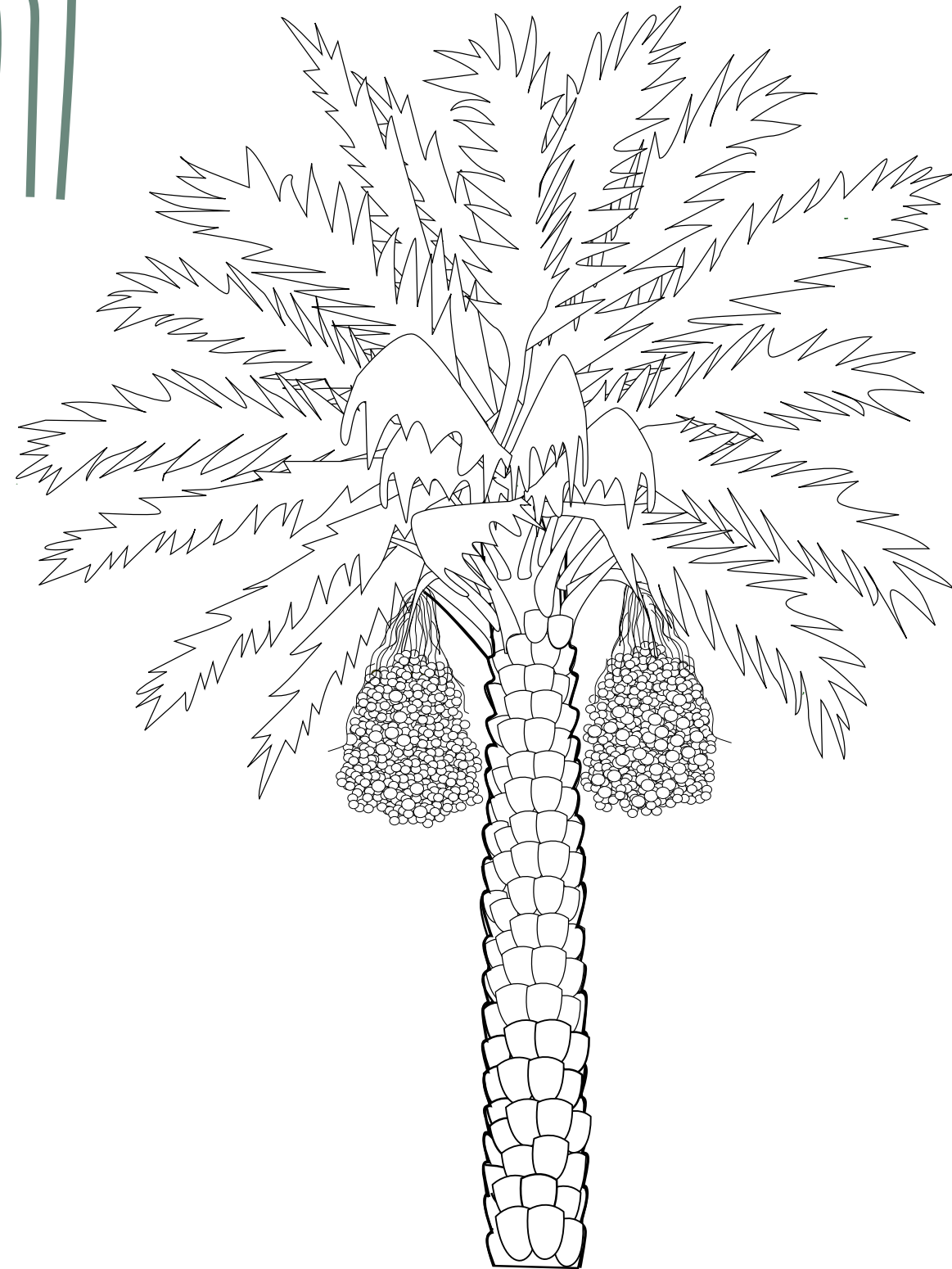
Tick the box when you find the matching picture on the next page

- | | | | | | | | |
|----------------------|--|----------------------|--|----------------------|--|----------------------|--|
| <input type="text"/> | spoon  | <input type="text"/> | snake  | <input type="text"/> | fish  | <input type="text"/> | fire  |
| <input type="text"/> | hand  | <input type="text"/> | orange  | <input type="text"/> | football  | <input type="text"/> | horse  |
| <input type="text"/> | balloon  | <input type="text"/> | lion  | <input type="text"/> | rabbit  | <input type="text"/> | hook  |
| <input type="text"/> | octopus  | <input type="text"/> | oyster  | <input type="text"/> | shoe  | <input type="text"/> | ghatra  |
| <input type="text"/> | sock  | <input type="text"/> | glasses  | <input type="text"/> | houbara  | <input type="text"/> | bus  |
| <input type="text"/> | teapot  | <input type="text"/> | cow  | <input type="text"/> | telephone  | <input type="text"/> | butterfly  |
| <input type="text"/> | palm tree  | <input type="text"/> | flag  | <input type="text"/> | apple  | <input type="text"/> | tomato  |
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| <input type="text"/> | house  | <input type="text"/> | clock  | <input type="text"/> | chair  | <input type="text"/> | bird  |
| <input type="text"/> | mountain  | <input type="text"/> | key  | <input type="text"/> | fork  | <input type="text"/> | police man  |
| <input type="text"/> | bee  | <input type="text"/> | kandora  | <input type="text"/> | watch  | <input type="text"/> | banana  |
| <input type="text"/> | carrot  | <input type="text"/> | train  | <input type="text"/> | cup  | <input type="text"/> | dates  |
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| <input type="text"/> | well  | <input type="text"/> | scorpion  | <input type="text"/> | grapes  | <input type="text"/> | sheep  |
| <input type="text"/> | dog  | <input type="text"/> | sun  | <input type="text"/> | toothbrush  | <input type="text"/> | fox  |
| <input type="text"/> | lighthouse  | <input type="text"/> | present  | <input type="text"/> | dolphin  | <input type="text"/> | camel  |
| <input type="text"/> | snail  | <input type="text"/> | pen  | <input type="text"/> | ant  | <input type="text"/> | boat  |
| <input type="text"/> | book  | <input type="text"/> | cloud  | <input type="text"/> | bicycle  | <input type="text"/> | deer  |
| <input type="text"/> | cake  | <input type="text"/> | plate  | <input type="text"/> | parrot  | | |





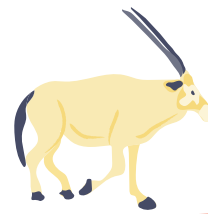

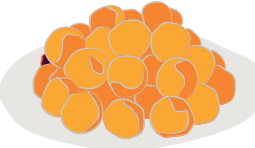




I Spy with My Little Eye



Design Your Own Palm Tree



Phonics Cards

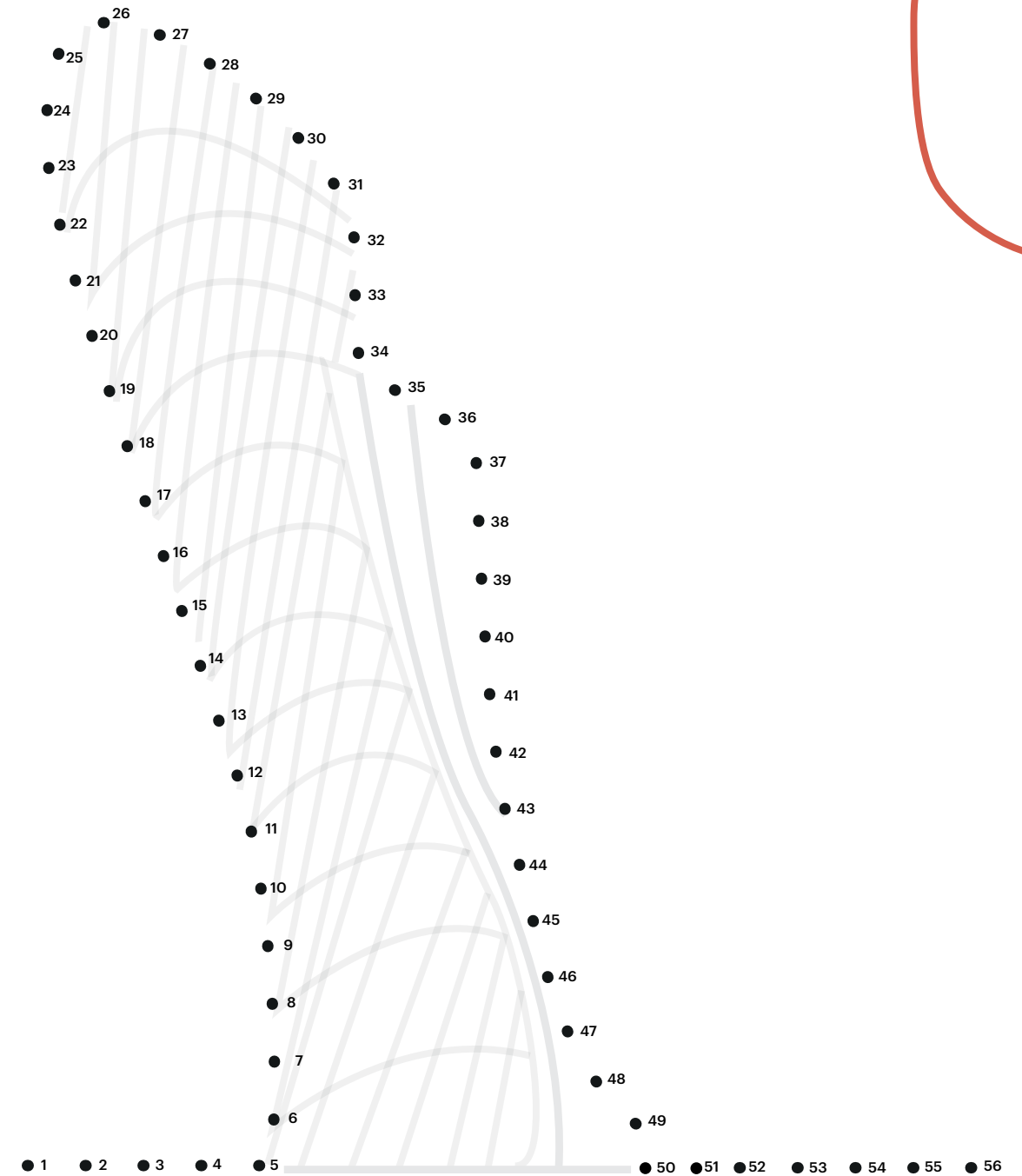
 s a	 a p	 a t
 g o	 k r	 s d
 k o	 h f	 l f
 h l	 b f	 m d
 c m	 d s	 f b

Camel Maze



Dot to Dot

Join the dots to reveal the full picture



Capital Gate

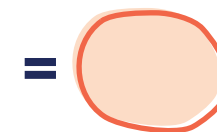
Ages 5 Years and Older

Fruit Addition

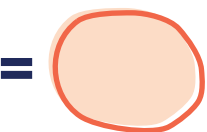
Write the answers in the circles,
then write the number sentence on the line below.



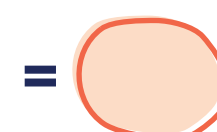
+



Mangoes



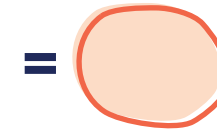
Mangoes



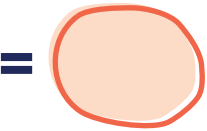
Strawberries



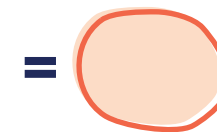
Strawberries



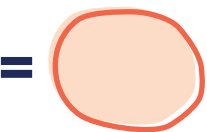
Oranges



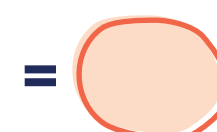
Oranges



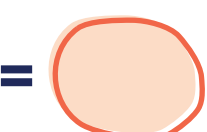
Dates



Dates



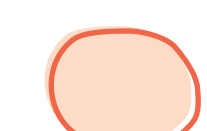
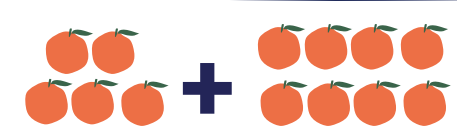
Bananas



Bananas



Mangoes



Oranges



Strawberries



Dates



Bananas

Did you know?
All of these fruits are
grown in the UAE!

Months of the Year

Trace and copy the months of the year

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEBER

DECEMBER

Days of the Week

Trace and copy the days of the week

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

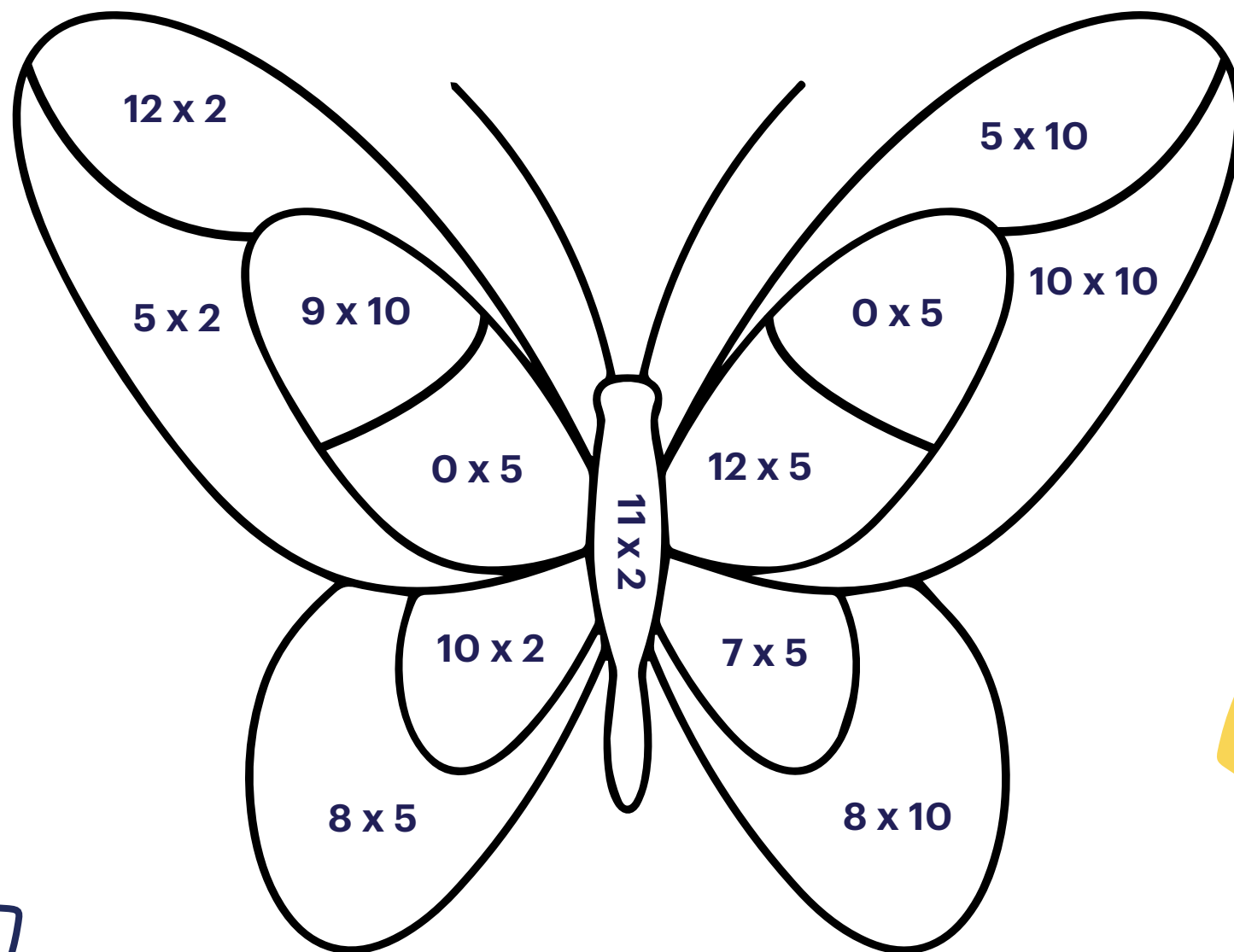
FRIDAY

Color by 2s, 5s, 10s

Multiplication

Do the multiplication calculation and color the shape in the correct color

0 10 20 22 24 35 40 50 60 70 80 90 100



My Feelings and Emotions

Read each sentence and match it to the corresponding image

I am happy

I am angry

I feel tired

I am bored

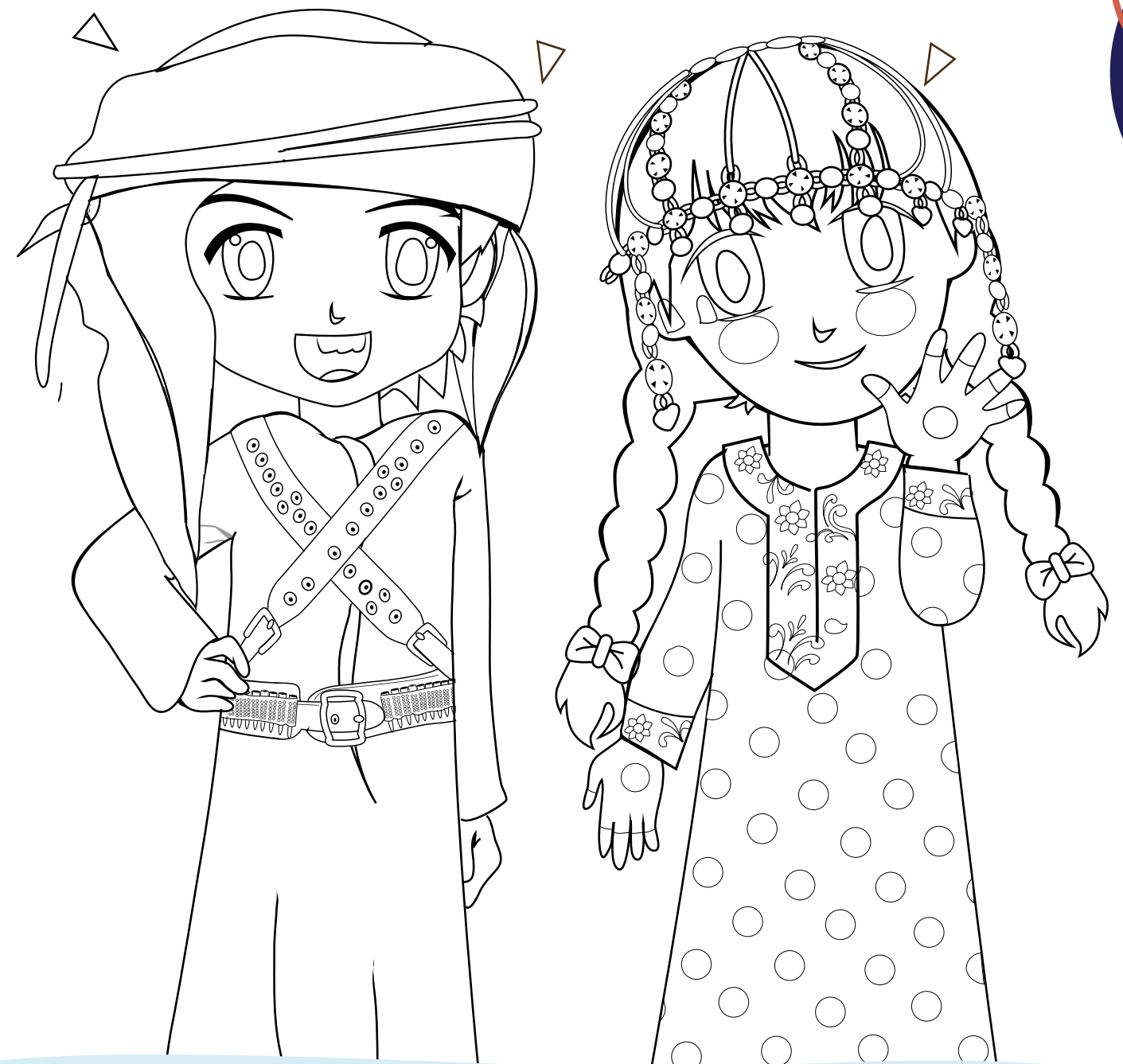
I feel pain



UAE Timeline

- 1971 The UAE Federal National Council holds its first meeting.
- 1820 Britain and local rulers sign a treaty. The area becomes known as the Trucial Coast.
- 1966 HH Sheikh Zayed bin Sultan Al Nahyan becomes ruler of Abu Dhabi.
- 1760 Baniyas Tribe found fresh water in Abu Dhabi and settled on the island.
- 1950s Oil is discovered.
- 1973 UAE Dirham becomes the currency of the country.
- 1972 Ras al-Khaimah joins the UAE.
- 1948 HH Sheikh Saqr bin Mohammed Al Qasimi becomes ruler of Ras al-Khaimah.
- 1962 Oil is first exported from Abu Dhabi.
- 1952 The Seven Emirates create a Trucial Council.
- 1981 HH Sheikh Rashid bin Ahmad Al Mualla becomes the ruler of Umm al-Quwain.
- 1974 HH Sheikh Hamad bin Mohammed bin Hamad Al Sharqi becomes the ruler of Fujairah.
- 2006 HH Sheikh Mohammed bin Rashid Al Maktoum becomes ruler of Dubai.
- 1985 Emirates Airline founded.
- 2003 Etihad Airways founded.
- 2016 The first successful kidney transplant in the UAE.
- 1990 HH Sheikh Maktoum bin Rashid Al Maktoum becomes ruler of Dubai and Vice President of the UAE.
- 2009 Dubai Metro opens.
- 2004 HH Sheikh Zayed bin Sultan Al Nahyan dies.
- 2019 First UAE Astronaut is sent to space.
- 2010 Sheikh Saqr bin Mohammed Al Qasimi dies aged 92.
- 2006 HH Sheikh Maktoum bin Rashid Al Maktoum dies.
- 2010 Opening of Emirates Palace.
- 2020 UAE Hope Probe is dispatched to Mars.

Coloring Book



By: _____

Content provided by Emirates Heritage Club

<https://torath.gov.ae/>

Al Mwayyah



Al Majalis



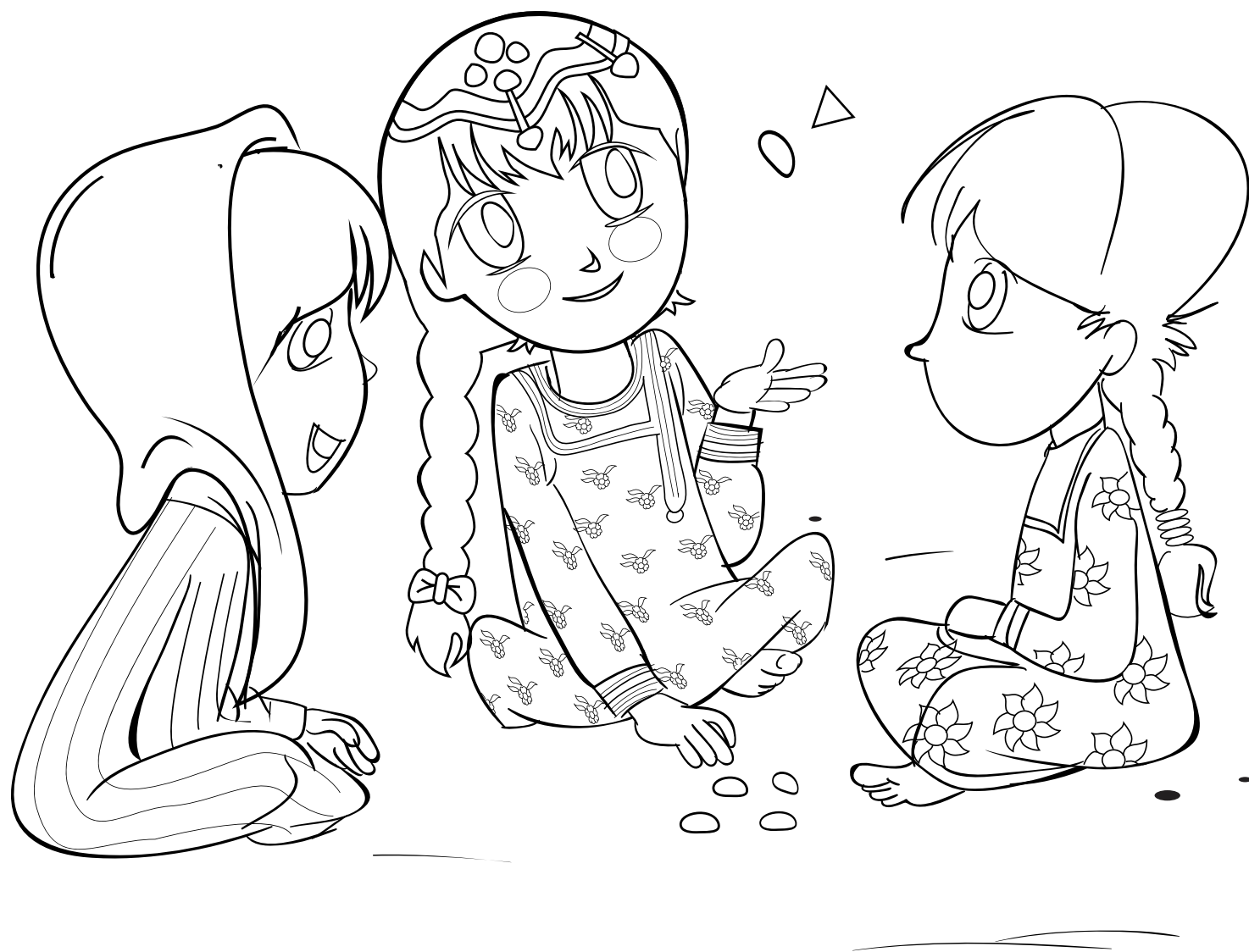
Henna



Al Maryhana



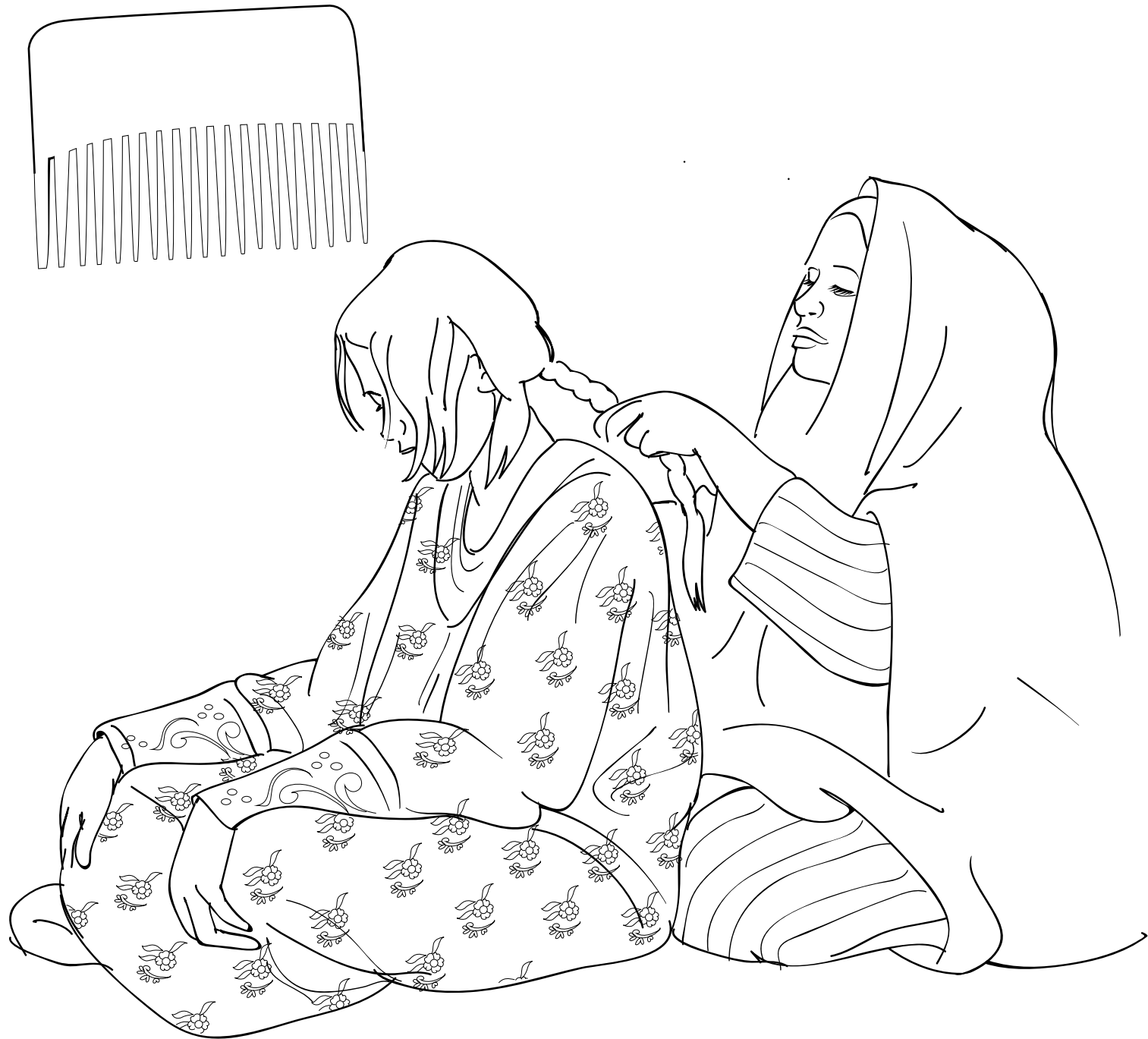
Al Saqlah



Al Karabi



Al Muagasah



Al Youlah



The End

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