

# Activity Book

**For 4 to 7-year-olds**

Fun and engaging learning activities for children.



# Note to the Facilitator

## Objectives

- Build familiarity with the new environment and support social and emotional well-being.
- Reinforce previously learnt concepts through fun activities.

## Learning Journey

- Implement the **Social and Emotional (SEL) Learning Package** for all age groups as designed
- AND**
- For those unfamiliar with English, please use the **Activity Books** depending on their age level (Level 1 or 2). There are 2 activities per day connected through a broad theme that runs through the week.
- OR**
- For those comfortable with English, please use the **Learning Packages** (scan the QR Code) for self-directed learning depending on their age and ability – there are 5 age levels (Level Foundation, 0, 1, 2 and 3) and 2 workbooks per level.



## Tips

- *Introduce as much English as possible, but let learners use their mother tongue / script if they are uncomfortable. Practise the words from the **Vocabulary List** each week and include previously learnt words while doing activities too.*
- *Spend 15 minutes daily to go through words using the **Flashcard Kit**.*
- *Do not force any learner to participate in the activities.*
- *Use positive language and encourage learner interest.*
- *Avoid references to home/family owing to their current state of mind.*
- *Please adjust the level of learning based on their abilities and interest.*

## Objective

Learn useful words in English through a collection of engaging activities.

For this week's audio instructions in Pashto and Dari, scan the QR Codes.

Pashto



Dari



## Vocabulary List

### Common Items

- Water
- Shoes
- Clothes
- Toilet
- Food
- Medicine
- Paper
- Mosque

### Numbers:

- One
- Two
- Three
- Four
- Five

### Feelings

- Happy
- Sad
- Angry
- Hurt
- Sick
- Hungry

### Actions

- Stop
- Come
- Go
- Sleep
- Play
- Help
- Stand / Sit

### Basic Words

- House / Villa
- Yes / No / Maybe
- Good / Bad
- Name
- Age
- Phone Call
- You / Me / I
- Man / Woman
- Boy / Girl

### Phrases

- I need \_\_\_\_\_
- No English!
- I am \_\_\_\_\_

# My English Book

- Draw 10 common items (from the list) that are important to you.
- Learn their names in English.
- Write the first letter or word of each item next to its drawing in Pashto / Dari.
- Challenge yourself to write the first letter of the word in English too!
- Learners can keep adding new words they learn through the week into the book.



اوبه 'Ubah' (in Pashto)

W - Water

## Game Time! Sand Numbers

- Players will write 0 to 5 on sand using their fingers! They can also place the same number of small objects (stones, leaves, etc.) next to the number.
- For each correct number, the player gets 1 point.
- The player who finishes first gets 1 more point!



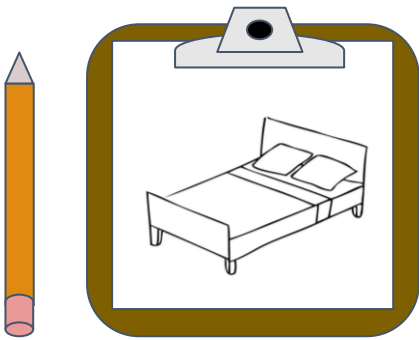
### Pashto Numbers

۰	۱	۲	۳	۴	۵	۶	۷	۸	۹	۱۰
صفر	يو	دوه	درې	څلور	پنځه	شپږ	اووه	اته	نهه	لس
sifer	yaw	dwa	dre	calor	pinja	shpazh	owa	ata	nah	las
0	1	2	3	4	5	6	7	8	9	10

### Dari/Farsi Numbers

۰	۱	۲	۳	۴	۵	۶	۷	۸	۹	۱۰
صفر	يك	دو	سه	چهار	پنج	شش	هفت	هشت	نه	ده
sefr	yek	do	se	chahār	panj	shesh	haft	hasht	noh	dah
0	1	2	3	4	5	6	7	8	9	10

1. Make 2 teams. One person from the first Team 1 will whisper an English word or number to a person in Team 2.
2. The person from Team 2 will draw out the word without saying anything or writing the word.
3. Team 2 members earn a point if they guess correctly and write the first letter of the word in English and Dari/Pashto.



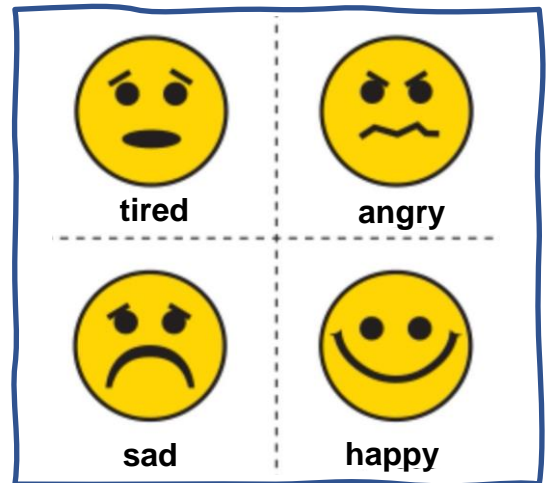
Bed!

*If you do not know the word you want to say in English, say "No English!" and say the word in Pashto/Dari.*

## Game Time!

## How Do You Feel?

1. Draw 4 faces for how you could feel and say the name of the emotion in Dari / Pashto.
2. Learn the names of different feelings (from the list) in English too.
3. Sitting in a circle, each person say names of different things. (Ex: Ice-cream, rain, fight, etc.)



4. To earn a point, other players must hold up the drawing of the emotion it would make them feel and say it in English.



1. Learn the meaning of the English words 'yes' or 'no' with actions (thumbs up and thumbs down).
2. One player should hide any object behind their back.
3. Others must ask 10 questions for which the answer can be 'yes' or 'no'. (Ex: *Is it something we wear?*)
4. At the end of the 10 questions, they must guess the object! Try to name the object in English.

## ABC Yoga Try these out to pose like a letter!

 <b>A</b> Airplane	 <b>B</b> Butterfly	 <b>C</b> Cobra	 <b>D</b> Dog	 <b>E</b> Easy Pose
 <b>F</b> Frog	 <b>G</b> Grasshopper	 <b>H</b> Happy Baby	 <b>I</b> Inhale	 <b>J</b> Jack-in-the-Box
 <b>K</b> Kite	 <b>L</b> Lion	 <b>M</b> Mouse	 <b>N</b> New Pose	 <b>O</b> Otter
 <b>P</b> Peacock	 <b>Q</b> Queen	 <b>R</b> Rag Doll	 <b>S</b> Swan	 <b>T</b> Triangle
 <b>U</b> Unicorn	 <b>V</b> Volcano	 <b>W</b> Waterfall	 <b>X</b> <b>Y</b>	 <b>Z</b> Zero

1. Learn the English words for different actions (from the list). Say each word 3 times with the action.

2. Play a game to practice these words!

- All players line up.
- Decide actions for these words:  
***stop, come, go, sleep, play, help, happy, sad, phone***
- Call the words out one-by-one in different orders. Players need to show the correct action for the word.
- If they show the wrong action, they are out of the game! Make it challenging by increasing the speed.



Play



Stop

## Game Time!

## Count it Out!

1. Players make the numbers 1 to 5 with their body!
2. Others guess and write the number in English and Dari/Pashto.
3. Whoever does it fastest, gets a point.
4. Challenge yourself to write the number that needs to be added to it to make it 5. (*Ex: If the number guessed is 2, the number 3 should be added to it to make it 5.*)



## Day 5 Who Are You?

1. Learn the basic words (from the list) in English and their meaning.
2. Take turns to say these details about yourself in English.

- I am \_\_\_\_\_ (*name*).
- Age is \_\_\_\_\_
- Villa is \_\_\_\_\_
- I am a \_\_\_\_\_ (*man/lady or boy/girl*)
- I am \_\_\_\_\_ (*feeling*)
- I need \_\_\_\_\_ (*any common item you learnt*)



3. Challenge yourself to face their friend and talk about them. (*You are \_\_\_\_\_, Age is \_\_\_\_\_, Villa is \_\_\_\_\_, You are \_\_\_\_\_ (feeling), etc.*)

## Game Time! Stop - Go

All players stand in a line. Call out the following words and they should do the action for that word.

**Go** Walk or run ahead.

**Stop** Freeze your position!

**Hurt** Pretend to fall down and get hurt

**Medicine** You can get up from the 'hurt' action **only** when you hear the word 'medicine' (neither 'stop', nor 'go')

*If any action is done incorrectly, the player is out of the game!*

Ask: Did you enjoy the game?

Learners must reply with 'Good' or 'Bad'.





## Objective

Learn to introduce yourself and others and build basic speaking skills.

For this week's audio instructions in Pashto and Dari, scan the QR Codes.

### Pashto



### Dari



## Vocabulary Words

### Time

- Morning
- Afternoon
- Evening
- Yesterday
- Today
- Tomorrow
- Before / After

### Question

- What
- Why
- When
- Where
- How
- Why

### Numbers

- Six
- Seven
- Eight
- Nine
- Ten

### Basic Words

- Again
- Country
- Language
- Games
- Hello / Bye
- Sorry
- Thank you
- Book
- Okay

### Feelings

- Tired
- Thirsty
- Scared

### People

- Mother / Father
- Brother / Sister
- Aunt / Uncle
- Grandmother / Grandfather
- Friend
- Volunteer
- Doctor
- Teacher
- Boy / Girl

### Phrases

- What is \_\_\_\_\_?
- I do not \_\_\_\_\_
- I like / I don't like

# All About Me !

- Learn the following English words:



Morning



Afternoon



Evening

- Draw 1 or 2 things you do in each of these times on separate pieces of paper. (Eg: Morning – Eat, Shower)  
Challenge yourself to say the names of the activities in English.
- Exchange your chits with your partner.
- Arrange their activities in the correct order of their day.
- Once done, say 'Morning' and then act out what you do in the morning. Do the same for 'Afternoon' and 'Evening'.

## Time Jump

- Use chalk or tape to make lines at a jumping distance from each other as shown. All players stand in 'Today'.
- Call out the 3 words (as shown) and players must jump accordingly.
- If the players jump in the wrong section, they are out of the game!



Play the game again using the words '**Before**', '**Now**' and '**After**' instead of 'Yesterday', 'Today' and 'Tomorrow' respectively.

1. Think of 5 questions that you want ask your friends who live with you to know more about them. Learn the questions words shown below.
2. Interview 3-5 members in your home. Listen carefully.

*Challenge yourself to use the question words, in English while speaking in Dari/Pashto:*

<b>WHAT</b>	What is your name?
<b>WHEN</b>	When is your birthday?
<b>WHY</b>	Why do you like ___?
<b>WHERE</b>	Where do you live?

## Guess the Emotion!



tired



angry



sad



happy

1. Learn the English names of these emotions:



hungry



scared



thirsty

2. Players are divided into 2 teams. Team 1 whispers an emotion to a player from Team 2. The player should act it out and their team members earn 1 point if they guess it right!
3. Once they identify the emotion, team members earn a bonus point if they ask the player a question based on the emotion. (Eg: Why are you sad?, When do you feel happy?, etc.)

1. Learn how to say numbers 1 to 10 in English.
2. All players stand in line.
3. A volunteer calls out a number from 1 to 10. The first player to show the number on their fingers earns a point.
4. The player with the most points wins the game!
5. Challenge yourself to write the numbers in English too!



## Set Up A Shop

1. Using paper, make your own money.  
(1 Paper bill = 1 Afghani)
2. Collect objects that you think are important. Learn and say their names in English. Set them up to make your own shop.
3. Give some of the money you made to your friends and let them buy things from you!
4. When someone comes to your shop, ask some questions to each other using English question words:



**WHAT** What do you want?

**WHY** Why do you want it?


**HOW** How much is it?

- Calculate how much money you earned.
- Which is your favourite item in the shop? Why?

1. Learn the following English words:

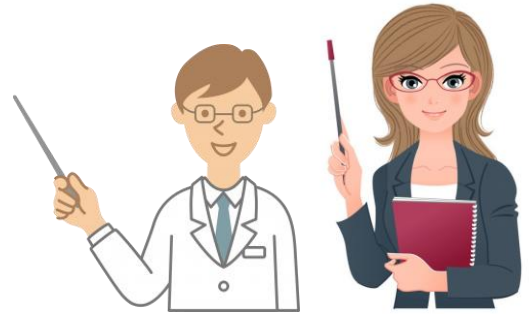


2. Draw a picture of the people who are important to you. This can be family or friends. Point and say the names of these people.

 *The idea is for children to create something to remember the people in their life by. Do not force them to participate in this activity, if it is distressing for them.*

## Game Time!

## Four People



1. Teach the following English words:

**Volunteer, Teacher, Doctor, Friend**

- Each player draws 2 things each that reminds them of a doctor, teacher, volunteer, or friend. (Eg: Teacher – book, glasses)
- Mix all the chits together. Split players into 2 teams and divide the chits between them equally.
- The team to group the chits in the correct categories (a doctor, teacher, volunteer, or friend) first wins!

1. Pair up with a friend. Interview them using these English prompts:

Greet your friend by saying **Hello**.

Use English question words to know more about your friend by asking “**What is** \_\_\_\_\_ (Name, Age, Villa No., etc.)?” Also ask:

### Question

What **country** are you from?  
What **language** do you speak?  
What do you like?

### Response

My country is \_\_\_\_\_.  
My language is \_\_\_\_\_.  
I like \_\_\_\_\_.

At the end of the interview, say “**Thank You**” and “**Bye**”.



2. Practise conducting the interview 1 or 2 times by adding some of your own questions too (minimum 5 questions). Then, record it using an adult’s phone or present it in front of others!

Challenge yourself to learn more question words: **Who, Where**

3. Switch roles and let your friend interview you too!

## Game Time!

## Fast Cards



1. Learners stand in a line. Keep the flashcards ready.
2. Show a flashcard. The player to say the English word first earns a point. The player with the most points wins the game!



## Objective

Develop and build English vocabulary.

For this week's audio instructions in Pashto and Dari, scan the QR Codes.

Pashto



Dari



## Vocabulary List

### Clothing

- Shirt
- Pant
- Dress
- Scarf
- Skirt

### Household

- Bed, Pillow
- Bag
- Soap
- Toothbrush
- Blanket
- Glasses
- Glass / Plate
- Spoon / Knife

### Number Names (10 to 20)

### Basic Words

- Quiet / Loud
- More / Less
- Clean / Dirty
- Near / Far
- Circle / Line
- Stand / Sit

### Food Items

- Milk
- Fruit
- Vegetable
- Rice
- Bread
- Meat

### Actions

- Read
- Hit
- Look
- Touch
- Pray
- Wash
- Say
- Eat
- Shower

### Body Parts

- Face
- Hand
- Leg
- Stomach
- Back

# Things Around Me



- Learn the following English words:  
**Bed, Bag, Soap, Toothbrush, Blanket, Pillow, Plate, Spoon, Glass**
- Pair up with a friend. Hide 4 to 5 objects in your area.  
(Draw it on paper and hide it if you don't have the object.)
- Say the English word for a hidden object. Your partner must find it.
  - When they reach close to the hiding place, say "**Near**".
  - When they are moving further away, say "**Far**".
- Continue till all the objects are found. Switch roles and repeat the activity too! Challenge yourself to write the English words.

## Activity Number Song

Practice saying numbers from 1 to 10 by singing this song with actions:

**One, Two**

Buckle my shoe



**Three, Four**

Shut the door



**Five, Six**

Pick up the sticks

**Seven, Eight**

Lay them straight

**Nine, Ten**

A big fat hen!



- Instead of the English lines, you can add your own lines in Dari/Pashto which rhyme with the numbers!



*The song does not have to make sense. Make it funny!*

- Try doing this for the numbers 11 to 20 too!



## Day 12 I Spy With My Eye



Learn the following English words:  
**shirt, pant, dress, scarf, skirt, jacket, towel**

1. All players stand in a circle.  
One player says '*I spy a \_\_\_\_\_*'  
(any object they see around them, in English. Eg: Shirt)
2. All the players should run to the object.  
Whoever reaches the object first earns a point.
3. Players take turns to call out different objects.

### Game Time!

## Cross the Road

1. Mark 2 lines far away from each other (the 'road'). One player is Mr. Dog. Others line up on the other side of the 'road'.
2. Then, they ask Mr. Dog:

***Hey Mr. Dog, can we cross the river?***

3. Mr. Dog says "**Yes**" but with one condition.  
(Eg: Yes, if you are wearing a shirt / if you have a red item, etc.)  
Mr. Dog should use at least 1 English word!
4. The players who meet the condition try and cross the road before being caught by Mr. Dog.
5. The person caught will become Mr. Dog. Players who cross the road without getting caught earn 1 point.

players

---

road

---



Mr. Dog

## Day 13

# Favourite Food

1. All players sit/stand in a circle. Learn the English words: **milk, fruit, vegetable, rice, bread, meat**
2. One player has a ball (or any soft object). The player says:  
**I like** (any food item). **Do you like** (same food item) ?
3. Whoever in the circle likes the same thing must clap. The player throws the ball to them. They repeat the same thing.
4. After all the food items are covered, players can say other things they like. Continue till everyone gets the ball at least 2 times.



## Game Time!

# Action Count

1. A player will say a number (from 1 to 20) and an action.  
(Ex: clap, jump, walk, turn, etc.)  
Challenge yourself to say the name of the action in English.
2. The others will do the action that many times.
3. Whoever does it fastest, earns a point.



- Learn the following pairs of English opposite words and assign an action to each word:

Quiet / Loud

Clean / Dirty

More / Less

Near / Far

Stand / Sit



- Players stand in line. When the volunteer calls out a word, players must say the opposite word in English and show its action.
- If a player says the incorrect word or does the incorrect action, they are out of the game!

## Activity

## Parts of My Body

Learn and practise singing this English song with actions!

Two little hands and two little legs  
 One big back and one big chest  
 Ten little fingers, ten little toes  
 Two little ears and one little nose  
 One little mouth with lots of teeth  
 Two little ears and two little feet  
 One long neck and two chubby cheeks  
 Two big eyes and two round knees!  
 These are the parts of my body  
 I am so happy to be me!



Get learners to complete the line after they learn the song.



1. Decide actions for these words:

**think, read, hit, write, look, wash, eat**



Ensure you use a safe action for the word 'hit'.

2. Call out the action and all the players must do it but only when you say "**Ali says** \_\_\_\_\_ (action)."

3. If someone does the action and you did not say 'Ali says', that player is out of the game.

4. Encourage learners to say the verbs in English while doing the action.

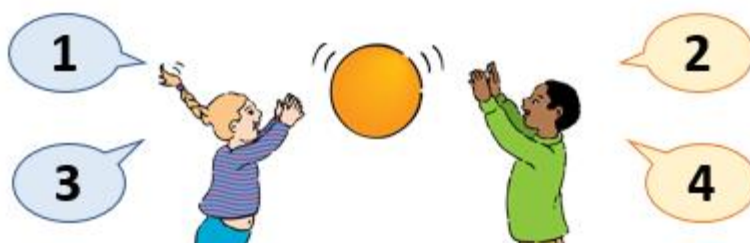


Speed up the pace of calling out actions for more fun!

## Game Time

# Step Away and Catch

1. Pair up players. They need to face each other and toss a ball to each other.
2. With every toss, they must count out loud from 1 to 20 out loud and take **1 step further away**. If the ball is dropped, the team is out.



- You can have children say names of things, animals, colours, etc. with every toss. (Eg: 1 book, 2 dogs, etc.)
- Try practicing skip-counting too!

## Objective

Learn useful English phrases and feel comfortable with the 'new normal' of day-to-day life.

For this week's audio instructions in Pashto and Dari, scan the QR Codes.

Pashto



Dari



## Vocabulary List

### Time

- O' Clock
- What time?

### Positions

- Left / Right
- Up / Down
- Straight
- Turn

### Countries

- Qatar
- Turkey
- America
- Austria
- France
- Sweden
- UK
- Canada
- India
- Pakistan
- Iran

### Conversation

- Good Morning / Afternoon/ Night
- Excuse me
- Sorry
- How are you? / I am fine .
- I have \_\_\_\_\_
- I need \_\_\_\_\_
- Can I \_\_\_\_\_? Can you \_\_\_\_\_?
- I am feeling \_\_\_\_\_

## New Homes

1. Write '**From**' on one end of the room and '**To**' on the other.
2. All players stand in the 'From' side. One player (the 'tagger') stands in the middle of the room.

Players must cross to the 'To' side by saying this phrase:

**From** \_\_\_\_\_ **To** \_\_\_\_\_.

*Eg: From sad to happy, From room to kitchen, From Afghanistan to India*

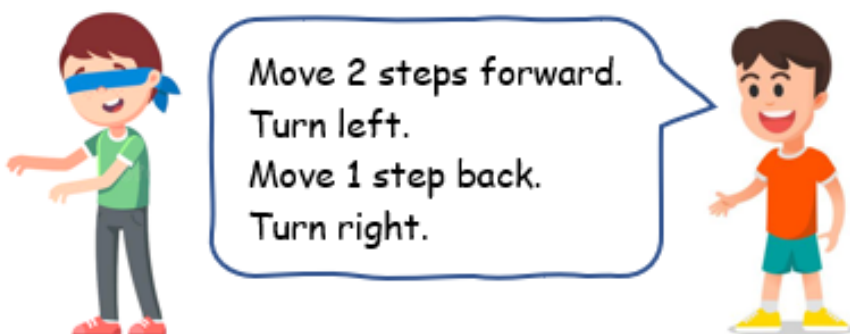
3. If a player reaches the 'To' side without getting caught, they earn 1 point. If they get caught, they become the new 'tagger'.

## Game Time

## Robot Games

1. Learn these English words: **right, left, turn, straight, steps.**
2. Pair players up. Blindfold Player 1 (the BOT).
3. Mark a start point. Write a country's name. Place it somewhere.
4. Player 2 (the DIRECTOR) tells the BOT where to go to reach their new home. The BOT follows the instructions exactly.

- Correct direction = **1 point** for the DIRECTOR
- Direction followed correctly = **1 point** for the BOT



5. Players switch roles! The pair with the most points wins.

## Day 17 Your Clock

1. Draw the face of a clock and mark the numbers 12, 3, 6, and 9 in English. Make the hour hand (shorter) and the minute hand (longer).
2. Ask the volunteer, "**What time is it?**" in English and show that time on your clock.



- For those who cannot read time yet, they can just begin to understand that when the shorter hand points towards a number, it is \_\_\_ o'clock (Eg: 2 o'clock).
- For those comfortable with time can also begin to read the minutes hand pointing at 12 or 6 (Eg: 30 or O'clock)

3. A volunteer will show an action and say the word for some daily activities (Eg: read, play, sleep, toilet, etc.). Show when you do that action on your clock and say "**It is \_\_\_\_\_ O'clock.**"

## Game Time Hungry Dog!

1. One player is Mr. Dog. The rest of them are 'Cats'.
2. Players stand 10 steps away from Mr. Crocodile and ask:

**Hey Mr. Dog, What time is it?**

3. Mr. Dog can say "**It is time to \_\_\_\_\_**" (an action such as read, sleep, play, etc.)
4. The 'cats' take turns to say "**It is \_\_\_\_\_ O'clock.**" (the time they would do the action.)
5. If Mr. Dog says "**It is time to eat!**", the cats must run! Whoever Mr. Dog catches becomes the next Mr. Dog.



# Day 18 The Greeting Song!

Learners sit in a circle. Sing the following song to practice greetings in English.



Good morning!

*You say.*

Good morning

*Everyone says.*

Hello \_\_\_\_\_

*You say to Person 1 (in the circle)*

Hi \_\_\_\_\_

*Everyone says to Person 1.*

How are you?

*You say.*

I am fine!

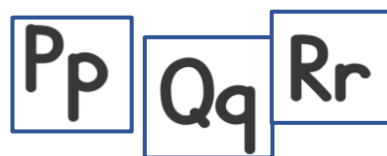
*Person 1 replies.*

Good morning!

*Person 1 says and the song continues till everyone had a turn.*

## Game Time

## Sharing Game



1. Write all the letters in the English alphabet on chits of paper.
2. Distribute it equally amongst the players without anyone else seeing the letters.
3. Learners will trade their letters to make a sequence of 4 letters.
4. To trade, ask/say to each other:

I have \_\_\_\_.

Who has \_\_\_\_?

Sorry!

Excuse Me

Can you give \_\_\_\_?

5. The player that first gets a sequence of 4 letters wins the game!



## Day 19

# I Have, I Want

1. Pair up with a friend!
2. Both partners will draw themselves holding their favorite object/toy in their new home. Then, they will draw themselves with one thing they wish they had.
3. They will share both the pictures to each other and say: *"I have \_\_\_\_\_."* and *"I want \_\_\_\_\_."*
4. Repeat the activity, if necessary.



### Example

I have a teddy bear.

I want a book.



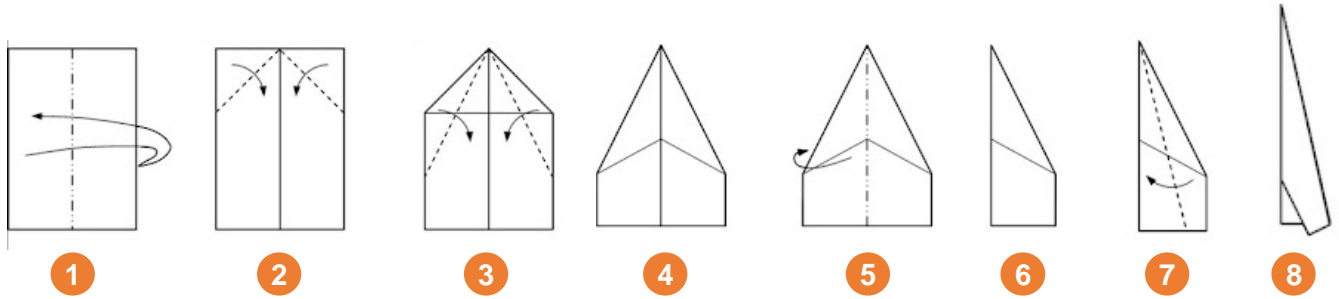
## Game Time!

### One Step Closer

1. One player is the "tagger". Other players stand at least 5 steps away from the tagger's back.
2. The tagger asks a question using English questions words and phrases: **What, When, Where, Who, How, Why, Can I**, etc.
3. All the players must answer the question in turns and take a step forward. The objective is to reach the tagger first. The player who does so earns 1 point.
4. Then, everyone runs! Whoever the tagger catches becomes the new tagger and repeats the activity.



1. Make paper planes by following the instructions below:



2. Mark different countries on the ground depending on how far it is from Afghanistan. Below is the order (closest to furthest):

*Pakistan, India, Iran, Qatar, Turkey, Iran, Austria, France, Sweden, UK, Canada, America*

3. Players guess where their plane would land and say (*in English*):  
**“My plane is from Afghanistan to \_\_\_\_\_”.**
4. Players throw their planes. Those that land on the country they guessed earn 1 point!



## Game Time! Which City?

1. Mark spots on the ground/room with different country names.
2. One player will be the “den”. Other players run around when the music plays / the den sings a song (with their eyes closed).
3. When the song/music stops, players will stop beside any one country. The den will call out a country’s name. The players gathered around that country is out of the game.
4. Continue till there is only 1 player remaining!