



2022-2023 ACADEMIC YEAR

SEMESTER BREAK ACTIVITIES

for 5-YEAR-OLDS




Dear Students,

We have come to the end of the 1st semester that we wondered and explored a lot, and questioned and learned even more.

As your teachers, we would like you to enjoy your holiday with a bunch of activities with your families and friends. So we prepared this booklet for you to give some ideas.

Yes, you are on holiday. But does that mean you cannot have **Circle Time** by yourself? Not at all! Here is your poster with a 2-weeks long calendar that you can mark the date, check the weather, and note down how you feel that day. Please also remember to have some daily exercises with the yoga poses you will see in the book. As the 1st activity, you will see an experiment. It is to grow grass in eggshells. Do you think it is not possible? Let's try and see! After you set the experiment, please note the changes you observe on your poster every day. We believe you will be surprised to see how fast it grows!

Also with **this** QR code, you can reach out some exhibition, workshop, and book ideas that you can enjoy together with your family and friends.



One last thing, please remember to share some of the moments from your holiday with us on Toddle. We would be happy to see you are trying out these activities in the book.

Have a great holiday!

We are looking forward to coming back together on the 6th of February, Monday.

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HOW TO USE THE SEMESTER ACTIVITY BOOK



Step 1: FILL IN THE CALENDAR

What day is it? Mark the date and day of the week!



Step 2: WHAT'S THE WEATHER LIKE TODAY?

Every morning, look at the sky. If possible, go out to the balcony or garden and see what the weather is like today. Fill in the weather chart and count how many sunny, rainy, or windy days there were.



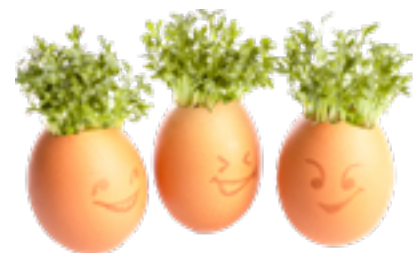
Step 3: HOW DO YOU FEEL TODAY?

Mark how you feel today: Happy? Sad? Tired? Angry?



Step 4: EXERCISE TIME

Warm up your body and mind for the day.



Step 5: EXPERIMENT

On page 4, you will see an experiment to grow plants in an eggshell. Follow the instructions and see how they will grow.



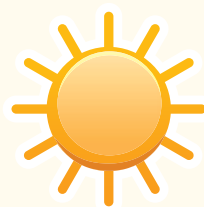
TODDLE

On each page of the book, you will see a different activity. After you try out the activities, please remember to take a picture or video of it with us on Toddle.

DAILY ROUTINES

WHAT'S THE WEATHER LIKE TODAY?

Every morning, look at the sky. If possible, go out to the balcony or garden and see what the weather is like today. Fill in the weather chart and count how many sunny, rainy, or windy days there were.



SUNNY



RAINBOW



FREEZING



PARTLY CLOUDY



SNOWY



VERY RAINY



RAINY



CLOUDY



LIGHTNING



STORMY

DAILY ROUTINES

HOW DO YOU FEEL TODAY?

Think about your emotions and find the right sticker that can express your feelings and put it on the calendar.



HAPPY



EXCITED



ANGRY



COOL



SAD



SICK



LOVELY



SURPRISED



SLEEPY



FUNNY

DAILY ROUTINES

EXERCISE TIME

Warm up your body and mind for the day. Try out each yoga pose and count up to 10 till you move to the next pose.



TURTLE POSE



FROG POSE



COW POSE



CAMEL POSE



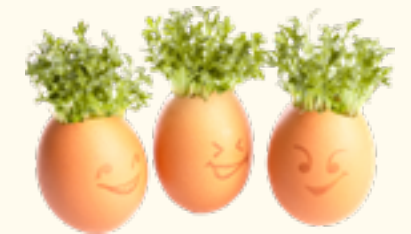
CAT POSE



LION POSE

DAILY ROUTINES

EXPERIMENT: EGGHEAD PLANTS



1. Take your empty eggshells and draw a face on them. Remember it is fragile, so you need to be slow and careful.
2. Place your eggshells into an empty egg carton, and then put some soil in each eggshell.
3. Sprinkle some grass seeds and a bit more soil on top.
4. Pour some water in each eggshell and place them in a sunny spot.
5. Check the soil daily and add water if it looks dry. You should see sprouts in a few days.
6. Once the "hair" is long enough, you can style it however you'd like. Try tying the grassy hair, or even trimming to a unique cut. Keep watering your eggheads and enjoy!



FOCUS ON THE EMOTIONS

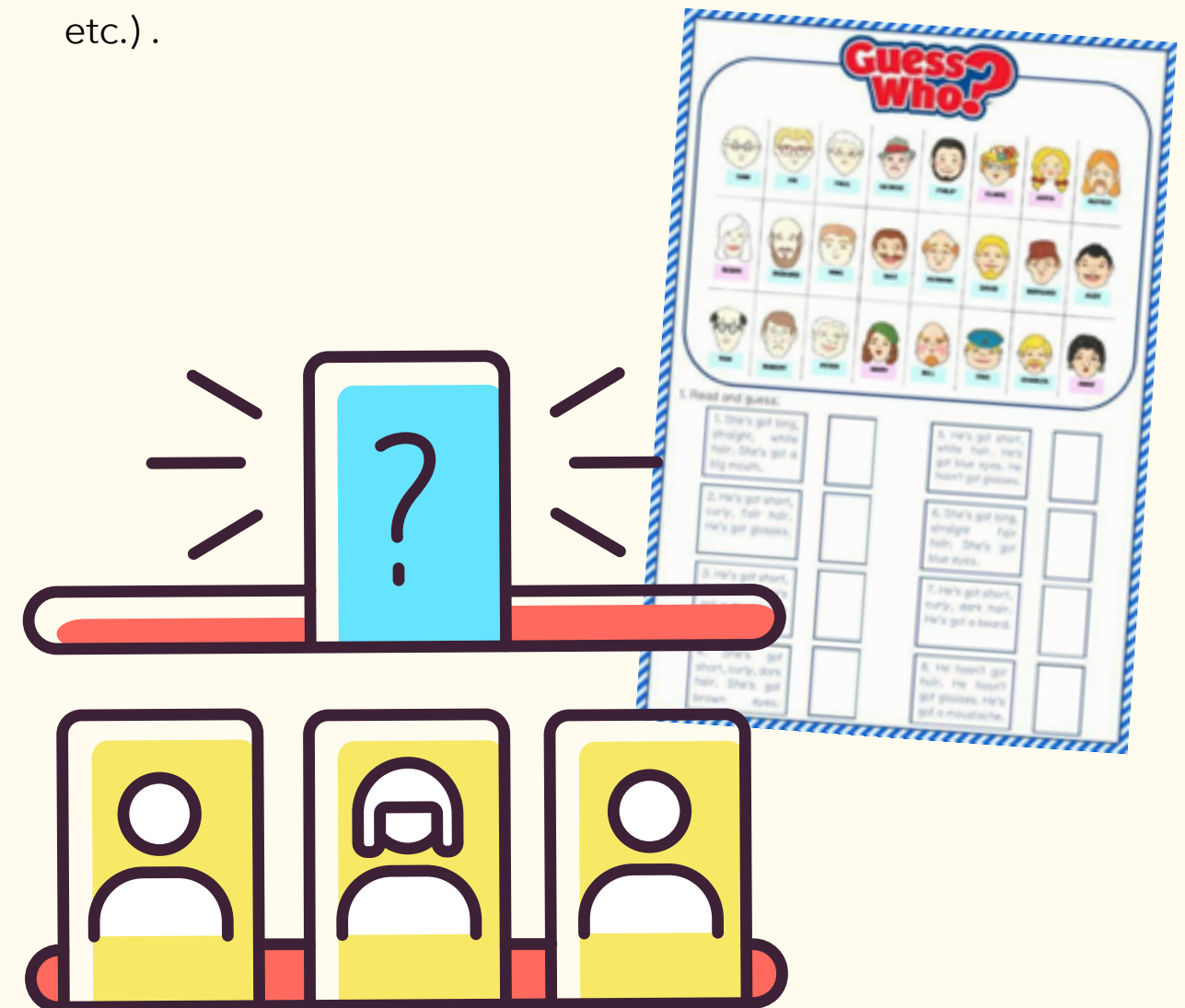
EMOTION DIARY: How about turning a notebook at home into an "emotion diary"? After you decorate your notebook as you wish, you can use this notebook as a diary where you can draw pictures about how you feel every day and express all your feelings. Collecting these daily memories can be a great tool to remember what you did and how you felt even when you are older. At the end of each day, you and your family can take time to talk about what you have drawn in your notebook and express your feelings.



THINKING SKILLS

GUESSING GAME: Guess Who?

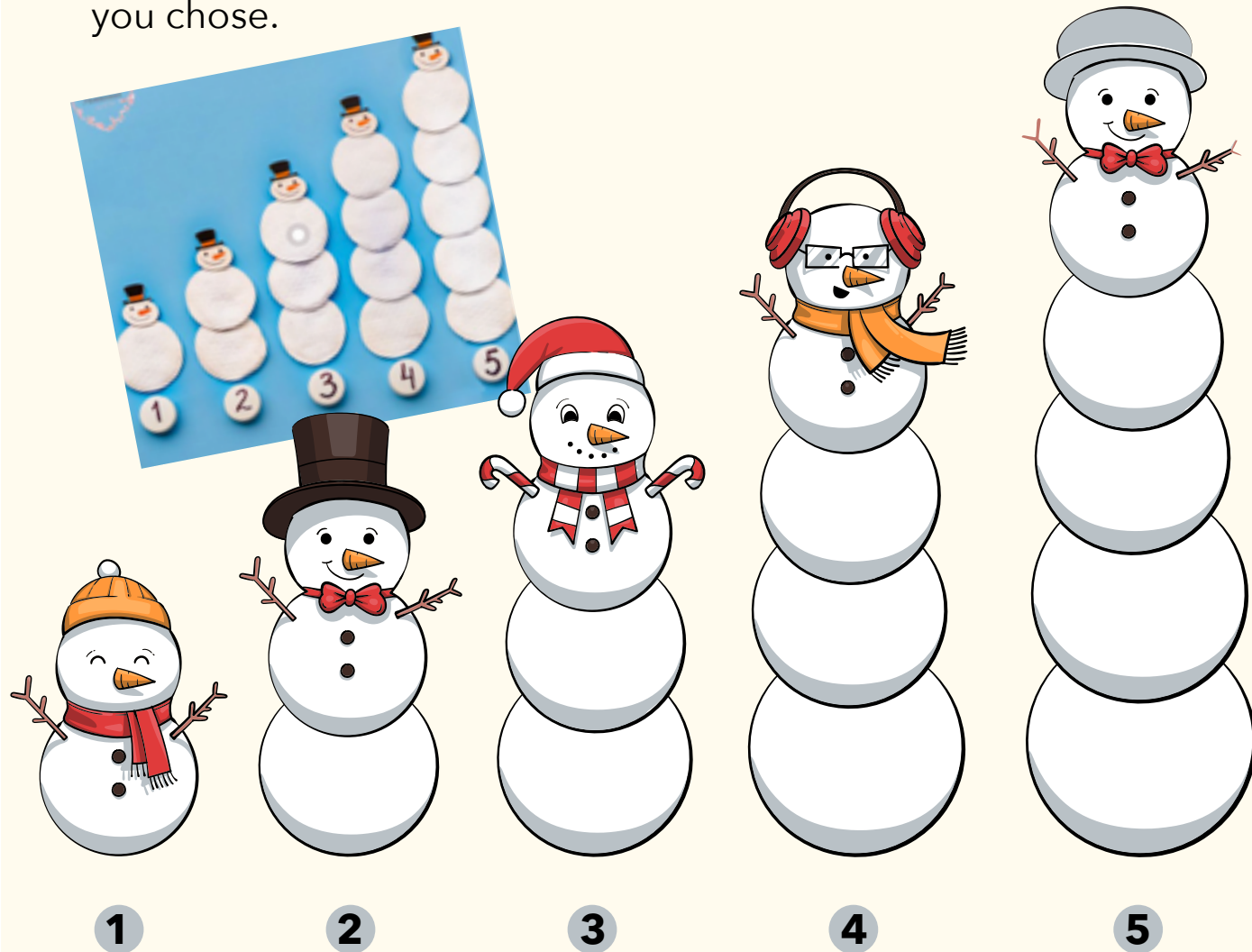
1. Choose a photo of a large family or group of friends.
2. Choose someone in the photo and describe him/her.
3. Let your mom/dad guess whom you have chosen.
4. Then, let them choose a character.
5. It is your turn to guess! (If it is your family photo, then you can also describe the one you chose by character features (outgoing, talkative, excited, happy, mimics) as well as physical appearance (what is he/she wearing, hair color, long or short hair, glasses, etc.).



MATH

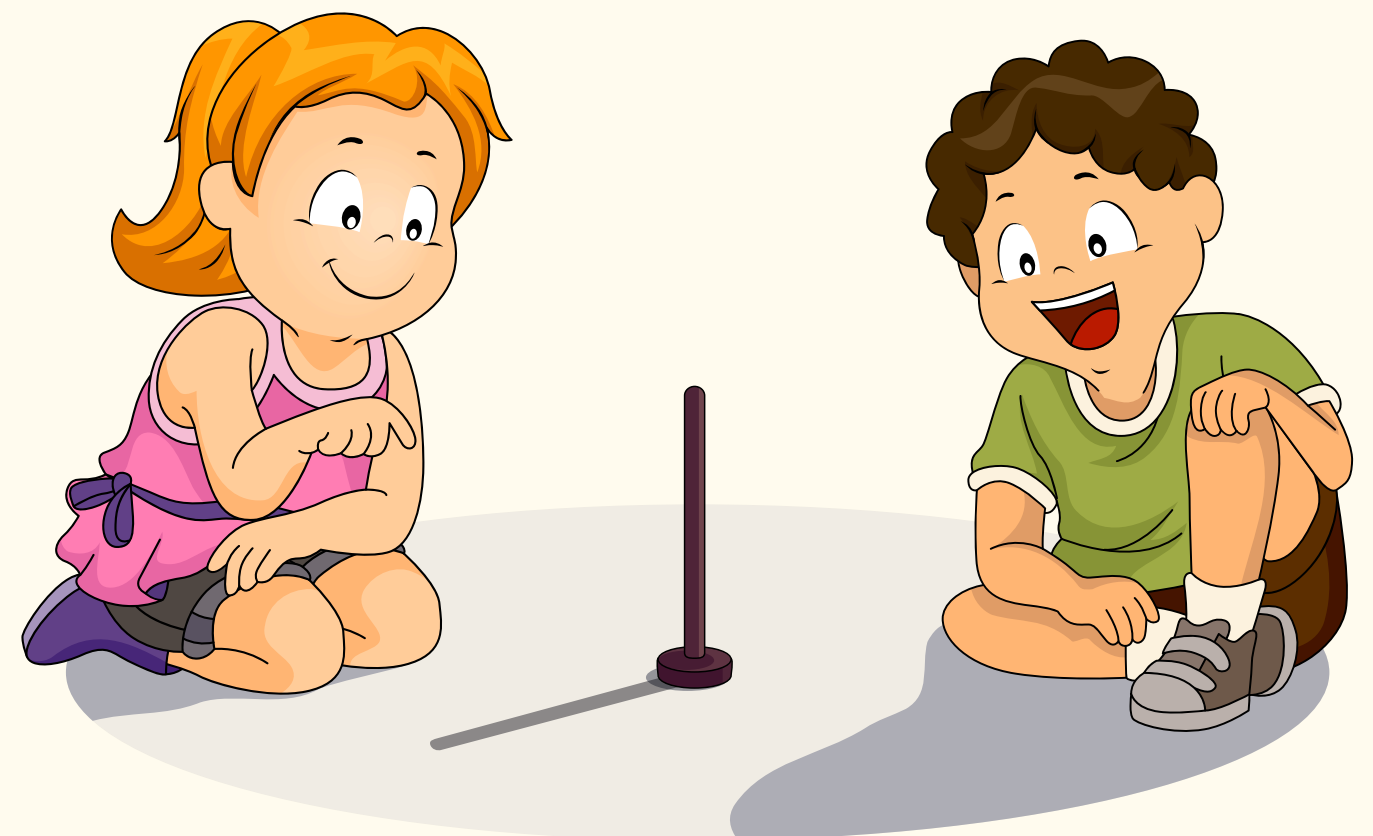
LET'S MAKE A SNOWMAN WITH NUMBERS:

1. Draw a small circle to make a snowman's face (your circle should be smaller than the cotton pads you will use).
2. Add eyes, a nose and a mouth with your pencils.
3. Then bring your circle-shaped cotton pads to build a snowman's body (you can draw buttons on it).
4. Put a number under on the table. (e.g. you choose the number "2". Add two cotton pads to build the snowman) Choose a number from 1-5. Use the same number of cotton pads as the number you chose.



NATURE and SCIENCE

SHADOW GAME: On a sunny day, take a piece of chalk and an adult with you. Go outside at 3 different times of the day and study the location of the sun. Draw the shadow of the person next to you in the same place each time. Are the shadows the same size? How have shadow lengths changed? What changed them? You can share your work with us by doing research on this subject.



SPORTS

EMOTIONAL ANIMAL DICE: Make two dice out of cardboard or a box. For the first die, draw or stick an animal figure on each side (swing like a monkey, flutter like a butterfly, pounce like a tiger, swim like a fish, hop like a rabbit, jump like a frog). For the second die, draw emotions on each surface. (sad, happy, angry, sleepy, surprised, hungry). Roll the two dice at once, and let's see how the happy monkey swings! It's family challenge time!



SOCIAL RESPONSIBILITY

OLD TOYS: Many of our toys are forgotten or are constantly hidden behind other toys. Today is a good day to rediscover the toys you missed. Maybe you want to set aside toys that you haven't played with to share with other kids.



VISUAL ARTS

GLITTERY SNOW GLOBE: You only need **5 materials** to make a **DIY snow globe** at home:

A small figure, water resistant glue, glitter, a jar and lid (one with smooth sides), water.

1. Put glue on the inside of the jar's lid. Place and stick your plastic figure on it.
2. Add 1-2 teaspoons of glitter to the jar.
3. Fill the jar with water and stir.
4. Glue the lid to keep it secure.
5. Close the lid and shake it!



MUSIC

LISTEN TO THE GLASSES:

Let's fill eight glasses with varying amounts of water, from less to more. You can color the water in the glasses with watercolors. You can use a single color or each one can be a different color. Let's listen to the differences in sound by tapping the glasses gently with a wooden spoon. The emptier the glass, the higher the pitch, and the fuller the glass, the lower the pitch. How about creating different rhythms with different sounds by tapping the glasses?



ENGLISH

DRAW YOUR OWN HOLIDAY DIARY: Make a picture-book of your semester break. Which experiences or activities were the best? Draw the pictures in your diary and talk about them with your parents.



LIFE SKILLS

HOLIDAY CLEANING: Have you ever cleaned your own room? All you need is a cloth and some water with vinegar. You can start by dusting your table and shelves first. Then you can choose the toys that can be washed in your room and wash them in a bowl with the help of a sponge.



HAVE A NICE HOLIDAY!

**IF YOU HAVE ANY QUESTIONS
PLEASE CONTACT US**

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