

# Home Activity Kit





# Home Activity Kit

Dream a Dream developed this home activity kit to provide continued learning to young people. This tool kit helps young people and children to engage and enable everyday life. This tool kit will help young people to learn during the COVID 19 lockdown.

These 10 activities for 10 days will help keep young individuals engaged.

This book includes arts activities, Sports activities, and self-care time.

## How to use this book:

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Please follow the instructions and read it carefully and try to complete 1 activity every day.

# Activities

- 01 COLOURFUL CONFUSIONS
- 02 GROW WITH THE PLANT
- 03 THE ART OF STORYTELLING
- 04 LET'S BE FIT
- 05 PING PONG – SING A SONG
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- 07 MADHUBANI PAINTING
- 08 DRAW IT IN YOUR STYLE
- 09 CREATE YOUR OWN DOLL
- 10 MAKE YOUR OWN SOCCER BALL



# COLOURFUL CONFUSIONS

## Materials Required:

Chart papers/A4 size white sheets, sketch pens and crayons

## Meditation

**FOCUSING ON YOUR BREATH**  
(5 MINUTES)

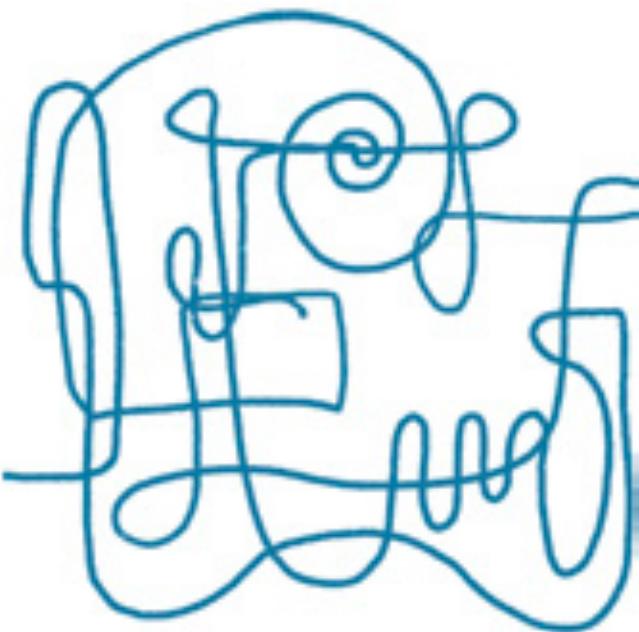
Sit in a comfortable position and close your eyes. Focus all your attention on your breath, the air going in and out through your nose. This may be aided by counting the breath in your mind. Each time you inhale you could start counting backwards starting with 10, and then 9, 8, 7, and so on. When you arrive at 1, you resume the process starting again from 10 again. If you get distracted and lose your count, gently get back to inhaling and counting again from 10 and resume.

## Activity Steps

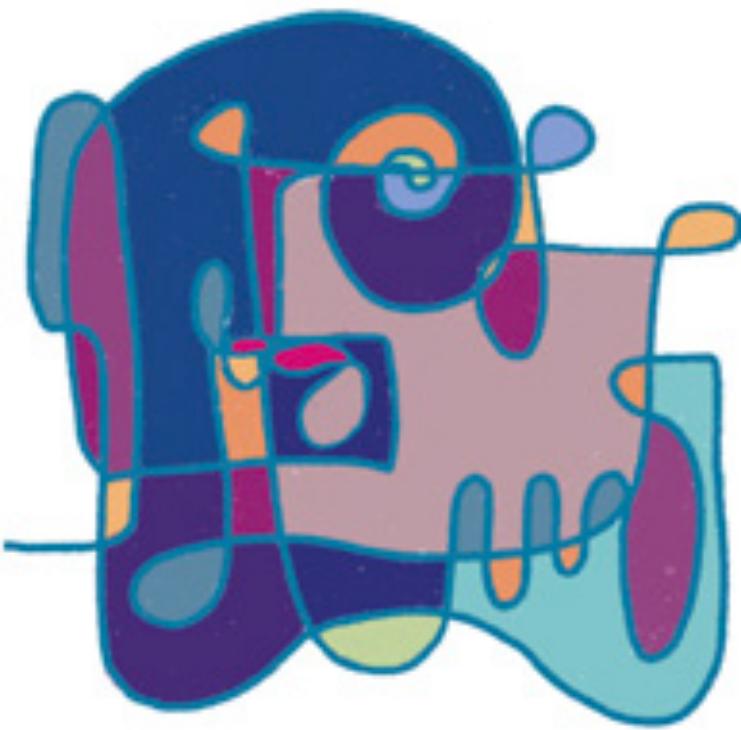
To start the activity, take an A4 size white paper and pencil and sit in a comfortable place. Follow the step by step instructions shared below:

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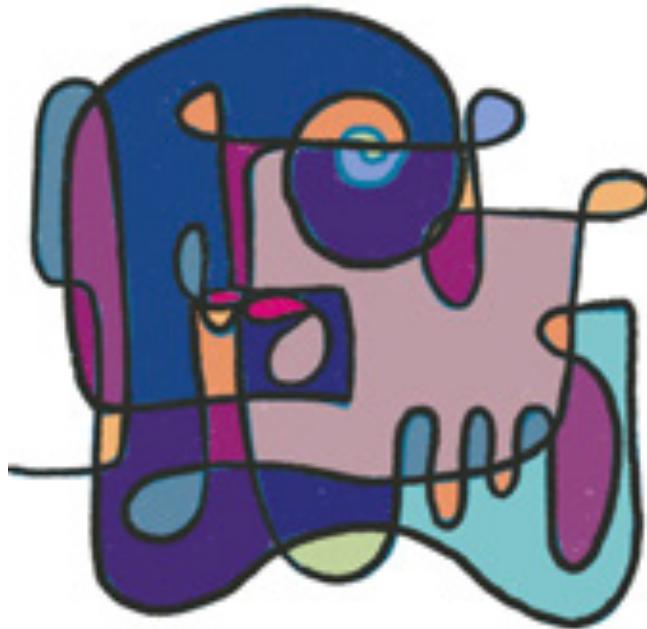
1. Place a dot in the middle of a white sheet
2. Close your eyes and you draw the lines as you like
3. While drawing the lines, try to remember the times when you experienced confusions



4. Once you realize that you are done representing your confusions by drawing the lines, open your eyes and observe them. Try to relate the lines to your thoughts and emotions that you encountered that led to these confusions.
5. Colour the different parts of your drawing with different colours



6. While filling the colours, name each colour with the names of different emotions (For example – You can name Red as Love, Orange as Anger and so on)
7. Once you start colouring the drawing, you need to feel that you are colouring your confusions in life with different emotions.
8. After colouring, outline the borders with a black sketch pen.



You all can also practice this activity just with a pen and make a doodle art of your own like the pictures shown below.

Each emotion and experience (including confusions and problems) is important in our life to make it colourful and beautiful just like the picture

that you have drawn on the blank page.

Practice this activity whenever you feel like doing it!



## Time to self-reflect:

- What was your experience?
- What did you learn through this?
- How will you use this learning in your life?

## Challenge of the day:

Make a 'Thank You note' for a member in your family, who helped you at least once and give it to him/her.

# GROW WITH THE PLANT

## Materials Required:

Used plastic bottles, scissor, fabric/water colour, soil, tomato seeds any seed you wish to plant

## Meditation

TRAVEL WITH NATURE  
(5 MINUTES)

Sit in a comfortable position and close your eyes. Take three long breaths and try to calm your mind. Focus your mind and concentrate on the space between your two eyebrows. Try to imagine and travel your mind to a land where you are surrounded by nature. There are birds singing songs, colourful flowers and a beautiful river. There is so much light all around. Slowly, try to feel the happiness all around and think that the same happiness lies within you too. Thank your parents, siblings, friends and everyone around the world who are helping you to grow every day and contributing towards your happiness. While picturising this in your mind, bring a beautiful smile on your face and then slowly open your eyes.

# Activity Steps

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1. Take one empty plastic water bottle
2. Cut it into two equal halves
3. Make designs on the bottle by using your imagination and creativity
4. Now let's make this bottle a friend of ours, we call our bottle Golu
5. Fill Golu with soil



6. Slowly put a tomato slice into the soil
7. And cover the tomato slice with more soil
8. Cut a strip of paper and write what you learnt and gained with this activity
9. Paste that strip on the outer surface of on your bottle

**Keep adding your new learnings on strips of paper everyday even as you take care of your baby tomato plant**



10. Paste that strip on the outer surface of on your bottle
11. Water your baby tomato plant regularly twice a day for 15 days and take good care of it!



## Reflect and write you on what you learned:



What were your thoughts and emotions before the activity?

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What were your thoughts and emotions during the activity?

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What are your thoughts and emotions after the activity?

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What have you learnt from the activity?

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## Challenge of the day

Every day while taking care of the plant, apart from water, shower also your love on it! Also love and take care of yourself as well!

Write in a piece of paper what you are doing to take care of yourself care and don't forget to stick onto the bottle!

# THE ART OF STORYTELLING

## Materials Required:

A4 sheet of paper, Pen/Pencil/Crayons, Photographs

## Meditation

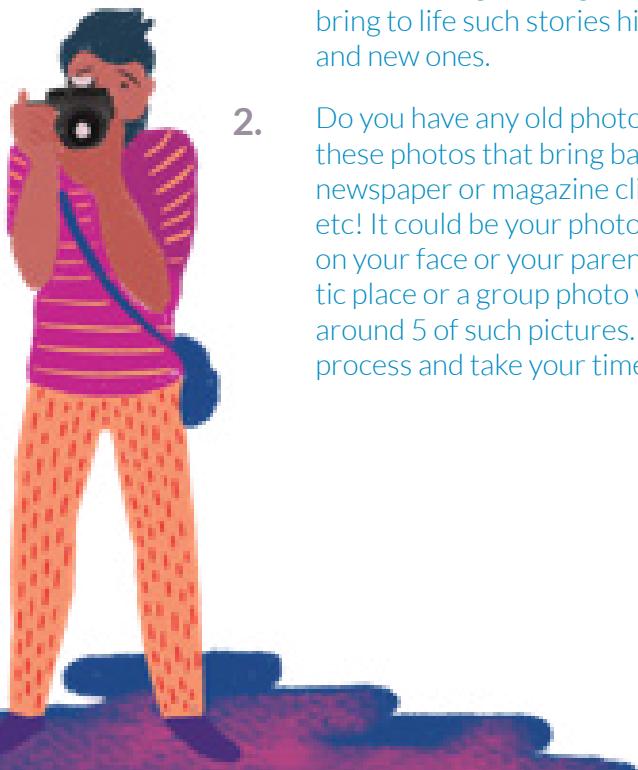
TRAVEL WITH NATURE  
(5 MINUTES)

Sit straight on a cushion on the floor or on a chair. Pay close attention to the movement of your breath. When you breath in, be aware that you are breathing in, and how it feels. When you breath out, be aware you are breathing out. Ensure you constantly redirect the attention to the breath during the entire time of your meditation practice. You can also focus on the sensations, thoughts and feelings that arise during this meditation session.



# Activity Steps

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1. Photographs are one of the most powerful tools of storytelling. Through this activity, we will try to bring to life such stories hidden in old photographs and new ones.
2. Do you have any old photos? In an album? Find these photos that bring back memories. It could be newspaper or magazine clippings, photos of family etc! It could be your photo with a funny expression on your face or your parents at a historical/ touristic place or a group photo with your friends. Collect around 5 of such pictures. Don't rush, enjoy this process and take your time.

3. Sit down comfortably with your back straight. Take a deep breath from your nose, and exhale from your mouth. Do this ten times. Keep focusing on your breathing.
4. Now that you are feeling relaxed, look at the hard copy photographs in front of you. Give each photograph a name/code word. For example, the India Gate photo could be IG. Write each of these codes on separate pieces of paper so that you don't forget which photo is what. Remember one code for one photo on one chit of paper.
5. Place the photographs/codes in front of you. How would you arrange these photos so that it forms a story? Would photo 1 come after photo 2? Now is the time for you to start thinking of building a storyline.

Arrange and rearrange the photographs until you have a storyline in mind.

The key to building a storyline is having connections: which part of one photo can connect with another part?

Let your imagination run wild! You are free to come up with any connecting threads, it does not have to be about what was happening in the pictures. It doesn't have to be a reality; you can make up stories and connections.

## Start Writing:

Once you have finalized the storyline, start writing. The trick is to write five sentences, one sentence each for one photo. Try to be your best creative self! There is no right idea, or a good story, or a great sentence. Just make sure you write, read, change and repeat. Follow this process to and edit again.

## Read and Edit:

Once you are happy with what you have written, click a picture with photos in one line and the sentences below. Make this creativity of yours as a display picture in your social media platforms or share it as your WhatsApp status for a day!

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## Time for self-Reflection:

Ask yourself these questions:

- What did you learn about photographs?
- How will it help you in future?

## It's time to Self-Care:

Eat any of your favourite food today!

# LET US BE FIT

## Materials Required:

Clean place where you can jump, sleep and run!

## Instructions

1. It is important to be fit both physically and mentally
2. Try and do this exercise every day at least 20 minutes everyday.
3. Just follow the daily schedule shown the below table.



8-10 years	Counts	10-12 years	Counts	12-14 years	Counts
Back turns	20	Windmill	20	T Planks	20
Jumping Jacks	20	Jumping Jacks	30	Push Ups	15
Side Bends	20	Plank	15	Leg Drops	15
Squats	12	Push Ups	10	Arm Circles	20
Side Deep Squat	14	Burpees	15	Squats	20
Ski Hops	20	Ski Hops	25	Crunches	20
Punches	20	Running Man	30	Knee Drive	30
Windmill	20	Knee Tuch Cruches	20	Mountain Climbers	30
High KneeJacks	20	Mountain Climbers	30	Lateral Arm Circles	20
Knee Pushups	10			Scissor Kicks	30
Jumping	20			Arm Crossovers	20
One Leg Hopping Front and Back	10			Reach & Squat	20
Donkey Kicks Right	15			Side Leg Raise Right	15
Donkey Kicks Left	15				
Arm Circles	20				

# PING PONG - SING A SONG

## Materials Required:

One old newspaper, pen/pencil, A4 size sheet

## Meditation

TRAVEL WITH NATURE  
(5 MINUTES)

Sit in a comfortable position and close your eyes. Take three long breaths and try to calm your mind. Focus on the sound around you. Select the sound that connects to you and just stay with that sound, feel the sound, imagine where it is coming from. Then slowly imitate it and play with it. When you think you are done, gently notice your surroundings and slowly open your eyes.

# Activity Steps

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1. Take a newspaper
2. Circle random 50 words from the paper
3. Compose a song by using those 50 words, For example –

How do you like to go up in a swing,  
Up in the air so blue?  
Oh, I do think it is the pleasantest thing  
Ever a child can do!

Up in the air and over the wall,  
Till I can see do wide,  
Rivers and trees and cattle and all  
Over the countryside

4. Give a tune to your song
5. Sing it loud
6. Share it with your friends



## Time to self-reflect:

- What was your experience?
- What were your thoughts and emotions before the activity?
- What were your thoughts and emotions during the activity?
- What are your thoughts and emotions after the activity?

## Challenge of the day:

You have 2 mins of time. Take a sheet of paper and make a plane. On the plane, write the name of dream places where you want to visit and write the name of the person/ persons whom you will take along with you.

# NEST IN A NEST

## Materials Required:

Pencil, Eraser, A4 size sheets, Sketch Pens, compass

## Meditation

TRAVEL WITH NATURE  
(5 MINUTES)

Sit in a comfortable position and close your eyes. Take three long breaths and try to calm your mind. Focus your mind and concentrate on the space between your eyebrows. Think of the feelings and try and bring about the feeling of kindness in your heart. Say the following whenever you are ready: "I will be free from suffering, I will be free from Pain, I will be happy. You may be free from suffering. You may be free from Pain. You may be happy! Start by developing loving-kindness towards yourself!

# Activity Steps

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Take a drawing paper or A4 sheet and follow the below steps

1. Draw a small circle in the middle of the sheet with the help of a compass
2. After that keep increasing the number of circles in ascending order of the diameter, keeping the smallest at the centre (just like it is shown)
3. Thicken the border of each circle with the help of a dark coloured sketch pen.
4. You can also write alphabets letters ( A,B,C,D) or numbers (1,2,3,4) in a circle
5. Change the colours at every turn of the circle
6. After you finish all the circles and on the outside of the circle you can design a flower shape/or any shapes that way you want to.
7. Fill the innermost circle with any design you feel like.

Learning new things is easy when we add creativity and fun to it.

You can also try doing this activity by choosing any shape (triangle/square, etc) and by filling them with poems, stories, mathematical tables, scientific formulas respectively.

Keep trying new things wherever you feel like exploring this.



## Time to self-reflect:

- What made the activity interesting for you?
- What was difficult for you in this activity?
- How differently did you do activity the next time?

## Challenge of the day:

Draw a happy smiley on a paper and give that to the person in your house whom you love a lot.

# MADHUBANI PAINTING

## Materials Required:

A4 Drawing paper, Scale, Pencil, eraser, Multi-colour pens, Sketch pens.

## Meditation

**KINDNESS TO OTHERS  
MEDITATION (5 MINUTES)**

Sit in a comfortable position and close your eyes. Take three long breaths and try to calm your mind. Focus your mind and concentrate on the space between your two eyebrows. Say this following line whenever you are ready. You may be free from suffering. You may be free from pain. You may be happy. When you feel like you are done, take three long breaths and try to calm your mind. Open your eyes slowly.

# Activity Steps

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1. Take an A4 size drawing sheet, place it on the floor in a landscape or portrait form according to your drawing.
2. In A4 size drawing paper put one inch border then in the border using geometrical shapes create some border design.
3. Compose the drawing in the centre of the page, draw the selected image however you wish. Don't worry about making a perfect drawing. After you finish, inside the image draw some lines.
4. Now use colour pens to make the lines and fill some with the colours. Try to use 3 or 4 different colours.
5. As shown in the image below you can also draw either animals, birds, human figures or plants or trees, actually anything you wish to draw.

**Feel free to try new shapes!**



## Time to self-reflect:

- Did you have fun doing this activity?
- What was most challenging part easy part in this activity?
- What did you learn from this activity?
- How will you use this learning in your daily life?

## Challenge of the day:

List down minimum 10 things that make you happy.

Try to practice one thing from your list every day.

# DRAW IT IN YOUR STYLE

## Materials Required:

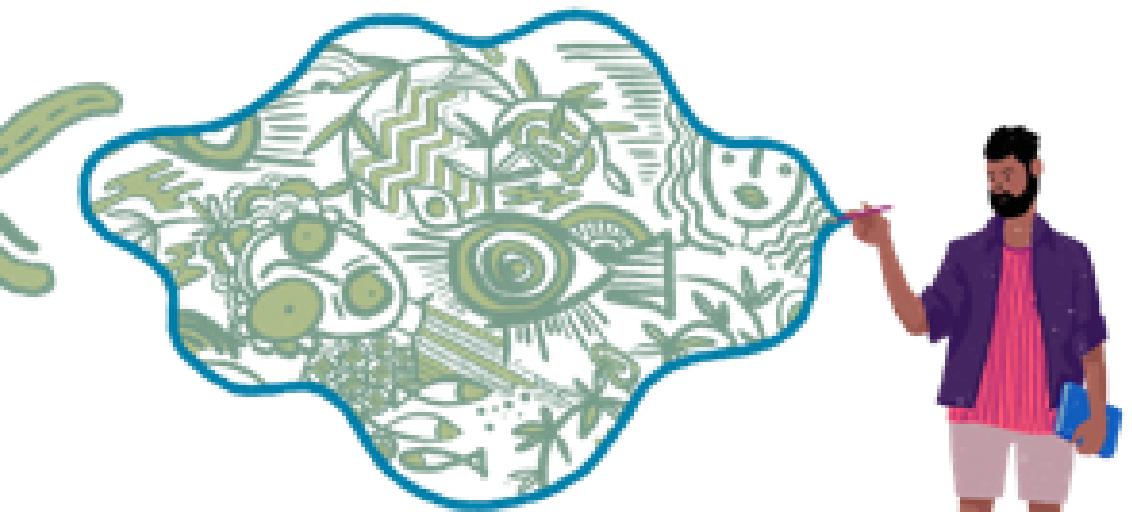
Newspaper /magazine, crayons, sketch pens, scissors, Fevistick or any glue



## Meditation

**FOCUSING ON YOUR BREATH  
(5 MINUTES)**

Sit in a comfortable position and close your eyes. Take three long breaths and try to calm your mind. Focus your mind and concentrate on the space between your two eyebrows. Slowly say these words 20 Times “Love, Peace, and kindness” When you are done, slowly open your eyes.



# Activity Steps

Draw it in your style is a fun collage and drawing activity in which you can cut-out an image into 2 Parts. One half of the image is pasted on a sheet of paper and the other half is drawn in your style.

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1. Grab a newspaper or a magazine and select an image. It could be anything the picture of a person, a landscape, an animal, or anything you like. Remember to choose an image that is slightly big in size so you can easily draw the other half for it. (For representational purposes, an image of a young boy has been used from a magazine)
2. Cut out the image from the newspaper/magazine.
3. Mark a line across the image and cut the picture into two halves, you can make the line straight, wavy, zig-zag, however, you feel like! Cut the image through the middle by moving your scissors on the line.
4. Cut and Paste the half image on a sheet of paper.
5. Draw the other half of the image in your style using a pencil. (In the representational image, rosy cheeks, an earring and a fun background was added).
6. Colour the image drawn by you in your favourite colours, you don't have to necessarily use the same colours as the ones in the image.

## Time to self-reflect:

- Look at the art you just made. How did you feel when you were drawing the other half?
- If you had to draw your other half, how would you draw it? Would you want to change something about your other half?

**Note:** Try to add your emotions in that image ( either by way of writing or drawing)

## Challenge of the day:

Sing a song that makes you happy!

# CREATE YOUR OWN DOLL

## Materials Required:

Ice cream sticks, treads, old clothes, marker and glue sticks, ribbon woollen thread and sketch pen

## Meditation

**PRANAYAMA**  
(5 MINUTES)

Sit in a comfortable position and close your eyes. Take three long breaths. Today we will learn a different meditation practice to calm the mind. There are several different types of Pranayama, but the simplest and most commonly taught one is the 4-4-4-4. This means breathing in counting up to 4, holding for 4 seconds, breathing out for 4 seconds, and waiting for 4 seconds and repeating the cycle. Breathe through your nose, and let the abdomen (and not the chest) be the one that moves. Go through a few cycles like this. This regulation of breathing balances the moods and pacifies the body.

# Activity Steps

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1. Below are some doll images so these dolls are made with ice-cream stick ribbon woollen thread and sketch pen.
2. A doll you wish to create your own and Follow below instructions.
3. Think which type of doll you want to do and take ice cream sticks arrange it once on the paper.
4. Then give numbers for the sticks like 1,2,3,4,...to make it easy for you to assemble.
5. Choose your wool and also think how thick you want the dolls to be. Observe the shapes as well.

## Time to self-reflect:

- How did you feel while making your own doll?
- Was it difficult or easy? Also what made it difficult or easy?

## Challenge of the day:

Make a greetings card with a motivational message for yourself in 5 mins using paper and colours.



# MAKE YOUR OWN SOCCER BALL

## Materials Required:

Old waste clothes, treads, guess

## Meditation

(5 MINUTES)

Sit in a comfortable position and close your eyes. Take three long breaths and try to calm your mind. Focus your mind and concentrate on the space between your two eyebrows. Try to imagine and make your mind travel to such a land where you are surrounded by nature. There are colourful birds chirping happily, flowers all around and a beautiful river. There is light all around. Slowly, try to feel the happiness all around and think that the same happiness lies within you too. Thank your parents, siblings, friends and everyone around the world who are helping you grow every day and contributing towards your happiness. While thinking this bring a beautiful smile on your face and then slowly open your eyes

# Activity Steps

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1. Gather old cloth rags, plastic and paper shopping bags, newspapers, and twine.
2. Crumple one bag into a small ball, which will be the centre of the finished ball.
3. Layer other bags, newspaper, and cloths over the centre, taking care to keep the ball round and push out air pockets with each layer.
4. For the last layer, cover the ball with the thickest bag.
5. Wrap the ball with twine, pulling tightly and making a web of knots to cover the entire ball.
6. Bounce the ball on the ground a few times to see if any parts come undone; if so, cover with more twine and knots.
7. See the below picture to understand the step by step instruction.

## Time to self-reflect:

- How did you feel while making your ball with old waste rags?
- What did you learn from it?

## Challenge of the day:

Name your favourite game and the player. What are the qualities you would like to learn from the game and the player?





## Notes:



[www.dreamadream.org](http://www.dreamadream.org)

No. 398/E, 17th Cross, 9th Main Rd, Jayanagar  
East, Jayanagar, Bengaluru, Karnataka 560011

080-4095 1084

