



## Activity 1 - Colours

### Materials-

- Plain A4 size paper
- Blue and Pink paint

### Procedure:

Parents will take thumb impressions of both pink and blue colour paint and turn them into images of boy and girl (pink colour thumb impression of boy and blue colour thumb impression of a girl).

## Activity 2: Boys likes, girls like, kids like

### Materials:

- 4 charts papers, stuck together to make it one big square
- Marker pen
- Make a picture of a Venn diagram

### Procedure:

1. Parents to ask the children to make a list of different things boys and girls like to do.
2. Start by asking what boys like to do; write their responses on one circle.
3. Then parents and children can brainstorm some things that girls like to do; write their responses on the other

circle (If children say at any point "But a boy/girl can like that too." put it in the middle of the overlapping circles.)

4. Go through each points about what both boys and girls and ask if both of them can also like that too and put it in the overlapping space of the 2 circles. Be prepared for children to say something is only for boys/girls (especially for things like boys can say "girls like to wear only pink" and girls can say that "boys play only with cars").

5. In the end cut out the overlapping space and label it as "What kids like"

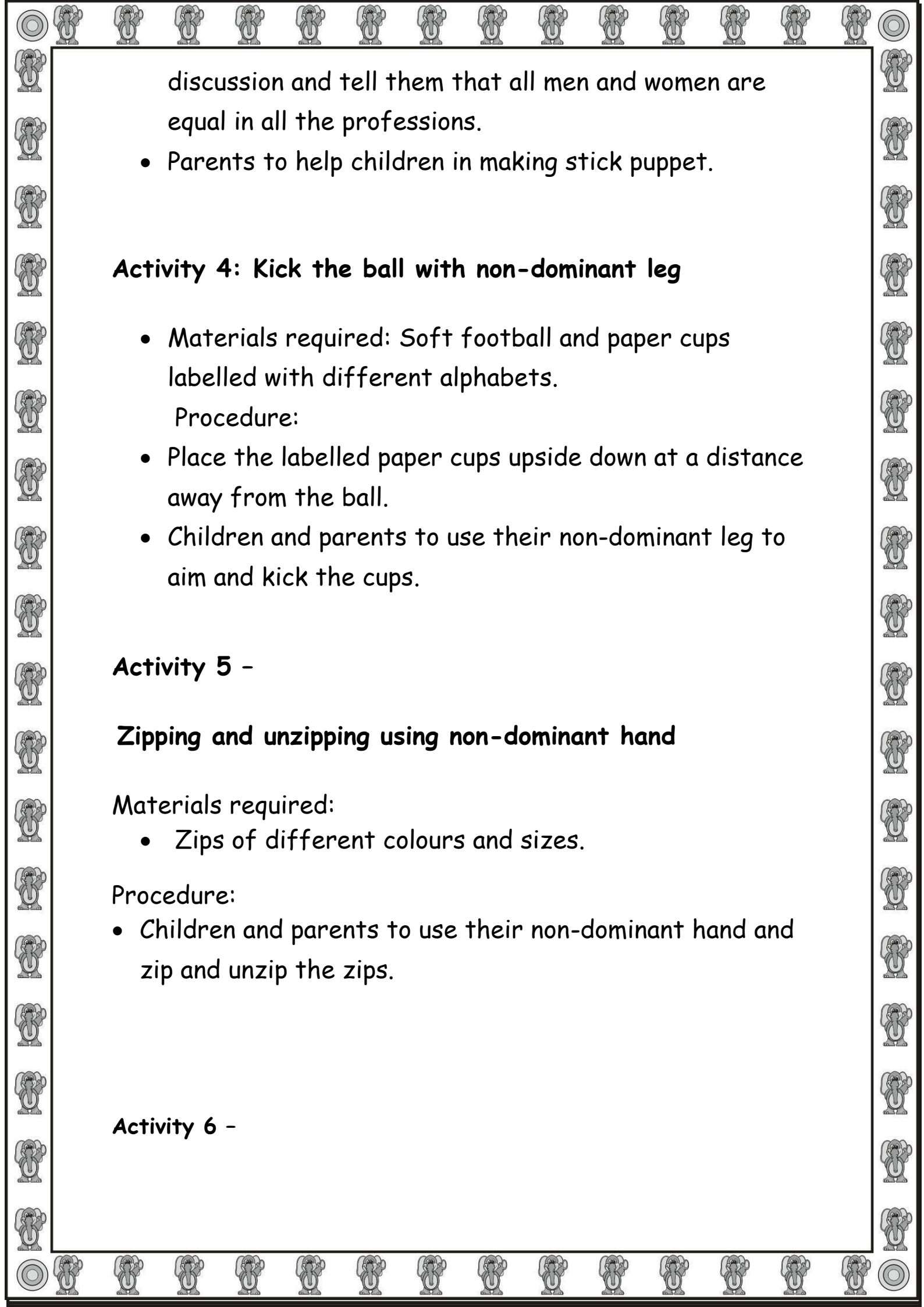
### **Activity 3 - All are equal**

#### **Materials required:**

- A stick puppet of Doctor (Male and Female) to be made.
- Crayons to be arranged for colouring.
- Flashcards of all professions (Male and female)

#### **Procedure:**

- Parents to educate the children and parents with the help of the flashcards and make them understand that all the professions like Doctor, Chef, Policeman, Fireman etc. can be done by both male and female. For instance, Parents can ask general questions and start up a conversation by asking "What do you think?" Can boys become teachers or nurses? Can girls become Police officer or fire fighter? Then discuss with the children and see what they answer. Have a healthy



discussion and tell them that all men and women are equal in all the professions.

- Parents to help children in making stick puppet.

#### **Activity 4: Kick the ball with non-dominant leg**

- Materials required: Soft football and paper cups labelled with different alphabets.

Procedure:

- Place the labelled paper cups upside down at a distance away from the ball.
- Children and parents to use their non-dominant leg to aim and kick the cups.

#### **Activity 5 -**

##### **Zippering and unzipping using non-dominant hand**

Materials required:

- Zips of different colours and sizes.

Procedure:

- Children and parents to use their non-dominant hand and zip and unzip the zips.

#### **Activity 6 -**



## Bowling and Aiming

Material required:

- Bowling pins and soft balls.

Procedure:

- Parents to setup the bowling pins for children to aim at with their non- dominant hand.
- Children and parents to take turns to aim at the bowling pins with the ball.
- Children and parents to use only non- dominant hand to throw the ball.

### Activity 7:

#### Sticking of circles on the volcano

Materials required:

- Print out of the Volcano image (as shown in the picture), print out of small cut outs of the circles, glue stick, paper scissors.

Procedure:

- Parents to place the print outs, cut outs of the circles and the glue stick and the scissors at the corner.
- Parents will cut the circles using their non- dominant hand and children will stick the circles with their non-dominant hand.