

## Related Activities and Projects



### 1 Preparation of Resource File

- 1.1 Collection of songs related to children
- 1.2 Collection of stories related to children
- 1.3 Collection of riddles related to children
- 1.4 Collection of pictures related to children's toys/play
- 1.5 Collection of relevant articles from newspapers and magazines related to children

### 11 Collection of song related to children

Simple and familiar language/words, repetition of lines/words, attractive tune, scope for actions while singing, song to be related to the surroundings/environment of children, help to release pent-up energy/emotions, songs should be selected keeping the age group of children in mind (length and language of the song)

#### Types of song :

- Non-sensical / Gibberish rhymes e.g. Ging gang goolie, Roll a bowl a ball a penny a pitch
- Action song e.g. 'Clap your hands', 'boogie woogie'
- Story e.g. 'Welcome to my jungle "I am karadi the bear.'
- Tongue twister : e.g. 'If I had a purple penny or a purple nickle' or 'Chandu ke chacha ne chandu ki chachi ko'
- Alphabets : e.g. 'A B C D E F G . Come and sing along with me H I J K L M N O P. Tell me what you want to be.'
- Concept rhymes e.g. on family, seasons, fruits, transport etc.

#### Sources :

Collect rhymes/songs from children rhyme books, magazine, CDs. You can also create your own songs keeping the above points in mind.

### 12 Collection of Stories related to children :

Repetitive phrases and sounds, simple and engaging, age- appropriate, familiar, element of surprise, generate curiosity (what will happen next in the story), Non – moral stories. Stories should have one main character, minimum 2 to 3 and maximum 5 to 6 and there should be proper interaction between the characters and dialogues. Story should have satisfying climax, simple language with introduction of new words to enhance the vocabulary of children, no stories on fairy tales, elves, ghost, giants, stepfamilies, concepts of death and dying.

## Techniques of story telling

Story books with pictures, flashcards, TV scroll, puppets, charts, flipcharts, OHP sheets, PPT, picture books etc.

### Source :

- Stories from children's story books magazines
- Tradition stories with modification of children's environment, CD
- You can even create your own stories keeping the above points in mind

## **B Collection of Riddles related to children :**

Familiar language, leading to creating curiosity, encouraging the children to think and reason, enhance vocabulary, should include living and non-living things, the riddles should have rhymes, age-appropriate (3-6 age group- riddles on 'who am I?' can be related to human beings/fruits/vegetables/vehicles/any other object)

### Source :

- Children's books
- Magazine
- Newspapers

You can prepare riddles keeping the above points in mind.

## **14 Collection of Pictures related to toys or play :**

Collect pictures of age appropriate toys of different kind. These can include :

1. Manipulatives such as ring pyramid, blocks, jigsaw puzzles, clay and many others.
2. Toys for dramatic play such as dolls, puppets, soft toys and others.
3. Toys for outdoor play such as slide, bat, skipping rope, jungle gym and others.
4. Toys for sensory, development such as rattles, teethingers, mobiles and others

## **15 Collection of Relevant articles from newspapers and magazines related to children**

Collect articles from newspapers and magazines related to

- Domains of development
- Discipline
- Parenting
- Nutrition
- Behaviour problem
- Special needs
- Any other

2 Prepare poster on the following topics :

- 2.1 Immunization Schedule for pregnant women
- 2.2 Immunization Schedule for the child
- 2.3 Prevention of Accidents and Hazards
- 2.4 Stages of Development
- 2.5 Developmental Milestones
- 2.6 Reproductive system
- 2.7 Endocrine Glands
- 2.8 Menstruation
- 2.9 Prenatal development
- 2.10 Types of Birth

3 Survey of Teen girls regarding the care and hygiene practices they follow during menstruation

4 Prepare a scrap book with pictures of infants depicting various emotions.

5 Visit the following centres and write a report of the same :

- 5.1 Visit to Anganwadi Centre to study the services available for women and children.
- 5.2 Visit to Maternity Home and write a report on facilities and services available.
- 5.3 Visit to Neonatal / Pediatric clinic and write a report on services and facilities available.

6) Project

Observe an infant and assess his / her development using following checklist

I	<b>Personal Information</b>	
	Name of the infant	
	Age	
	Gender	
II	<b>Physical Development</b>	
	Weight	
	Height	
	Head circumference	
	Arm circumference	

<b>III</b>	<b>Motor Development</b>	
	Holds objects with one / both holds	Yes/No
	Stands alone	Yes/ No
	Walks alone	Yes / No
	Jumps in a place	Yes / No
	Walks on tiptoe	Yes / No
	Climbs stairs with help	Yes /No
<b>IV</b>	<b>Self help Skills</b>	
	Self- feeding	Yes / No
	Eating with spoon	Yes / No
	Self- dressing with adult help	Yes / No
	Self - grooming	Yes / No
	Rolling a ball	Yes / No
	Openig a box	Yes / No
	Unscewing a lid from the bottle	Yes/ No
	Turning pages of a book	Yes / No
<b>V</b>	<b>Social Development</b>	
	Gives social smile	Yes / No
	Shows excitement	Yes / No
	Recognizes familiar people	Yes / No
	Play games such as peek a boo	Yes/ No
<b>VI</b>	<b>Emotional Development</b>	
	Expresses happiness	Yes / No
	Expresses joy listening to	Yes / No
	Different sounds of toys	
	Fear of a stranger	Yes / No
	Throws objects when angry	Yes / No
	Biting when angry	Yes / No

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## Glossary

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<b>Adolescence</b>	- The bridge between childhood and adulthood refers to age growth of 12-19 years, during which an individual attains sexual maturity
<b>Adrenal Gland</b>	- It is one of the endocrine glands that produces variety of hormones
<b>Adulthood</b>	- 20 years of age and is further divided into 3 stages – young, middle and late childhood
<b>AIDS</b>	- Acquired Immuno Deficiency Syndrome – Viral disease that undermines effective functioning of the immune system.
<b>Amenorrhea</b>	- Absence of menstrual cycle during active sexual period of life
<b>Amniotic Sac</b>	- The sac which holds and protects the embryo
<b>Anemia</b>	- A condition in which the red corpuscles of the blood are reduced in number or are deficient in hemoglobin, causing pallor, shorten of breath and palpitation of the heart.
<b>Angn wadi</b>	- Anganwadi is a court yard or play center located within the village and focal point for delivery of services provided under ICDS.
<b>Antenatal Care (Prenatal Care)</b>	- Care shown to the woman throughout her pregnancy in order to prevent any potential health problems, prevent complications which may occur and ensure a normal labour, delivery. It is a preventive health care that will benefit both mother and child
<b>Antibodies</b>	- A blood protein produced in response to and counteract specific antigens
<b>Antig ns</b>	- A toxin or substance which induces an immune response
<b>Anxiety</b>	- Bodies natural response to stress
<b>Attachment</b>	- Reciprocal, enduring bond between infant and caregiver, each of whom contribute to the qa lity of the relationship.
<b>Attention</b>	- The process of selecting specific stimulus from the environment or surroundings is attention.
<b>Attention span</b>	- Attention span is how long the child can focus and concentrate is attention on a given task or activity.
<b>Autosomes</b>	- The 22 pairs of chromosomes that are not sex chromosomes.
<b>Axon</b>	- Single long nerve fiber that carries outgoing messages from the neurons cell body.
<b>Babinsky Reflex</b>	- Fanning of the toes by the infant when the sole of the foot is stimulated
<b>Babbling</b>	- Consonant-vowel intonation patterns of an infants language usually seen around 6 months of age

<b>Blastocyst/Bastulla</b>	- The further division of cells in the morula
<b>Body Proportion</b>	- Body proportion is the measurement of the body parts in relation to the whole body
<b>Cartilag</b>	- Infants bones are made of soft, flexible tissues called cartilage
<b>Cephalocaudal Sequence</b>	- An organized pattern of physical growth and motor control that proceeds from head to feet.
<b>Childhood</b>	- The period from the birth to twelve or thirteen years.
<b>Child Development</b>	- Child development is a specialized area of study which concerns itself with Growth and development of the child right from the moment of conception to adolescence.
<b>Children with special Needs</b>	- Children with special needs include those whose intellectual emotional Needs or physical performance differs significantly from the expected average within their peer and cultural group
<b>Chromosome</b>	- A thread like structure carrying genetic material of an organism
<b>Chronological age</b>	- Refers to the age of a person from birth to death
<b>Cognition</b>	- The process by which we perceive, know or understand something. It is the act of knowing or the processes involved in knowing.
<b>Cognitive Development</b>	- Cognitive Development is the construction of thought processes including remembering, problem solving and decision making
<b>Colostrum</b>	- The first milk from the mother's breast occurring shortly before or during the first days after childbirth. It is rich in protein and antibodies
<b>Communication</b>	- Interchange of thoughts and feelings
<b>Comprehension</b>	- Ability to understand
<b>Concept Formation</b>	- A concept is an abstract idea or notion, which combines elements of an object or event into the idea.
<b>Conception</b>	- Implantation of the embryo in the uterus
<b>Cooing</b>	- Vowel sounds produced by infants by the end of first month after birth
<b>Cranial region</b>	- Area above the eyes, encompasses upper part of the head.
<b>Creativity</b>	- Creativity is the mental process of manipulating environment which results in the production of new ideas, pattern or relationship
<b>Cueing</b>	- Signal that encourages the infant to take action
<b>Curiosity</b>	- Quality related to inquisitive thinking
<b>Darwinian Reflex</b>	- Darwinian Reflex is known as Palmar grasp. When an object touches the palm of an infant, he or she automatically grasps it

<b>Delivery</b>	- Delivery is the process of giving birth to a baby either by vaginal passage or caesarean section
<b>Dendrites</b>	- Short nerve fibers that pick up messages and then carry them to the neuron's cell body
<b>Dental enamel</b>	- Glossy coating on teeth
<b>Development</b>	- The quantitative and qualitative changes that take place in an organism from its initial state, through maturity until death
<b>Developmental Milestone</b>	- Levels of achievement or competence, which at a given age are considered to be necessary or desirable for socially acceptable functioning
<b>Digestion</b>	- Process by which the ingested food is broken into materials in the digestive system
<b>Disability</b>	- The term Disability refers to a total or partial behavioral, mental, physical or sensory loss of functioning
<b>DNA</b>	- Deoxyribose Nucleic Acid, chemical that carries inherited instructions for the formations and functions of body cells
<b>Domains</b>	- Refers to specific aspects of growth and change like physical, motor, Cognitive, social, emotional, moral
<b>Ectoderm</b>	- Outer layer of the embryo
<b>Elimination</b>	- Removal of solid, undigested waste from the body
<b>Embryonic Stage (Period of Embryo)</b>	- Second stage of gestation (2 to 8 weeks) characterized by rapid growth and development of major body system and organs of embryo
<b>Emotional Development</b>	- Refers to development of emotions and their effect on personal and social adjustment
<b>Emotional Expressions</b>	- How individuals express their emotions
<b>Emotions</b>	- A complex psychological phenomenon which occurs as intense feelings that are directed at someone or something.
<b>Endocrine Glands</b>	- Endocrine Glands are ductless glands which are situated in different parts of the body that secrete chemical substances called hormones
<b>Endoderm</b>	- Inner layer of the embryo
<b>Eye-hand Coordination</b>	- Eye hand coordination is the co-ordinated control of eye movement with hand movement and the processing of visual movement to guide reaching and grasping
<b>Fertilization</b>	- Union of sperm and ovum to produce a zygote
<b>Fetal Stage (Period of fetus)</b>	- Final stage of gestation (From 9 weeks to birth) characterized by increased detail of body parts and greatly enlarged body size

<b>Fine Motor Skills</b>	- Physical abilities which involves small muscle groups
<b>Fontanelles</b>	- Soft spots on the neonates head
<b>Fraternal Twins</b>	- Twins conceived by the union of two different ova (or single ovum that has split) with two sperm cells
<b>Frontal Lobe</b>	- The front part of brain that controls important cognitive skills such as memory, language, judgement.
<b>Genes</b>	- A unit of DNA that is located on a chromosome responsible for traits of an individual
<b>Gestation</b>	- Period between conception and birth during which development of fetus takes place
<b>Glial Cells</b>	- Supporting cells of the nervous system. Hold the neurons in place
<b>Grasp</b>	- To hold firmly
<b>Gross Motor Skills</b>	- Physical abilities which involves large muscle groups
<b>Growth Hormone</b>	- A hormone secreted by pituitary gland that affects growth and development of all tissues except the central nervous system
<b>Growth</b>	- Growth refers to quantitative change. Example - height, weight etc.
<b>Heredity</b>	- Genetic attributes inherited from the biological parents at the time of fertilization
<b>Holophrase</b>	- Form of speech where single words convey complex meaning
<b>Hormones</b>	- Chemical substances secreted by the endocrine gland
<b>Identical Twins</b>	- Twins resulting from the division of a single zygote after fertilization
<b>Illness</b>	- Period of any ailment which affects the body/mind
<b>Imagination</b>	- It is the act or power of forming a mental image of something not present to the sense or even before wholly perceived in reality
<b>Immunization</b>	- The process of rendering a subject immune or of becoming immune, protecting against any particular disease, as by inoculation
<b>Implantation</b>	- Fixation of ovum in the uterine wall
<b>Infancy</b>	- Period from birth to two years which is subdivided into neonatal (birth to 15 days), infancy (15 days to 18 months), toddlerhood (18 to 24 months)
<b>Infant Stimulation</b>	- Infant Stimulation includes activities that arouse or stimulate babies senses of sight, sound, touch, taste and smell
<b>Kwashiorkor</b>	- A form of malnutrition caused by protein deficiency in the diet of an infant
<b>Language</b>	- A means of communication



<b>Language Development</b>	- Acquisition of language of the respective cultural subgroups. Language enables people to communicate information, meanings, intentions, thoughts and requests as well as to organize ideas and express emotions
<b>Late Adulthood (Old age)</b>	- Refers to age group from 60 years onwards
<b>Learning</b>	- Changes in the individual as a result of experience and practice
<b>Malnutrition</b>	- A condition in which the body does not receive adequate nutrients for proper functioning.
<b>Marasmus</b>	- Under nourishment causing a child's weight to be significantly low for their age
<b>Meconium</b>	- Meconium is a sticky greenish black waste matter formed in the intestines of a neonate
<b>Memory</b>	- It is a process of storing information that can be retrieved whenever required or needed
<b>Menarche</b>	- The period (age) when menstrual cycle starts is called menarche
<b>Menstruation</b>	- Periodic shedding of the uterine lining, also refers to discharge of blood and mucus from uterus
<b>Menopause</b>	- The period (age) when the menstrual cycle stops is called menopause
<b>Mesoderm</b>	- Middle layer of the embryo
<b>Micturition</b>	- Frequent urination
<b>Middle Adulthood</b>	- Refers to age group from 40-60 years
<b>Milestone</b>	- An important stage in development
<b>Miscarriage</b>	- Spontaneous or unplanned loss of fetus from the womb before it is viable
<b>Moral</b>	- Concerned with what is right and wrong behavior, acceptable and unacceptable behaviour
<b>Moro Reflex</b>	- 'Startle' response to sudden change in position or loud noise
<b>Morula</b>	- The zygote which further subdivides and forms a cluster of cells
<b>Motor Control</b>	- The ability to control the muscles that bring about movement in the body
<b>Motor Development</b>	- The Development of control over bodily movements through the coordinated activity of the nerve centres, the nerves and muscles
<b>Myelin</b>	- An insulating fatty sheath on nerve fibers
<b>Myelination</b>	- The coating of neural fibers with an insulating fatty sheath i.e. myelin, that improves the efficiency of message transfer

<b>Neonate</b>	- A new born baby upto two weeks old
<b>Neonatal period/stag</b>	- The period from birth to 15 days
<b>Neurons</b>	- Nerve cells that store and transmit information in the brain
<b>Nutrition</b>	- Process of providing or obtaining the food necessary for health and growth
<b>Ontog netic Function</b>	- Functions that are acqi red through environmental factors such as training, opportunities and practice
<b>Operant Conditioning</b>	- Learning Process through which a behaviour of an infant is modified by reinforcement
<b>Ossification</b>	- Hardening of the bones due to deposition of the minerals, calcium and phosphorus
<b>Ovaries</b>	- Oval shaped ovum producing organs that lie on either side of uterus
<b>Ovulation</b>	- Release of egg cell from the ovary
<b>Ovum</b>	- Reproductive cell of a female
<b>Perception</b>	- Perception is the cognitive process that gives organization and meaning to sensory information such as what we see, hear, touch, smell and taste
<b>Period of Ovum</b>	- First two weeks of prenatal development characterized by rapid cell division and implantation in the wall of the uterus
<b>Physical Development</b>	- Development of the body and its parts
<b>Phylog netic Function</b>	- Functions that are acqi red with age and do not requi re any training
<b>Placenta</b>	- Provides nourishment, oxygen to fetus and removes its body waste
<b>Postnatal</b>	- Period after birth
<b>Preg ancy</b>	- Period when a female carries a developing embryo or fetus within her Uterus
<b>Prematurity</b>	- Infant who is born before 37 completed weeks of gestation and who weighs less than 2500 gms at birth is called prematurity
<b>Prenatal Period</b>	- The period from the time of conception until the onset of labor and birth
<b>Preschool Child</b>	- A child in the age group 3-6 years. This period extends from about 3 years of age and till entrance into formal school at 5 or 6ye ars of age
<b>Pre-speech forms</b>	- Substitutes forms of communication used by infants in order to make their needs and wants known
<b>Proximodistal Sequence</b>	- An organized pattern of physical growth and motor control that proceeds from central axis to extremities

<b>Puberty</b>	- A period of hormonal changes in boys and girls leading to sexual maturity
<b>Quickening</b>	- Movement of the fetus felt by the mother
<b>Reasoning</b>	- Method of problem solving based on a set of rules, attributing a cause
<b>Reflex</b>	- An inborn automatic response to a particular form of stimulation
<b>Reproduction</b>	- Process by which offsprings are produced through parents
<b>Rooting Reflex</b>	- Response to a stimulus of a newborn infant by turning towards the source of stimulation
<b>Schema</b>	- Basic building blocks of intelligent behaviour – a way of organizing knowledge
<b>Sensory</b>	- Relating to physical senses perceived through touch, smell, taste, sight and hearing
<b>Sensory-motor stage</b>	- First stage of cognitive development, a period from birth to two years, infants gain knowledge using their senses and movements
<b>Separation Anxiety</b>	- Infants become anxious or upset when they are separated from the primary caregivers
<b>Sex Determination</b>	- Establishment of the sex of the individual at the time of fertilization
<b>Skeletal Development</b>	- Increase in size, shape, number of bones and change in composition of bones
<b>Skeleton</b>	- Framework of bones inside the body
<b>Skull</b>	- The bony framework of the head
<b>Social Development</b>	- Acquisition of ability to behave in accordance with social expectation The Development of the ability to get adjusted to the group. It includes the learning of ways and means of establishing relationship with people and becoming an accepted member of the group
<b>Social Referencing</b>	- Process where an infant takes cues from other people in the environment
<b>Social Smile</b>	- Intentional gesture of warmth expressed by infants
<b>Sperm</b>	- Male reproductive cell
<b>Stimulation</b>	- Action of arousing interest, enthusiasm or excitement in an individual
<b>Stranger Anxiety</b>	- Infants become worried or fearful when someone unfamiliar approaches them
<b>Sucking Reflex</b>	- Vigorous sucking movements of the infant on slight stimulation of lips, cheeks or chin
<b>Supplementary Feeding</b>	- Feeding in addition to breast milk
<b>Synapse</b>	- The gap between the neurons across which chemical messages are sent

<b>Temperature Regulation-</b>	Temperature regulation is the process by which the body tightly controls the internal temperature and preserves a stable internal state to survive
<b>Telegraphic Speech</b>	- A form of communication consisting of simple 2 to 3 words sentences
<b>Testes</b>	- Testes are glands located in the scrotum of males that produce sperm cells
<b>Thinking</b>	- Thinking is an abstract process in cognitive development which consists of mental rearrangement or manipulation of information from the ear and symbols stored in memory
<b>Toddlerhood Period</b>	- A period from 12-36 months during which the ability to talk and walk is acquired
<b>Tonic neck Reflex</b>	- Tonic neck reflex is known as fencing position. It involves coordination of head, arms and legs
<b>Toxemia</b>	- Condition during pregnancy where the blood pressure increases
<b>Umbilical Cord</b>	- The vital link connecting the placenta and the fetus/baby
<b>Vernix Caseosa</b>	- White, cheesy, protective layer, covering the skin of a neonate
<b>Weaning</b>	- Introducing an infant to food other than mother's milk
<b>Young Adulthood</b>	- Refers to age group from 20-40 years
<b>Zygote</b>	- One-celled organism resulting from fertilization



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