



Pashe Achhi Model

Home Visit Session

For 3-5 aged
children and
mothers



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1st Published: October 2023,

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Draft Framework “P Ashe Achhi Model”				1 st Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Physical & Motor Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: - Wash your hands more often for 20 second	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We’re brothers and sisters) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won’t tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Cover nose and mouth while coughing and sneezing with elbow. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We’re brothers and sisters) – Ara Hoijja Nogoijjum (We won’t fight witheach each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won’t tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Gong Gong Gong Le Lubala (Physical Exercise involving different body parts) Flash cards on body parts Both will be facilitated in the session	Moving & Doing: Bang Khela (Imitate and jump like a frog. Balancing skill and communication skill will increase)	Kissa: Colorful Birds (Co-created): Will be facilitated in the session Tin Foizzar Kissa (HPL): Will be given as Homework (A story about three friends and the moral is ‘everyone is equal’)	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity Process:

Draft Framework “Pashe Achhi Model”				1 st Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Physical & Motor Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity /Kissa) and draw pictures at home.

Draft Framework “P Ashe Achhi Model”				2 nd Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Social & Emotional Development – Eye & Hand coordination will Develop 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Cover your nose and mouth while coughing and sneezing with elbow. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight witheach each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Keep distance from others helps to protect yourself from those who are sick and help to prevent yourself from spreading the disease. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight witheach each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Messi Lega Minde (A Kabbya about functions of different Body Parts)	Moving & Doing ABCD Loar Kechi (A fun activity to strengthen the relationship between the mother and child)	Kissa: Dalim Kumar (Co-created): Will be facilitated in the session Duijon Poain o Lal Paike (HPL): Will be given as Homework (A story about two children & a red bird. The moral is to show kindness towards animals)	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				2 nd Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Social & Emotional Development – Eye & Hand coordination will Develop 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

Draft Framework “Pashe Achhi Model”				3 rd Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Social & Emotional Development – Cognitive Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Acknowledge your friends and neighbors with your words, a nod or a wave, but do not shake hands or hug them 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoijja Nogoijjum (We won't fight witheach each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Try to visit public spaces when there are less people and always wear a face covering when out in public 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoijja Nogoijjum (We won't fight witheach each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Tai Nai Sagu Sai (Learn about Burmese number 1-10) Repetition of Flash cards on Body parts	Moving & Doing Khushi Gori Guni (A fun activity of counting numbers from 1-10 using sound modulation)	Kissa: kawowa Edde Kup Paiker Kissa (HPL): Will be facilitated in the session (A story about a Crow & a Cuckoo. The moral is whatever we see may not always reflect the reality) Paike o hocchoper Kissa (HPL): Will be given as Homework (A story about birds & a turtle. The moral is to help others during difficult situation and to listen to the dear ones)	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				3 rd Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Social & Emotional Development – Cognitive Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

Draft Framework “P Ashe Achhi Model”				4 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Social & Emotional Development – Self Regulation Skills Will Develop 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Keeping your distance from others helps protect yourself from those who are sick and helps prevent you from spreading the disease. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Cover nose and mouth while coughing and sneezing with elbow. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Do Song (A Kabbya about school)	Moving & Doing Abajor Khela (A fun activity about the difference between high and low sound using sound modulation)	Kissa: Color of the Sky (Co-created): Will be facilitated in the session Paika o hocchoper Kissa (HPL): Will be given as Homework (A story about A Clever Fox & the moral of the story is 'Never trust everyone & always try to do the right choice)	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				4 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Social & Emotional Development – Self Regulation Skills Will Develop 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

Draft Framework “P Ashe Achhi Model”				5 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Social & Emotional Development – Physical Development – Cognitive Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Try visiting public spaces when there are less people and always wear a face covering out in public. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We’re brothers and sisters) – Ara Hoiija Nogoijjum (We won’t fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won’t tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Keep distance from others helps to protect yourself from those who are sick and helps to prevent you from spreading the disease. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We’re brothers and sisters) – Ara Hoiija Nogoijjum (We won’t fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won’t tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Manglaba (A Kabbya about respecting Teachers)	Moving & Doing Foizza Hodde (An interesting activity involving role-play on expressing various emotions) Flash cards on emotions	Kissa: I can Help (Co-created): Will be facilitated in the session Badshah Sulemaner Kissa (HPL): Will be given as Homework (A story is about King Solaiman. The moral is duty and devotion towards parents)	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				5 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Social & Emotional Development – Physical Development – Cognitive Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

Draft Framework “Pashe Achhi Model”				6 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Motor Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Wash your hands for more than 20 seconds 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight witheach each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Try to visit public spaces when there are less people and always wear a face covering out in public 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight witheach each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Pay Pay May May (A Kabbya about respecting parents)	Moving & Doing Thal Majuni (An activity using hands with a tune of Kabbya)	Kissa: Bura Mainsher Kissa (HPL): Will be facilitated in the session (A story about an old person. The moral is how to look after the elderly person) Raja Odde Rajar Puwar Kissa (HPL): Will be given as Homework (A story about a King and a Prince. The moral is that disobedience won't earn affection)	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				6 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Motor Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

Draft Framework “P Ashe Achhi Model”				7 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Cognitive Development – Able to learn counting numbers from 1-10 in Burmese 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Wash your hands for more than 20 seconds 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We’re brothers and sisters) – Ara Hoiija Nogoijjum (We won’t fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won’t tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Try to visit public spaces when there are less people and always wear a face covering out in public 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We’re brothers and sisters) – Ara Hoiija Nogoijjum (We won’t fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won’t tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Sa Sa Sadoung Kuye (A Kabbya about food hygiene practice and daily food routine)	Moving & Doing Poror Nombor Go Ki (A counting activity guessing the next number)	Kissa: Healthy Friends (Co-created): Will be facilitated in the session Tin Foizzar Kissa (HPL): Will be given as Homework (A story about two friends. The moral is the friend in need is friend indeed)	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				7 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Cognitive Development – Able to learn counting numbers from 1-10 in Burmese 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

Draft Framework “P Ashe Achhi Model”				8 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Cognitive Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Acknowledge your friends and neighbors with your words, a nod or a wave, but do not shake hands or hug them 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Keep distance from others helps to protect yourself from those who are sick and helps to prevent you from spreading the disease. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoiyyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Piya Taggalu Saggasu (A Kabbya about showing respect to everyone)	Moving & Doing Aai Gorit Pari (Imitating different body gestures and sounds)	Kissa: Fun with Friends (Co-created): Will be facilitated in the session Jailla ar boro machhor kissa (HPL): (It's a story of a fisherman where he respects and Keep words of his children) Will be given as Homework	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				8 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Cognitive Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

Draft Framework “P Ashe Achhi Model”				9 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Cognitive Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Cover your nose and mouth while coughing and sneezing with elbow. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoijja Nogoijjum (We won't fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoijyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Keep distance from others helps to protect yourself from those who are sick and helps to prevent you from spreading the disease. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social massage about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoijja Nogoijjum (We won't fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohoijyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya Sugalle (Seven days of the week)	Moving & Doing Jan achhe Jan nai (Children will learn about a Leaving and Non-leaving thing) Repetition of Flash cards on Emotions	Kissa Pira Odde Benbenir Kissa (HPL) (An interesting story of an ant and grasshopper about thinking on future) Will be facilitated in the session Kaker Kissa (HPL) (A story of a crow where the crow makes his success after a long trial) Will be given as Homework	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				9 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Motor Development – Cognitive Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

Draft Framework “P Ashe Achhi Model”				10 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Motor Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
Activity Time: 10 Minutes	Time to Say Hello Covid 19 Safety Messages: <ul style="list-style-type: none"> – Acknowledge your friends and neighbors with your words, a nod or a wave, but do not shake hands or hug them. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohooyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly) 	Time to Say Hello Covid 19 Safety Messages <ul style="list-style-type: none"> – Keep distance from others helps to protect yourself from those who are sick and helps to prevent you from spreading the disease. 	Time to Say Hello Social & Moral Values and Encourage Art Activity <ul style="list-style-type: none"> – Ask the child about drawing and appreciate him/her for it. – Give social message about loving and staying together. – Ara Beggun Bhai Bon (We're brothers and sisters) – Ara Hoiija Nogoijjum (We won't fight with each other) – Ara Mili Jhuli Taikkum (We will always stick together) – Ara Micha Kotha Nohooyum (We won't tell lies) – Ara boro re ijot goijjum (We will respect the elderly)
	Kabbya So So Tai (Importance to have a daily routine for a child)	Moving & Doing Si Si khela (An activity using hands with a tune of Kabbya)	Kissa Jailla Ar Boro Machor Kissa (A story about a fly and the moral is how a person should be careful before trusting other's and do the right choice. Because people can trick anytime) Buri Odde Uenor Kissa (HPL) (A story of an old women and a lice) Will be given as Homework	Free Choice Session 1 Activity a child will choose from the last 3 weeks activity.

Draft Framework “Pashe Achhi Model”				10 th Month
Content & Timing	Week 1	Week 2	Week 3	Week 4
Developmental Outcome	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Motor Development 	<ul style="list-style-type: none"> – Language Development – Social & Emotional Development 	<ul style="list-style-type: none"> – Language & Communication Development – Social & Emotional Development – Physical & Motor Development
	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to do Kabbya and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do Physical Activity and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Introduce the concept of drawing and encourage the child to draw picture on drawing book as per his/her choice. – Assure the child by saying “we’ll get back to you again and then we will listen about your drawing.” – Ask the mother to encourage the child to tell Kissa and draw pictures at home. 	<p>Goodbye/Closing Session:</p> <ul style="list-style-type: none"> – Encourage the child – Assure the mother by saying “we’ll get back to you again” – Ask the mother to encourage the child to do his/her favorite activity (Kabbya/ Physical Activity / Kissa) and draw pictures at home.

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Chapter

3-5 years aged children's home visit session

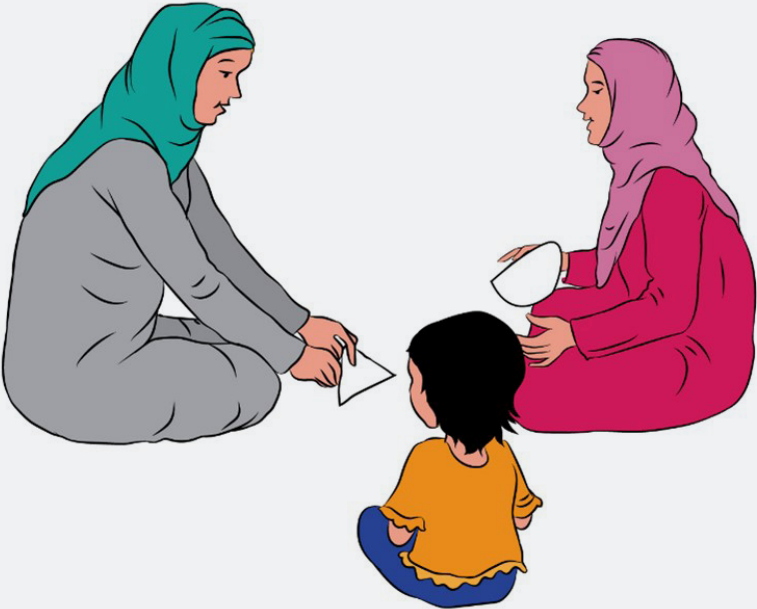


**First Year
for 3-5 Years Children**

1st Month

Time: 30 minutes

Home visit session**Conversation with the mother****Psychosocial Support (PSS)**

Objectives	Will be able to know each other and share the importance and ways of keeping own self well
Materials	Flower petal shaped paper (playleaders will do), fruit seeds
<p>Exchange Greetings Time: 3 minutes</p>	<ul style="list-style-type: none"> • Introduce yourself by greetings, and ask for her permission to come for regular sessions at her house from now on • Ask to know how the mother is and how everyone in her family is doing • Now explain to the mother, you will listen to any words of the mother with compassion and will not tell the words to anyone without her permission. If the mother herself feels comfortable, she can tell you anything on her mind • Tell, today we will get to know each other through a fun activity. Then, give the mother some flower petal shaped paper and you too. Say, we make a flower with as many petals as there are members of the family, imagining each flower petal as a member of the family. You first make the flower and tell who is in your family and how they are doing. Then ask to know from the mother 

My well-being**Understanding own mind,
Stay happy****Time:** 12 minutes

- Then tell the mother, from now on we will talk about our own likes and dislikes, what can be done to feel better and the child's growth etc
- Ask your mother how she usually spends her time throughout the day. What are some of these daily activities that the mother likes to do and are there things that make the mother feel upset when she does or something happens?
- Now ask the mother to think about the sky, "But the sky is not always the same. Sometimes the sky is bright with sunshine and sometimes it is dark and covered with dark clouds. Our state of mind is just like the sky. Many times, thoughts, restlessness or anger work in our mind and sometimes our mind is good, we are happy, we feel joy". Ask to know whether the matter agrees with the mother's own mind or not
- Listen to the answer and say, when our minds are unpleasant, our everyday work affects. We can do our best to maintain our mental wellness.
- Now, ask the mother to remember with some fruit seeds - each seed is a different way to take care of the mind. Now put one fruit seed on the ground and ask them to tell in what ways the mother takes care of the mind. In addition, ask about other ways to care for the mind and encourage the mother to practice the ways
- Now ask the mother to do a simple task, through which she can keep her mind good by remembering the good aspects or times of her life.

Simple task rules-

- First sit comfortably and slowly close your eyes
- Now take a long breath through the nose and hold it for some time and slowly exhale through the mouth (wait for a while).
- Now think of a good time spent with your family (mother (wait a moment)
- Think about the good times you had with everyone (wait a while)
- Think about how you felt then (wait a moment)
- Hold the feeling that is working in your mind for a while (wait for a while).



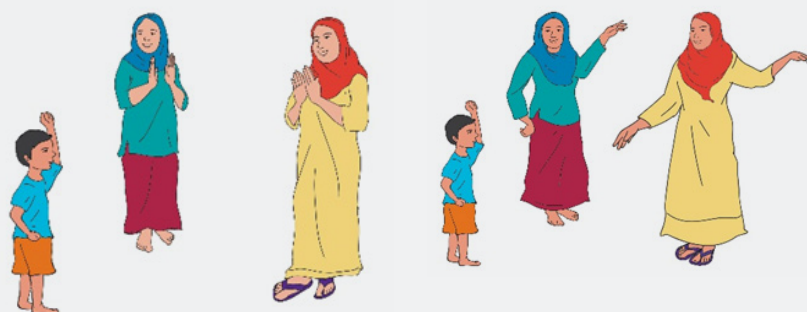
(Note: If a mother does not want to do the simple task, explain the rules and benefits of doing the simple task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going
- **Tell the mother and child the following about covid:**
Advise the mother and child to wash their hands thoroughly with soap and water for 20 seconds before and after to do any work
- Now tell the child, "Today we will recite the **"Gong Gong Gongle Lubala"** kabbya with fun."
- Stand in front with the child and request the mother to recite the kabbya with the child
- First, recite the kabbya with gestures
- Then, recite the kabbya a few times with the child
- Now encourage the child to recite the poem



Gong Gong

Gong gong gongle lubala,
Gong gong gongle lulaiba,
Banti banti pe pe sa (2)
Gong gong gongle luba kalaiba.
Pokkum pokkum pokle lubaila,
Pokkum pokkum pokle lulaiba
Banti banti pe pe sa (2)

- Praise the child by clapping for reciting the kabbya
- Now show the flashcards one by one to give the child an idea about the different parts of the body. Then ask the child to name the body parts and help if needed
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she have drawn
- Encourage the mother and child to recite the kabbya and to draw at home with their family.
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Let's Play

Kabbya

Time: 15 minutes

Second week

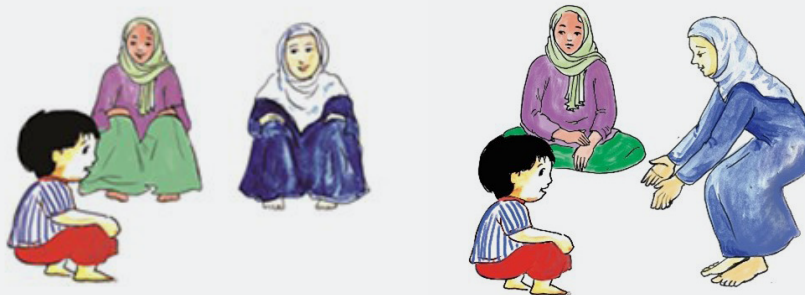
Let's Play and Talk

Let's Play

Moving and Doing

Time: 15 minutes

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**
 - *Aara beggun bhai bon*
 - *Aara hoijja nogoijjum*
 - *Aara milijhuli taikkum*
 - *Aara micha hota nohoiyyum*
 - *Aara boro re ijgot goijjum*



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Sit down with the child (child's name) and say, "Today we are going to do a fun activity called **"Bang Khela"**. Your mother will also do this activity with us."
- Ask the child and the mother to sit like a frog and help them if needed. Then tell the child, "When I say 1, 2, 3, you will jump like a frog."
- If the child falls while jumping, encourage him to jump again and ask the mother to help the child
- Praise the mother and child by clapping for participating and ask them to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

Let's Play and Talk

Let's Play

Kissa

Time: 15 minutes

- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:
In the present situation, when sneezing or coughing, the nose and mouth should be covered with a handkerchief or a clean cloth. If you do not have a handkerchief or a clean cloth, you should cover your face with the folds of your elbows while sneezing and coughing.

- Now sit with the mother and child at a certain distance and say, "Today we will have fun hearing a kissa called **Colorful Birds.**"



- Now show the book to the mother and child and have fun telling the story with gestures and tone of voice.
- **At the end of the story, ask the child the following questions:**
 - *What color birds are sitting on the branches?*
 - *How many birds are there in the story?*
- Tell the mother and child at the end of the story, "the story is quite funny! I really like that you have listened with your mind." Then ask Asma / Abdullah how does he/she like the Kissa



- Now encourage the child to share the "**Tin Foizzer Kissa**" of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the Kissa
- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**



- *Aara beggun bhai bon*
- *Aara hoijja nogoiijum*
- *Aara milijhuli taikkum*
- *Aara micha hota nohoiyyum*
- *Aara boro re ijot goijjum*

Let's Play

Free play

Time: 15 minutes




- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, "In the last three weeks we have done a kabbya **"Gang Gang"**, a play activity **"Frog Game"** and heard a story **"Colorful Bird"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Request the mother and child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

2nd Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	Will be able to know each other and share the importance and ways of keeping own self well
Materials	Flower petal shaped paper (playleaders will do), fruit seeds
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> • Introduce yourself by greetings, and ask for her permission to come for regular sessions at her house from now on • Ask to know how the mother is and how everyone in her family is doing • Now explain to the mother, you will listen to any words of the mother with compassion and will not tell the words to anyone without her permission. If the mother herself feels comfortable, she can tell you anything on her mind • Tell, today we will get to know each other through a fun activity. Then, give the mother some flower petal shaped paper and you too. Say, we make a flower with as many petals as there are members of the family, imagining each flower petal as a member of the family. You first make the flower and tell who is in your family and how they are doing. Then ask to know from the mother
My well-being understand my own mind stay happy Time: 12 minutes	<ul style="list-style-type: none"> • Then tell the mother, from now on we will talk about our own likes and dislikes, what can be done to feel better and the child's growth etc • Ask your mother how she usually spends her time throughout the day. What are some of these daily activities that the mother likes to do and are there things that make the mother feel upset when she does or something happens? • Now ask the mother to think about the sky, "But the sky is not always the same. Sometimes the sky is bright with sunshine and sometimes it is dark and covered with dark clouds. Our state of mind is just like the sky. Many times, thoughts, restlessness or anger work in our mind and sometimes our mind is good, we are happy, we feel joy". Ask to know whether the matter agrees with the mother's own mind or not 

- Listen to the answer and say, when our minds are unpleasant, our everyday work affects. We can do our best to maintain our mental wellness.
- Now, ask the mother to remember with some fruit seeds - each seed is a different way to take care of the mind. Now put one fruit seed on the ground and ask them to tell in what ways the mother takes care of the mind. In addition, ask about other ways to care for the mind and encourage the mother to practice the ways
- Now ask the mother to do a simple task, through which she can keep her mind good by remembering the good aspects or times of her life.

Simple task rules-

- First sit comfortably and slowly close your eyes
- Now take a long breath through the nose and hold it for some time and slowly exhale through the mouth (wait for a while).
- Now think of a good time spent with your family (mother (wait a moment)
- Think about the good times you had with everyone (wait a while)
- Think about how you felt then (wait a moment)
- Hold the feeling that is working in your mind for a while (wait for a while).



(Note: If a mother does not want to do the simple task, explain the rules and benefits of doing the simple task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- **Tell the following to the mother and child:**
In the present situation, when sneezing or coughing, the nose and mouth should be covered with a handkerchief or a clean cloth. If you do not have a handkerchief or a clean cloth, you should cover your face with the folds of your elbows while sneezing and coughing
- Now tell the child, "Today we will recite the **"Mesi Lega Minde"** kabbya with fun."
- Stand in front with the child and request the mother to recite the kabbya with the child.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Mesi Lega Minde

Mesi lega minde
Na lega sa de
Nagega lega suiade
Uno lega toeko
Pajje lega haka
Piyo piyo swing swing
Ti sang suja jo koe
Piyo sueng de

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

Let's Play

Social and Moral Values

Moving and Doing

Time: 15 minutes

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**
 - *Aara beggun bhai bon*
 - *Aara hoijja nogoijjum*
 - *Aara milijhuli taikkum*
 - *Aara micha hota nohoiyyum*
 - *Aara boro re ijot goijjum*



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Sit down with the child (child's name) and say, "Today we are going to do a fun activity called "A B C D Loar Kechi".
- Sit with the child and the mother then touch each finger of them and recite the following Kabbya,



A B C D Loar kechi
 Natom Boro Chion Kheti
 Ana Boro Kuishol Kheti
 O Shokhina Oth Oth
 Lamba Baigun Koot

- Ask them to fold that finger in which the kabbya will end and help them if needed. When all the fingers are folded, tell the child to ask, "Tomar Bilai Kode Giea" In reply, tell the mother to say, "Aam Gache Giea".
- Praise the mother and child by clapping for participating and ask them to do the activity at home.
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye.

Third week

Let's Play and Talk

- Thank the mother for taking so long with open mind and say the following with the mother and child:
- If someone is sick, stay away from him or her, so that the germs cannot spread around.
- Now sit in the story session with the mother and child keeping a certain distance and say, "Today we will listen to a funny story called **"Dalim Kumar"**".



- Now show the book to mother and child and read the entire story by turning the pages one by one, changing gestures and highering and lowering the voice.
- At the end of the story, ask the child the following questions:
 - Who did Elmo hear the story from?
 - Said, what was Dalim Kumar riding on a horse?
- At the end of the story, tell the mother and the child, the story is very funny! How did you like the story?



- Now encourage the child to tell the story of the lesson **"Duijon Poain O Lal Paike"** with other members of the house.
- Encourage the child to draw a picture of his/her choice with an artbook and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it.
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way and learn to speak very beautifully.
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Let's Play

Kissa

Time: 15 minutes

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing



- **Have fun with the mother and child saying the following sentences:**
 - *Aara beggun bhai bon*
 - *Aara hoijja nogoijjum*
 - *Aara milijhuli taikkum*
 - *Aara micha hota nohoiyyum*
 - *Aara boro re ijgot goijjum*



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya **"Mesi Lega Minde"**, a play activity **"A B C D Loar Kechi"** and heard a Kissa **"Dalim Kumar"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Request the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

Let's Play

Social and Moral Values

Free play


Time: 15 minutes

3rd Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	Can explain the importance of praising a child
Materials	Paper (Color Paper)
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Introduce yourself by greetings Ask to know how the mother is and how everyone in her family is doing
My wellbeing Praise the child, stay happy Time: 12 minutes	<ul style="list-style-type: none"> Tell the mother, in the last session we discussed the importance of taking care of the mind to keep own self well. Ask to know what the mother thinks about this now Then ask to know from the mother, after this discussion, what did the mother do for her own mind Tell the mother, today we will discuss the mother's well-being and the child's growth Then tell the mother, today we will do something fun. With mother's permission, first you take a piece of paper and hand it to mother Then tell the mother, the mother will make anything of her choice with this paper, along with mother, you will also make something of your choice with the paper of your hand. (Give colored paper if possible) When the work is done, thank the mother and praise her for what she made out of paper Now ask the mother how she felt after making the thing out of paper and how she felt after you praised her Listen to the mother and say, we feel very happy when someone appreciates us for something we do. Just like when we praise a work, we feel a lot of joy, so when we praise a child, the child also feels happy and the strength of the mind increases a lot. Ask the mother in what ways the child can be praised After listening to the mother tell, when the child hears good words from the mother, his/she trust and confidence in the mother increases, and the relationship between the mother and the child is better. 

Conversation with the mother and Child

First week

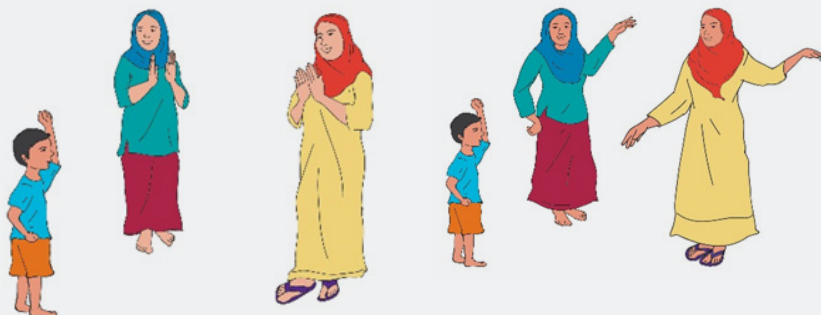
Let's Play and Talk

Let's Play

Moving and Doing

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going
- Tell the mother and child the following about covid:
When you meet with a neighbor or friend, offer a friendly wave to wish them well while keeping a social distance
- Now tell the child, "Today we will recite a kabbya with fun."
- The name of the kabbya is **"Tai nai sagu sai"**
- Stand in front with the child and request the mother to recite the kabbya with the child.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the Kabbya



Tai nai sagu sai

Tai nai sagu sai
Tom le motti dame
na, kru nassi pong
kunai siai tabbe sa
Kutasse krozame

- Praise the mother and child by clapping and encourage them to recite the poem
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she have drawn
- Encourage the mother and child to recite the kabbya and to draw at home with their family
- Tell the mother and the child (child's name) that you will meet them and say goodbye

Second week

Let's Play and Talk

Let's Play

Moving and Doing

Time: 15 minutes

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his drawing
- Have fun with the mother and child saying the following sentences:

Aara beggun bhai bon

Aara hoijja nogoijjum

Aara milijhuli taikkum

Aara micha hota nohoiyyum

Aara boro re ijot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults



- Sit down with the child (child's name) and say, "Today we are going to do a fun activity called **Khushi Gori Goni**". Your mother will also do this activity with us
- Sit with the child and the mother then count from 1 to 10 a few times. Encourage them to repeat after you
- Now clap and count from 1 to 10 and ask the child to repeat after you. Continue the activity in different ways for example, while standing in a place, while walking around, while speaking in a loud or soft voice
- Praise the mother and child by clapping for participating and ask them to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

Let's Play and Talk

Let's Play

Kissa

Time: 15 minutes

- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:

In the current situation, if you have to go out, you should go when fewer people are outside or you must wear a mask

- Now sit with the mother and child at a certain distance and say, today we will have fun hearing a kissa called **“Kawowa Odde Kup Paiker Kissa”**



- Have fun telling the story with gestures and tone of voice.
- At the end of the story, ask the child the following questions:
 - Can you tell me who lived in ponds and trees?
 - When the boys and girls threw stones, what did the turtle do?
- Tell the mother and child at the end of the story, “the story is quite interesting! I really like that you have listened with your mind.” Then ask Asma / Abdullah how does he/she like the story
- Now encourage the child to share the **“Paik Odde Hocchoper Kissa”** of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the story



- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his drawing
- Have fun with the mother and child saying the following sentences:



Aara beggun bhai bon
 Aara hoiija nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



Let's Play

Moving and Doing

Time: 15 minutes



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, in the last three weeks we have done a kabbya "**Tai nai sagu sai**", a play activity "**Khushi Gori Goni**" and heard a story "**Kawowa Odde Kup Paiker Kissa**". Which of these you do like the most and want to do today?
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Request the mother and child to do the kabbya /play activity /kissa with family members at home and encourage them about drawing
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

4th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to understand and identify one's own feelings, as well as how to control one's own emotions
Materials	A hand long thread or rope
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the conversation by saying hello and introduce yourself Ask the mother how she and her family are doing
<p>My wellbeing</p> <p>Think positively, Stay happy</p> <p>Time: 12 minutes</p>	<ul style="list-style-type: none"> Tell the mother, "In the last session we talked about how praising the child makes the child happy and strengthens the mind." After this discussion, ask if the mother has had an opportunity to praise her child for anything. Listen to the answer and thank her. Tell her that everyone feels joy, anger, sadness or fear. When something good happens to us, we feel happy and joyful, but when something bad happens, we get angry, sad, and worried. Today we will talk about the different aspects of good and bad feelings in the mind. <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> Ask the mother what things make her feel good and bad. Listen to mother's answer and tell - If our mind is good, our body feels light, our mind feels cheerful, and our interest in work improves. Similarly, when we are upset, our bodies begin to sweat, our throats become dry, our heads ache, our chest beats, and our hands and feet feel cold. Ask the mother how she feels in her body when she is happy or cheerful, and how she feels in her body when she is angry, sad, or upset.

- Tell the mother that when we are upset, we may look for ways to boost our moods rather than hiding them. This significantly reduces stress and gives peace.
- Then Say, now we'll do something that will help us find ways to keep our minds calm and well. Now, give the mother a hand length of thread or rope and take a rope or thread for yourself. Ask the mother to think about the ways in which she can bring peace to her mind when she is angry, sad or upset. Then, when she finds a way, ask her to tie the thread or rope. In this way, tell her to tie the thread or rope as many times as she can.
- When the knotting is finished, first show your knotted rope and tell the ways you found. Like that encourages the mother to say.
- Then he wants to know how the mother feels, thinking that the way to peace of mind lies with her

Simple task rules-

- First, sit comfortably
- Then, take a deep breath through the 'nose', hold it for some time and slowly breathe out through the mouth (wait for a while)



- The cold air from the surroundings enters the body while breathing and cools the entire body. Again, while exhaling, warm air exits the body, making the body light (wait for a while).
- Ask the mother how she felt doing the activity and encourage her to practice the activity later.

(Note: If the mother does not want to do the easy task, explain the rules and benefits of doing the easy task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going.
- Tell the mother and child the following about COVID:
In the current situation, if someone is unwell, stay away from them, so that the disease can not spread around
- Now tell the child, "Today we will recite the "Do Song" kabbya with fun"
- Stand in front of the child and request the mother to recite the kabbya with the child.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Let's Play

Kabbya

Time: 15 minutes

Do Song

Do song

Pingle mia pongdomi

Poo deng onglo si (2)

Nekra mae sueari long

Ga do satti song do song (2)

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second Week

Let's Play and Talk

Let's Play

Social and Moral Values

Moving and Doing

Time: 15 minutes

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- Have fun with the mother and child saying the following sentences:

Aara beggun bhai bon

Aara hoijja nogoijjum

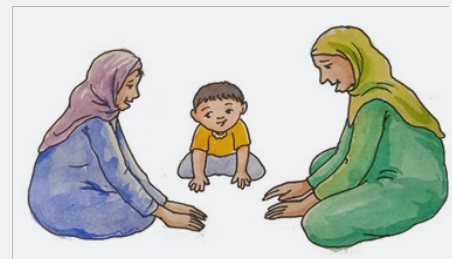
Aara milijhuli taikkum

Aara micha hota nohoiyyum

Aara boro re ijot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Sit with the child (child's name) and say, "Today we are going to do a fun activity called, '**Abajor Khela**'."



- Then tell, "First we will clap our hands softly and then we will clap our hands loudly."
- Now encourage the child to clap first slowly and then loudly. Ask the mother to play the clapping activity too.
- Similarly raise both hands up, and back and clap on the ground first slowly and then loudly. Keep playing like this until the child is happy.
- Applaud the mother and child for participating and ask them to play the activity at home another time.
- Ask the mother to encourage the child to draw. Say goodbye by saying see you again.

Third week

Let's Play and Talk

Let's Play

Kissa

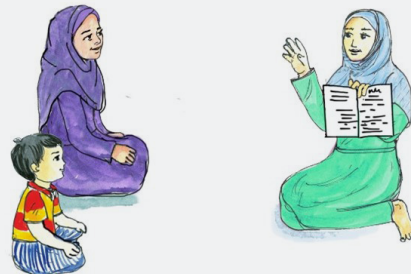
Time: 15 minutes

- Thank the mother for taking so long with an open mind and say the following with the mother and child:

In the present situation, while sneezing or coughing, nose and mouth should be covered with a handkerchief or clean cloth, and if a handkerchief or clean cloth is not nearby, the hands should be folded and cover the mouth in the fold of the elbow and sneeze and cough.



- Now sit in the story session with the mother and child keeping a certain distance and say, "Today we will listen to a funny story called **'Colour of the Sky'**"
- Now show the book to the mother and child and read the entire story by turning the pages one by one, changing gestures, and hiring and lowering the voice tone.



- At the end of the story, ask the child the following questions:
 - Can you tell what Elmo saw after waking up in the morning?
 - When did Rabeya and Elmo go outside to play?
- At the end of the story, tell the mother and the child, the story is very funny! How did you like the story?
- Now encourage the child to tell the story of the lesson "Chotur Sheyalar Kissa" with other members of the house
- Encourage the child to draw a picture of his/her choice with an art book and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way, and learn to talk nicely
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- Have fun with the mother and child saying the following sentences:



Aara beggun bhai bon
 Aara hoijja nogoiijum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijgot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya **"Do Song"**, a play activity **"Abazor Khela"** and heard a Kissa **"Colour of the Sky"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Request the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

Let's Play

Social and Moral Values


Free play

Time: 15 minutes

5th Month

Time: 30 minutes

Home visit session**Conversation with the mother**

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to know each other and share the importance and ways of keeping own self well
Materials	Flower petal shaped paper (play leaders will do), fruit seeds
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Introduce yourself by greetings, and ask for her permission to come for regular sessions at her house from now on Ask to know how the mother is and how everyone in her family is doing Now explain to the mother, you will listen to any words of the mother with compassion and will not tell the words to anyone without her permission. If the mother herself feels comfortable, she can tell you anything on her mind Tell, today we will get to know each other through a fun activity. Then, give the mother some flower petal shaped paper and you too. Say, we make a flower with as many petals as there are members of the family, imagining each flower petal as a member of the family. You first make the flower and tell who is in your family and how they are doing. Then ask to know from the mother
My wellbeing Understand own feelings, Stay happy Time: 12 minutes	<ul style="list-style-type: none"> Then tell the mother, from now on we will talk about our own likes and dislikes, what can be done to feel better and the child's growth etc Ask your mother how she usually spends her time throughout the day. What are some of these daily activities that the mother likes to do and are there things that make the mother feel upset when she does or something happens?  <ul style="list-style-type: none"> Now ask the mother to think about the sky, "But the sky is not always the same. Sometimes the sky is bright with sunshine and sometimes it is dark and covered with dark clouds. Our state of mind is just like the sky. Many times, thoughts, restlessness or anger work in our mind and sometimes our mind is good, we are happy, we feel joy". Ask to know whether the matter agrees with the mother's own mind or not

- Listen to the answer and say, when our minds are unpleasant, our everyday work affects us. We can do our best to maintain our mental wellness.
- Now, ask the mother to remember with some fruit seeds - each seed is a different way to take care of the mind. Now put one fruit seed on the ground and ask them to tell in what ways the mother takes care of the mind. In addition, ask about other ways to care for the mind and encourage the mother to practice the ways

Now ask the mother to do a simple task, through which she can keep her mind good by remembering the good aspects or times of her life.

Simple task -

- First sit comfortably and slowly close your eyes
- Now take a long breath through the nose and hold it for some time and slowly exhale through the mouth (wait for a while).
- Now think of a good time spent with your family (mother (wait a moment
- Think about the good times you had with everyone (wait a while)
- Think about how you felt then (wait a moment)
- Hold the feeling that is working in your mind for a while (wait for a while).



(Note: If a mother does not want to do the simple task, explain the rules and benefits of doing the simple task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- **Tell the mother and child the following about COVID:**
In the current situation, if you have to go outside, you should go when there are less people. And if you have to go out, you must wear a mask.
- Now tell the child, "Today we will recite the "**Manglaba**" kabbya with fun"
- Stand in front of the child and request the mother to recite the kabbya with the child.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Manglaba Kabbya

Mondo mendo sonkhowang

Apru pengu song

Minglaba serema

E ya e nusengga]

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- Have fun with the mother and child saying the following sentences:



Aara beggun bhai bon
 Aara hoiija nogoiijum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Stand with the child (child's name) and say, "Today we are going to do a fun activity called, **"Foizza Hodde"**."
- Show the flashcards one by one to give the child ideas about different feelings (laughter, crying, anger, sadness, surprise) and ask the child to name the different feelings.
- Now tell the child, "When I say 'laugh,' you will pretend to laugh. When I say 'cry,' you will pretend to cry." In this way, the child will act out different emotions like laughter, tears, anger, surprise etc.
- Then, ask the mother and child to carry forward and conduct the activity as she/he likes. Help the child if needed.
- Applaud the mother and child for participating and ask them to play the activity at home another time.
- Ask the mother to encourage the child to draw. Say goodbye by saying see you again.

Let's Play

Social and Moral Values

Moving and Doing

Time: 15 minutes

Third week

Let's Play and Talk

Let's Play

Kissa

Time: 15 minutes

- Thank the mother for taking so long with an open mind and say the following with the mother and child:

In the present situation, when sneezing or coughing, the nose and mouth should be covered with a handkerchief or a clean cloth. If you do not have a handkerchief or a clean cloth, you should cover your face with the folds of your elbows while sneezing and coughing



- Now sit in the story session with the mother and child keeping a certain distance and say, "Today we will listen to a funny story called **"I can Help"**."
- Now show the book to the mother and child and read the entire story by turning the pages one by one, changing gestures, and highering and lowering the voice tone.



- At the end of the story, ask the child the following questions:
 - Why Elephant was happy?
 - How can we help our families?
- At the end of the story, tell the mother and the child, the story is very funny! How did you like the story?
- Now encourage the child to tell the story of the lesson "Badsha Sulemaner Kissa" with other members of the house
- Encourage the child to draw a picture of his/her choice with an art book and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way, and learn to talk nicely
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**



Aara beggun bhai bon
 Aara hoiija nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum

Let's Play

Kissa

Time: 15 minutes




- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya **"Manglaba"**, a play activity **"Foizza Hodde"** and heard a Kissa **"I can Help"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Request the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

6th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to tell the importance of giving rewards to the child
Materials	Not required
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the conversation by saying hello and introduce yourself Ask the mother how she and her family are doing
My wellbeing Reward the child, Stay happy Time: 12 minutes	<ul style="list-style-type: none"> In light of the previous session's discussion topic, we discussed the relation between good and bad feelings in the body, as well as ways to keep the mind happy. Ask the mother what she thinks about this now Ask the mother if these discussion topics were useful in her everyday life Tell the mother that today you will talk about how the child grows up well and how the relationship with the child will be better. Giving a child a reward for any work makes the child happy and increases the child's motivation. Ask the mother what she thinks about this matter Praise the mother and say, Rewards do not have to be a gift or a thing. Reward can be to let the baby do something he likes or to extend the time of his favorite work (For example: Play), spending time or play with the child and make flowers, toys with papers or old things in the house. Ask the mother what she thinks about this Address the mother with an incident from everyday life. Now ask your mother to think, she made a 'Katha' or something by her own hand designing, which was appreciated by her family members. They bought her more tools for sewing. Now ask her how she would feel After hearing the mother's answer tell her that we feel very happy when we get a reward for our work and our interest in doing it increases. In the same way, children became very happy when they get rewards for their work. They do the work with joy, the interest in doing other things increase and their relationship with us becomes better Ask the mother how the child can be rewarded for any work by her. Listen to the mother's answer and encourage the mother to give child a reward for any work Tell that just like that when the children feel happy, the mother also feel happy and peace 

Conversation with the mother and Child

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- **Tell the mother and child the following about COVID:**
Keeping your distance from others helps protect yourself from those who are sick and helps prevent you from spreading the disease
- Now tell the child, "Today we will recite a kabbya with fun."
- The name of the kabbya is **"Pay Pay May May"**
- Stand with the child to recite the kabbya
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now ask the child to recite the Kabbya



Pay Pay May May

Pay pay may may

Maa baa je

May may sesga

Are ta

Pay pay segga

Salle sa

- Praise the child by clapping and encourage him/her to recite the poem
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she have drawn
- Encourage the mother and child to recite the kabbya and to draw at home with their family
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijgot goijjum

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Sit down with the child (child's name) and say, "Today we are going to do a fun activity called Thal Majuni. Your mother will also do this activity with us"

Let's Play

Moving and Doing

Time: 15 minutes



- Now ask the child & mother to put their hands on the floor and you will touch each others hand by saying, "Sal Bodni, Sal Bodni khittara" and after saying this ask the child to turn their palms up.
- Again touch Child & mother hands and say, "Sal Bodoni, Sal Bodoni Khuttara" and ask them to press all their fingertips against the floor.
- Ask the child to put their hands on the hands of the mother next to him while reciting, "Si Si Naijgel Gacher Khuttakhuri, Ai Shiallar Konde Dhori"
- When they finish reciting, ask them to hold their ears
- Praise the mother and child by clapping for participating and ask the child to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

Let's Play and Talk

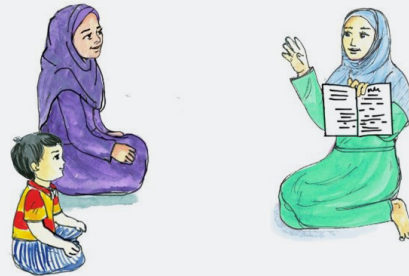
- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:

Try to visit public spaces when there are less people and always wear a face covering out in public

- Now sit with the child at a certain distance and say, today we will have fun hearing a kissa called **“Ugga Bura Mainsher Kissa”**



- Have fun telling the story with gestures and tone of voice.
- At the end of the story, ask the child the following questions:
 - Who helped the old man to repair his house?
 - What did his wife cooked for everyone?
- Tell the child at the end of the story, “the story is quite interesting! I really like that you have listened with your mind.” Then ask Asma / Abdullah how does he/she like the story



- Now encourage the child to share the **“Raja Odde Rajar Puwar Kissa”** of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the story
- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Let's Play

Kissa Kissa

Time: 15 minutes

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his drawing

Have fun with the mother and child saying the following sentences:



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum

Let's Play

Free play

Time: 15 minutes




- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, in the last three weeks we have done a kabbya **“Pay Pay May May”**, a play activity **“Thal Majuni”** and heard a story **“Ogga Bura Mainsher Kissa”**. Which of these you do like the most and want to do today?
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Request the mother and child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

7th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to identify good aspects of oneself and emphasize the importance of self-appreciation
Materials	Paper, color pencils
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the conversation by saying hello and introduce yourself Ask the mother how she and her family are doing
My wellbeing Know the good sides, Stay happy Time: 12 minutes	<ul style="list-style-type: none"> Tell the mother that in the last session we talked about how the child is very happy when he receives a reward and does anything with pleasure. After this conversation, ask the mother whether she had any opportunities to award the child for anything After listening to the answer, Thank the mother and say, “Now we will listen to a story.” Halima is 25 years old and has 3 children. She cooks for the family every day, looks after everyone, and focuses the needs of everyone in the family. Despite this, Halima makes time for self-care. Now ask the mother the following questions- <ul style="list-style-type: none"> What does Halima do the whole day? Which of Halima’s works matches to yours? Listen carefully to the mother and find out how she feels when someone praises her for these works 

- Listen to the mother's answer and say, we all have some good sides but many of us do not know about our good sides. Knowing the good aspects and working with self-belief increases the good feeling
- Tell the mother, "Now we're going to do something exciting." Then give a paper and pencil and ask her to find one of her good deeds/qualities, and draw a round (O) mark for each. The mother will circle as many good deeds/qualities as she finds
- Now find out the following question's answer
 - Which good deed/quality did she give the mark for?
 - Did she praise herself for this good deed/quality?
- Listen to the mother's answer and say that we all have good qualities that we may find and appreciate ourselves to love ourselves more. Ask mothers to do an easy task with you and say that this easy task will help us keep our minds calm and well

Simple task rules -

- First, sit comfortably
- Then, take a deep breath through the 'nose', hold it for some time and slowly breath out through the mouth (wait for a while)
- Recall a moment when you had the chance to do something you enjoyed (wait for a while)
- How did you feel when you were able to do something you were interested about? (Wait for a while)
- Hold this feeling in your mind for a while (wait for a while)
- Ask the mother how she felt doing the exercise and encourage her to practice this activity later



(Note: If the mother does not want to do the easy task, explain the rules and benefits of doing the easy task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- Tell the mother and child the following about COVID:
Keeping your distance from others helps protect yourself from those who are sick and helps prevent you from spreading the disease.
- Now tell the child, "Today we will recite the **Sa Sa Sagoug Kuea** kabbya with fun"
- Stand in front of the child and request the mother to recite the kabbya with the child.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Sa Sa Sadong Kuea

Sa Sa sadong kuea
 Lasse jaya may
 Lay go chin chin se
 Semarene e uiea de
 Tuppe sabo may may k
 Masse k
 Lasse ja jo n
 Hay lasse ja jo n
 Tuppe pio tuppe pio

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



Let's Play

Moving and Doing

Time: 15 minutes

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Sit with the child (child's name) and say, "Today we are going to do a fun activity called **"Poror Nombor Go Ki?"**. Your mother will also do this activity with us."
- Now count the Burmese numbers from 1 to 10 and ask the child to count along with you. Do this for a few times
- This time, throw a ball to the child after counting 1. The child will say the next number and throw the ball to the mother. the mother will say the next number (in this case 3), and throw the ball to her.
- Like this, keep playing the game with numbers up to 10
- Now show the flashcards one by one to give the child ideas about different feelings (laughter, crying, anger, sadness, surprise). Then ask the child to name the different feelings. Help them if needed.
- Praise the mother and child by clapping for participating and ask them to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

Let's Play and Talk

- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:

Cover your nose and mouth while coughing and sneezing with elbow



- Now sit with the mother and child at a certain distance and say, "Today we will have fun hearing a kissa called **Healthy Friends**".
- Now show the book to the mother and child and have fun telling the story with gestures and tone of voice.



Let's Play

Kissa

Time: 15 minutes

- **At the end of the story, ask the child the following questions:**
 - *How Raya, Elmo an Tala wash their hands?*
 - *When do they wash their hands?*
- Tell the mother and child at the end of the story, "the story is quite funny! I really like that you have listened with your mind." Then ask Asma / Abdullah how does he/she like the Kissa
- Now encourage the child to share the "**Tin Foizzar Kissa**" of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the Kissa
- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, "In the last three weeks we have done a kabbya **"Sa Sa Sagoug Kuea"**, a play activity **"Poror Nombor Go Ki?"** and heard a story **"Healthy Friends"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Request the mother and child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Let's Play

Free play


Time: 15 minutes

8th Month

Time: 30 minutes

Home visit session

Conversation with the mother

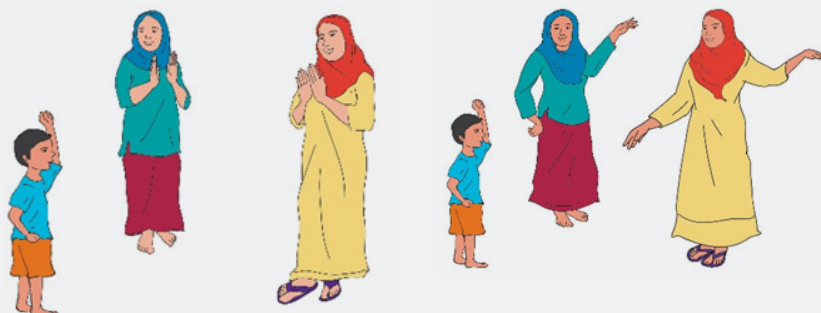
Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to know the importance of explaining to the child with affection
Materials	Not required
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the conversation with greetings Ask the mother how she and her family are doing
<p>My wellbeing</p> <p>Explain to the child with affection, Stay happy</p> <p>Time: 12 minutes</p>	<ul style="list-style-type: none"> Tell the mother that, in the last session we discussed the importance of self-praising for our own good work/quality and how we can stay well by doing the easy task. Ask the mother what she thinks about it Now ask, in the previous days if the mother had any chance to praise herself after doing any work Tell the mother that, today we will talk about the good relationship between mother and child At first, tell the mother to imagine a situation in mind that, she wants to go to a relative's house but the child's father directly says no/prohibits her. Ask the mother how she will feel then Listen to the answer empathetically, and ask her to think about the same situation a bit differently, after saying that she wants to go to the relative's house the child's father nicely explains to her for what reason he does not want her to go today, how she would feel then Listen to the answer and say, sometimes it happens that the child wants something or wants to do something which cannot be given at that time. Ask the mother what she does when her child does anything like that. Now tell her that, in such a situation if we get directly prohibited, we feel bad, the same way children also feel sad or become angry, stubborn, and cry. Ask the mother what she thinks about this topic. Listen to the answer and say, when the child makes such a demand, then we can explain to the child with love for what reason it cannot be fulfilled at that time. This way, the child learns to understand the situation better without being sad. At the same time, the child's respect and trust in us increase. Ask the mother how she can make her child understand in such a situation. Then tell, when the children listen to us and understand we feel peaceful and happy. 

Conversation with the mother and Child

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going.
- Tell the following to the mother and child:
When you meet with a neighbor or friend, offer a friendly wave to wish them well while keeping a social distance
- Now tell the child, "Today we will recite the **"Piya Taggalu Saggasu"** kabbya with fun."
- Stand in front with the child and request the mother to recite the kabbya with the child.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Let's Play

Kabbya

Time: 15 minutes

Piya Taggalu Saggasu

Taio sagga

Taio nama

Makka ra ong

Taddi song ruea

Mongdu sule

Piya saggalu sulaje

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**

**Aara beggun bhai bon**

Aara hoiija nogoijjum

Aara milijhuli taikkum

Aara micha hota nohoiyyum

Aara boro re ijgot goijjum



Let's Play

Social and Moral Values

Moving and Doing

Time: 15 minutes

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Stand with the child (child's name) and say, "Today we are going to do a fun activity called **"Aai Gorit Pari"**.
- Now say and show the child "I can stand straight". Ask him/her to follow you.
- In the same way say and show the following actions like- I can spin, I can walk in place, I can dance while standing etc.
- Now ask the child to continue the activity. Help if needed
- Praise the mother and child by clapping for participating and ask them to do the activity at home.
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye.

Third week

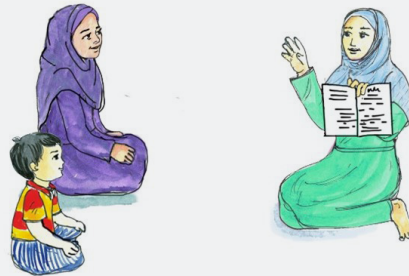
Let's Play and Talk

- Thank the mother for taking so long with open mind and say the following with the mother and child:

If someone is sick, stay away from him or her, so that the germs cannot spread around.



- Now sit in the story session with the mother and child keeping a certain distance and say, "Today we will listen to a funny story called '**Fun with Friends**'."
- Now show the book to mother and child and read the entire story by turning the pages one by one, changing gestures and highering and lowering the voice.



Let's Play

Kissa

Time: 15 minutes

- At the end of the story, ask the child the following questions:
 - How did Tala make the ball?
 - With what we could wash our hands?
- At the end of the story, tell the mother and the child, the story is very funny! How did you like the story?
- Now encourage the child to tell the story of the lesson "**Jailla ar Boro Machhor Kissa**" with other members of the house.
- Encourage the child to draw a picture of his/her choice with an artbook and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it.
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way and learn to speak very beautifully.
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- Have fun with the mother and child saying the following sentences:



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



Let's Play

Kissa

Time: 15 minutes



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya "Piys Taggalu Saggasu", a play activity "Aai Gorit Pari" and heard a Kissa "Fun with Friends". Which of these do you like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Request the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

9th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to tell the importance of positive thinking
Materials	Not required
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the session with greetings Ask the mother how she and her family are doing
My wellbeing Think positively, Stay well Time: 12 minutes	<ul style="list-style-type: none"> Tell the mother that, today we will discuss how to stay calm in any situation by positive thinking. Tell the mother that, in the last session we discussed that if we explain to the child with affection, he/she understands the situation better without being sad. Ask the mother what she thinks about this topic. Listen to the mother's answers. Now describe a situation to the mother. Ayesha is a mother. Her children will eat rice and fish today at lunch; therefore, her husband has to go to the market to get fish but it is not possible to go outside as it is raining heavily. She is worried about what to cook, and how to feed the children without fish. Storms and rains didn't get time to come, it always happens to me when I need it, I am very angry thinking about it. Then Ayesha's mother-in-law said, you are a bit too worried about everything. Just think, are the storms and rains in someone's hands? What will be the harm if fish is not eaten today? Think about how you can continue today's meal with what is available in the house for now. Ayesha thought- that's right, I have not thought of it this way! Then Ayesha got some peace of mind. Ask the mother what thought has come to her mind after listening to this story. <div style="text-align: center;">   </div>

- After listening to the answer, ask the mother what she usually does when she is in a situation like this. Also, ask her what she thinks could be a better or alternative way of thinking in such a situation.
- Tell, in a difficult situation, alternative or positive thinking makes decision-making and problem-solving easier.
- Then tell us, now we will do an easy task that helps to keep our mind calm.

Simple task rules –

- First sit comfortably.
- Take a deep breath through the ‘nose’, hold it for some time, and slowly breathe out through the mouth (wait for a while).
- Now think of a good quality of yourself (wait for a while).
- Then think of a time when you did something good by using this quality (wait for a while).
- How did you feel at that time? (Wait for a while).
- Hold the good feeling that is working in your mind for some time (wait for a while).
- Ask how the mother felt doing this activity and encourage her to practice this activity later.



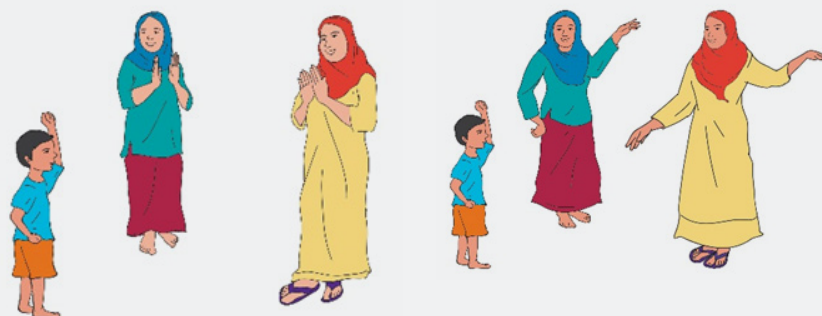
(Note: If the mother does not want to do the easy task, explain the rules and benefits of doing the easy task nicely without forcing her).

Conversation with the mother

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going.
- Tell the mother and child the following about COVID:
Cover your nose and mouth while coughing and sneezing with elbow
- Now tell the child, "Today we will recite the **Sugelle** kabbya with fun"
- Stand in front of the child and request the mother to recite the kabbya with the child.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures



Let's Play

Kabbya

Time: 15 minutes

Sugelle

Tenna guni tenna la
Sugelle kuten ta
Angga buddu hoo
Sugelle takku ku
Krasa boddi S cra
Sugelle may mella
Senni ma molla A
Sugelle pelu soa

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



Let's Play

Moving and Doing

Time: 15 minutes

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Sit with the child (child's name) and say, "Today we are going to do a fun activity called **Jan ache jan nai**". Your mother will also do this activity with us."
- Now sit with them and discuss about Jib (living things) and joro (non-living things). Tell them living things are alive and they can move. Non-living things don't have life and they cannot move
- Now tell the children that when you will say the name of anything which is joro (non living thing) then he/she will not move
- And when you say the name of anything which is jib (living thing) then the child will pretend to be that think move accordingly
- Continue the activity in the same way for a few times.
- After that show the flashcards on emotions one by one to give the child ideas about different feelings (laughter, crying, anger, sadness, surprise). Then ask to name the different feelings and help if needed
- Praise the mother and child by clapping for participating and ask them to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

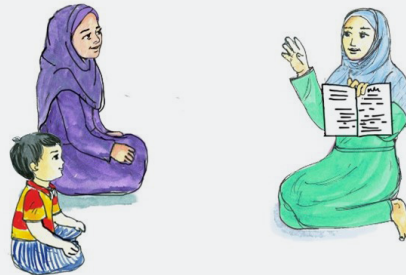
Let's Play and Talk

- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:

If someone is sick, stay away from him or her, so that the germs cannot spread around.



- Now sit with the mother and child at a certain distance and say, "Today we will have fun hearing a kissa called **"Pira Odde Benbenir Kissa"**."
- Now show the book to the mother and child and have fun telling the story with gestures and tone of voice.



Let's Play

Kissa

Time: 15 minutes

- **At the end of the story, ask the child the following questions:**
 - Where are the ants and grasshoppers living?
 - Why was the ant storing the food?
- Tell the mother and child at the end of the story, "the story is quite funny! I really like that you have listened with your mind." Then ask Asma / Abdullah how does he/she like the Kissa
- Now encourage the child to share the **"Kaker Kissa"** of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the Kissa
- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (*child's name*) that you will meet them and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijgot goijjum

Let's Play

Kissa

Time: 15 minutes





- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, "In the last three weeks we have done a kabbya "Sugalle", a play activity "Jan Ache Jan Nai" and heard a story "Pipre O Foringer Kissa". Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Request the mother and child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

10th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to talk about the importance of a child's cognitive development and establish strong relationships by encouraging and supporting the children in learning new things.
Materials	Not required
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the session with greetings Ask the mother how she and her family are doing
My wellbeing Encourage and support the child to do the new tasks, Stay happy Time: 12 minutes	<ul style="list-style-type: none"> In light of the last discussion topic, tell that - we discussed that alternative or positive thinking in difficult situations makes decision-making and problem-solving easier. After discussing the last session, ask the mother what she thinks about this now. Now ask the mother, after this discussion if the mother got a chance to think positively or alternatively in her daily life and if it was helpful to think positively. Tell that today we will discuss a new topic of developing a good relationship between mother & child, and child development.  Then tell, usually children often try to do things by themselves, such as eating their own food, dressing up, tidying up their own things, etc. Ask the mother what such tasks her child does.  Now ask what the mother tells or does when her child tries to do any work by himself/herself. After listening to the answer say that if we think this way-planting some vegetable plants near our house and after a few days the plants grow into a small garden, how would the mother feel after doing such nice work by her own decision? Tuning with the mother's words, say that children are just as happy as we are when we do something for ourselves. Sometimes when children try to do something on their own, we usually think that they might not be able to do it. Ask the mother, how we can give the child more courage at that time instead of saying, "You cannot, or do not do it." Listen to the answer and say, this helps the child to strengthen his mind, learn to take responsibility for his own work, and make decisions, which is very important for the development of the child. And when the child will get courage and support from us, his relationship with us will become stronger.

Conversation with the mother

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- **Tell the following to the mother and child:**
When you meet with a neighbor or friend, offer a friendly wave to wish them well while keeping a social distance
- Now tell the child, "Today we will recite the **"So So Tai"** kabbya with fun."
- Stand in front with the child and request the mother to recite the kabbya with the child.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



So So Tai

So so tai sowa tai
Miyana sai erasi
Assa assa pollo song
Auwai le sontowa
Sompri mibaku
Kejja resu
Iya ja sai
Sakre sowai tai
Era wa

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the mother and child saying the following sentences:**



Aara beggun bhai bon

Aara hoijja nogoijjum

Aara milijhuli taikkum

Aara micha hota nohoiyyum

Aara boro re ijgot goijjum



Let's Play

Kabbya

Time: 15 minutes

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Stand with the child (child's name) and say, "Today we are going to do a fun activity called Si Si Khela. Your mother will also do the activity with us"
- Now ask the child to place his/her palms on the tops of the hands of yours.
- Ask the child to swing hands while reciting "**Si Si Hangkruth**"
- After that ask the child to hold ears. In this way continue the activity a few times
- Praise the mother and child by clapping for participating and ask them to do the activity at home.
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye.

Third week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Thank the mother for taking so long with open mind and say the following with the mother and child:

If someone is sick, stay away from him or her, so that the germs cannot spread around.



- Now sit in the story session with the mother and child keeping a certain distance and say, "Today we will listen to a funny story called **Jailla Ar Boro Machor Kissa.**"
- Tell the whole kissa by changing gestures and highering and lowering the voice.



- At the end of the story, ask the child the following questions:
 - For whom does the fisherman catch fish?
 - Said, what was Dalim Kumar riding on a horse?
- At the end of the story, tell the mother and the child, the story is very funny! How did you like the story?
- Now encourage the child to tell the story of the lesson "**Buri Odde Uenor Kissa**" with other members of the house.
- Encourage the child to draw a picture of his/her choice with an artbook and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it.
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way and learn to speak very beautifully.
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- Have fun with the mother and child saying the following sentences:



Aara beggun bhai bon

Aara hoijja nogoijjum

Aara milijhuli taikkum

Aara micha hota nohoiyyum

Aara boro re ijgot goijjum

Let's Play

Kabbya

Time: 15 minutes



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya "So So Tai", a play activity "Si Si Khela" and heard a Kissa "Jailla Ar Boro Machor Kissa". Which of these do you like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Request the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

Chapter **2**

3-5 years aged children's home visit session

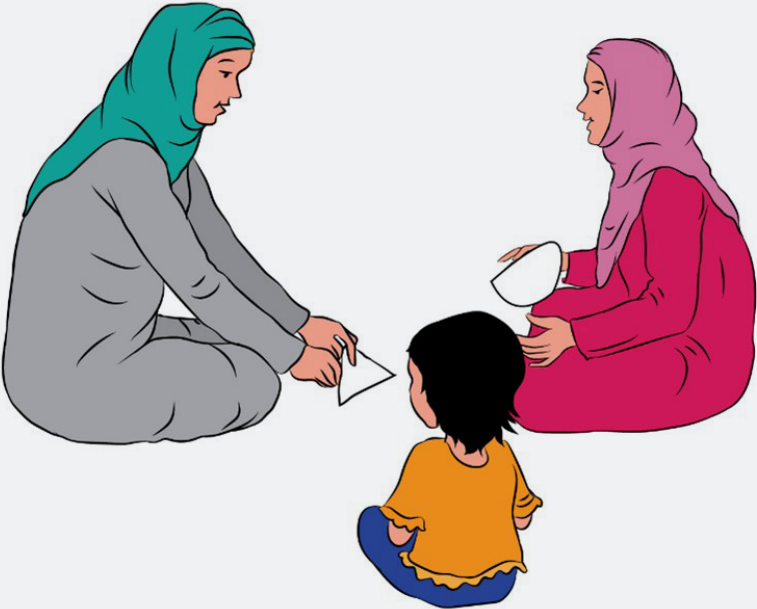


**Second Year
for 3-5 Years Children**

1st Month

Time: 30 minutes

Home visit session**Conversation with the mother****Psychosocial Support (PSS)**

Objectives	Will be able to know each other and share the importance and ways of keeping own self well
Materials	Flower petal shaped paper (playleaders will do), fruit seeds
<p>Exchange Greetings Time: 3 minutes</p>	<ul style="list-style-type: none"> • Introduce yourself by greetings, and ask for her permission to come for regular sessions at her house from now on • Ask to know how the mother is and how everyone in her family is doing • Now explain to the mother, you will listen to any words of the mother with compassion and will not tell the words to anyone without her permission. If the mother herself feels comfortable, she can tell you anything on her mind • Tell, today we will get to know each other through a fun activity. Then, give the mother some flower petal shaped paper and you too. Say, we make a flower with as many petals as there are members of the family, imagining each flower petal as a member of the family. You first make the flower and tell who is in your family and how they are doing. Then ask to know from the mother 

My well-being**Understanding own mind,
Stay happy****Time:** 12 minutes

- Then tell the mother, from now on we will talk about our own likes and dislikes, what can be done to feel better and the child's growth etc
- Ask your mother how she usually spends her time throughout the day. What are some of these daily activities that the mother likes to do and are there things that make the mother feel upset when she does or something happens?
- Now ask the mother to think about the sky, "But the sky is not always the same. Sometimes the sky is bright with sunshine and sometimes it is dark and covered with dark clouds. Our state of mind is just like the sky. Many times, thoughts, restlessness or anger work in our mind and sometimes our mind is good, we are happy, we feel joy". Ask to know whether the matter agrees with the mother's own mind or not
- Listen to the answer and say, when our minds are unpleasant, our everyday work affects. We can do our best to maintain our mental wellness.
- Now, ask the mother to remember with some fruit seeds - each seed is a different way to take care of the mind. Now put one fruit seed on the ground and ask them to tell in what ways the mother takes care of the mind. In addition, ask about other ways to care for the mind and encourage the mother to practice the ways
- Now ask the mother to do a simple task, through which she can keep her mind good by remembering the good aspects or times of her life.

Simple task rules-

- First sit comfortably and slowly close your eyes
- Now take a long breath through the nose and hold it for some time and slowly exhale through the mouth (wait for a while).
- Now think of a good time spent with your family (mother (wait a moment)
- Think about the good times you had with everyone (wait a while)
- Think about how you felt then (wait a moment)
- Hold the feeling that is working in your mind for a while (wait for a while).



(Note: If a mother does not want to do the simple task, explain the rules and benefits of doing the simple task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going
- **Tell the child the following about covid:**
Advise the mother and child to wash their hands thoroughly with soap and water for 20 seconds before and after to do any work
- Now tell the child, "Today we will recite the **"Gong Gong Gongle Lubala"** kabbya with fun."
- Stand with the child and ask to recite the kabbya
- First, recite the kabbya with gestures
- Then, recite the kabbya a few times with the child
- Now encourage the child to recite the poem



Let's Play

Kabbya

Time: 15 minutes

Gong Gong

Gong gong gongle lubala,
Gong gong gongle lulaiba,
Banti banti pe pe sa (2)
Gong gong gongle luba kalaiba.
Pokkum pokkum pokle lubaila,
Pokkum pokkum pokle lulaiba
Banti banti pe pe sa (2)

- Praise the child by clapping for reciting the kabbya
- Now show the flashcards one by one to give the child an idea about the different parts of the body. Then ask the child to name the body parts and help if needed
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she have drawn
- Encourage the child to recite the kabbya and to draw at home with their family.
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Second week

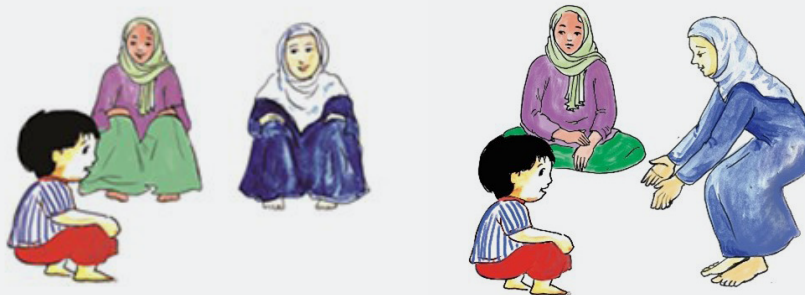
Let's Play and Talk

Let's Play

Moving and Doing

Time: 15 minutes

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the child saying the following sentences:**
 - *Aara beggun bhai bon*
 - *Aara hoijja nogoijjum*
 - *Aara milijhuli taikkum*
 - *Aara micha hota nohoiyyum*
 - *Aara boro re ijgot goijjum*



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Sit down with the child (child's name) and say, "Today we are going to do a fun activity called **Bang Khela.** "
- Ask the child to sit like a frog and help them if needed. Then tell the child, "When I say 1, 2, 3, you will jump like a frog."
- If the child falls while jumping, encourage him to jump again and help if needed
- Praise the child by clapping for participating and ask them to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

Let's Play and Talk

Let's Play

Kissa

Time: 15 minutes

- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:
In the present situation, when sneezing or coughing, the nose and mouth should be covered with a handkerchief or a clean cloth. If you do not have a handkerchief or a clean cloth, you should cover your face with the folds of your elbows while sneezing and coughing.
- Now sit with the child at a certain distance and say, "Today we will have fun hearing a kissa called **Colorful Birds.**"



- Now show the book to the mother and child and have fun telling the story with gestures and tone of voice.
- **At the end of the story, ask the child the following questions:**
 - *What color birds are sitting on the branches?*
 - *How many birds are there in the story?*
- Tell the child at the end of the story, "the story is quite funny! I really like that you have listened with your mind." Then ask Asma / Abdullah how does he/ she like the Kissa



- Now encourage the child to share the "**Tin Foizzer Kissa**" of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the Kissa
- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- **Have fun with the child saying the following sentences:**



- *Aara beggun bhai bon*
- *Aara hoijja nogoijjum*
- *Aara milijhuli taikkum*
- *Aara micha hota nohoiyyum*
- *Aara boro re ijot goijjum*

Let's Play

Free play

Time: 15 minutes




- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, "In the last three weeks we have done a kabbya "**Gang Gang**", a play activity "**Frog Game**" and heard a story "**Colorful Bird**". Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

2nd Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	Will be able to know each other and share the importance and ways of keeping own self well
Materials	Flower petal shaped paper (playleaders will do), fruit seeds
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Introduce yourself by greetings, and ask for her permission to come for regular sessions at her house from now on Ask to know how the mother is and how everyone in her family is doing Now explain to the mother, you will listen to any words of the mother with compassion and will not tell the words to anyone without her permission. If the mother herself feels comfortable, she can tell you anything on her mind Tell, today we will get to know each other through a fun activity. Then, give the mother some flower petal shaped paper and you too. Say, we make a flower with as many petals as there are members of the family, imagining each flower petal as a member of the family. You first make the flower and tell who is in your family and how they are doing. Then ask to know from the mother
My well-being understand my own mind stay happy Time: 12 minutes	<ul style="list-style-type: none"> Then tell the mother, from now on we will talk about our own likes and dislikes, what can be done to feel better and the child's growth etc Ask your mother how she usually spends her time throughout the day. What are some of these daily activities that the mother likes to do and are there things that make the mother feel upset when she does or something happens? Now ask the mother to think about the sky, "But the sky is not always the same. Sometimes the sky is bright with sunshine and sometimes it is dark and covered with dark clouds. Our state of mind is just like the sky. Many times, thoughts, restlessness or anger work in our mind and sometimes our mind is good, we are happy, we feel joy". Ask to know whether the matter agrees with the mother's own mind or not 

- Listen to the answer and say, when our minds are unpleasant, our everyday work affects. We can do our best to maintain our mental wellness.
- Now, ask the mother to remember with some fruit seeds - each seed is a different way to take care of the mind. Now put one fruit seed on the ground and ask them to tell in what ways the mother takes care of the mind. In addition, ask about other ways to care for the mind and encourage the mother to practice the ways
- Now ask the mother to do a simple task, through which she can keep her mind good by remembering the good aspects or times of her life.

Simple task rules-

- First sit comfortably and slowly close your eyes
- Now take a long breath through the nose and hold it for some time and slowly exhale through the mouth (wait for a while).
- Now think of a good time spent with your family (mother (wait a moment)
- Think about the good times you had with everyone (wait a while)
- Think about how you felt then (wait a moment)
- Hold the feeling that is working in your mind for a while (wait for a while).



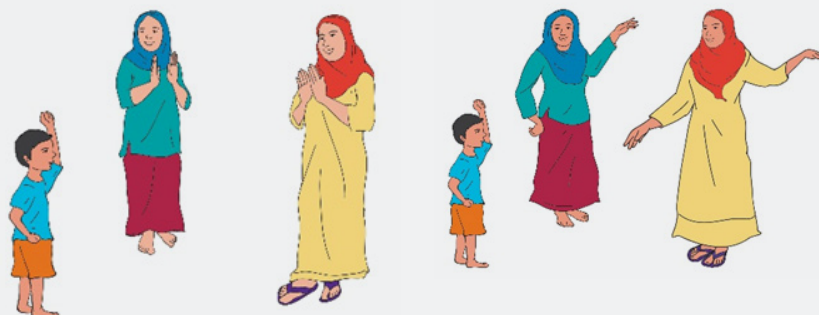
(Note: If a mother does not want to do the simple task, explain the rules and benefits of doing the simple task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going.
- **Tell the following to the child:**
In the present situation, when sneezing or coughing, the nose and mouth should be covered with a handkerchief or a clean cloth. If you do not have a handkerchief or a clean cloth, you should cover your face with the folds of your elbows while sneezing and coughing
- Now tell the child, "Today we will recite the **"Mesi Lega Minde"** kabbya with fun."
- Stand with the child and ask to recite the kabbya
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Let's Play

Kabbya

Time: 15 minutes

Mesi Lega Minde

Mesi lega minde
Na lega sa de
Nagega lega suiade
Uno lega toeko
Pajje lega haka
Piyo piyo swing swing
Ti sang suja jo koe
Piyo sueng de

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

Let's Play

Social and Moral Values

Moving and Doing

Time: 15 minutes

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the child saying the following sentences:**
 - *Aara beggun bhai bon*
 - *Aara hoijja nogoijjum*
 - *Aara milijhuli taikkum*
 - *Aara micha hota nohoiyyum*
 - *Aara boro re ijot goijjum*



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Sit down with the child (child's name) and say, "Today we are going to do a fun activity called "A B C D Loar Kechi".
- Sit with the child and then touch each finger of the child and recite the following Kabbya,



A B C D Loar kechi
 Natom Boro Chion Kheti
 Ana Boro Kuishol Kheti
 O Shokhina Oth Oth
 Lamba Baigun Koot

- Ask them to fold that finger in which the kabbya will end and help them if needed. When all the fingers are folded, tell the child to ask, "Tomar Bilai Kode Giea" In reply, tell the mother to say, "Aam Gache Giea".
- Praise the child by clapping for participating and ask them to do the activity at home.
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye.

Third week

Let's Play and Talk

- Thank the mother for taking so long with open mind and say the following with the mother and child:
If someone is sick, stay away from him or her, so that the germs cannot spread around.
- Now sit in the story session with the mother and child keeping a certain distance and say, "Today we will listen to a funny story called **"Dalim Kumar"**".



- Now show the book to child and read the entire story by turning the pages one by one, changing gestures and highering and lowering the voice.
- At the end of the story, ask the child the following questions:
 - Who did Elmo hear the story from?
 - Said, what was Dalim Kumar riding on a horse?
- At the end of the story, tell the child, the story is very funny! How did you like the story?



- Now encourage the child to tell the story of the lesson **"Duijon Poain O Lal Paike"** with other members of the house.
- Encourage the child to draw a picture of his/her choice with an artbook and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it.
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way and learn to speak very beautifully.
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Let's Play

Kissa

Time: 15 minutes

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing



- **Have fun with the child saying the following sentences:**

- *Aara beggun bhai bon*
- *Aara hoijja nogoijjum*
- *Aara milijhuli taikkum*
- *Aara micha hota nohoiyyum*
- *Aara boro re ijgot goijjum*



Let's Play

Social and Moral Values

Free play

Time: 15 minutes


- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya **"Mesi Lega Minde"**, a play activity **"A B C D Loar Kechi"** and heard a Kissa **"Dalim Kumar"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

3rd Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	Can explain the importance of praising a child
Materials	Paper (Color Paper)
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Introduce yourself by greetings Ask to know how the mother is and how everyone in her family is doing
My wellbeing Praise the child, stay happy Time: 12 minutes	<ul style="list-style-type: none"> Tell the mother, in the last session we discussed the importance of taking care of the mind to keep own self well. Ask to know what the mother thinks about this now Then ask to know from the mother, after this discussion, what did the mother do for her own mind Tell the mother, today we will discuss the mother's well-being and the child's growth Then tell the mother, today we will do something fun. With mother's permission, first you take a piece of paper and hand it to mother Then tell the mother, the mother will make anything of her choice with this paper, along with mother, you will also make something of your choice with the paper of your hand. (Give colored paper if possible) When the work is done, thank the mother and praise her for what she made out of paper Now ask the mother how she felt after making the thing out of paper and how she felt after you praised her Listen to the mother and say, we feel very happy when someone appreciates us for something we do. Just like when we praise a work, we feel a lot of joy, so when we praise a child, the child also feels happy and the strength of the mind increases a lot. Ask the mother in what ways the child can be praised After listening to the mother tell, when the child hears good words from the mother, his/she trust and confidence in the mother increases, and the relationship between the mother and the child is better. 

Conversation with the mother and Child

First week

Let's Play and Talk

Let's Play

Moving and Doing

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going
- Tell the child the following about covid:
When you meet with a neighbor or friend, offer a friendly wave to wish them well while keeping a social distance
- Now tell the child, "Today we will recite a kabbya with fun."
- The name of the kabbya is **"Tai nai sagu sai"**
- Stand with the child and ask to recite the kabbya.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the Kabbya



Tai nai sagu sai

Tai nai sagu sai
Tom le motti dame
na, kru nassi pong
kunai siai tabbe sa
Kutasse krozame

- Praise the child by clapping and encourage them to recite the poem
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she have drawn
- Encourage the mother and child to recite the kabbya and to draw at home with their family
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his drawing
- Have fun with the child saying the following sentences:

Aara beggun bhai bon

Aara hoijja nogoijjum

Aara milijhuli taikkum

Aara micha hota nohoiyyum

Aara boro re ijot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults



- Sit down with the child (child's name) and say, "Today we are going to do a fun activity called **Khushi Gori Goni**".
- Sit with the child then count from 1 to 10 a few times. Encourage them to repeat after you
- Now clap and count from 1 to 10 and ask the child to repeat after you. Continue the activity in different ways for example, while standing in a place, while walking around, while speaking in a loud or soft voice
- Praise the child by clapping for participating and ask them to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Let's Play

Moving and Doing

Time: 15 minutes

Third week

Let's Play and Talk

Let's Play

Kissa

Time: 15 minutes

- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:

In the current situation, if you have to go out, you should go when fewer people are outside or you must wear a mask

- Now sit with the child at a certain distance and say, today we will have fun hearing a kissa called **“Kawowa Odde Kup Paiker Kissa”**



- Have fun telling the story with gestures and tone of voice.
- At the end of the story, ask the child the following questions:
 - Can you tell me who lived in ponds and trees?
 - When the boys and girls threw stones, what did the turtle do?
- Tell the child at the end of the story, “the story is quite interesting! I really like that you have listened with your mind.” Then ask the child how does he/she like the story
- Now encourage the child to share the **“Paik Odde Hocchoper Kissa”** of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the story



- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his drawing
- Have fun with the child saying the following sentences:



Aara beggun bhai bon
 Aara hoiija nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



Let's Play

Moving and Doing

Time: 15 minutes



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, in the last three weeks we have done a kabbya "**Tai nai sagu sai**", a play activity "**Khushi Gori Goni**" and heard a story "**Kauwa Odde Kup Paiker Kissa**". Which of these you do like the most and want to do today?
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Ask the child to do the kabbya /play activity /kissa with family members at home and encourage them about drawing
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

4th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to understand and identify one's own feelings, as well as how to control one's own emotions
Materials	A hand long thread or rope
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the conversation by saying hello and introduce yourself Ask the mother how she and her family are doing
My wellbeing Think positively, Stay happy Time: 12 minutes	<ul style="list-style-type: none"> Tell the mother, "In the last session we talked about how praising the child makes the child happy and strengthens the mind." After this discussion, ask if the mother has had an opportunity to praise her child for anything. Listen to the answer and thank her. Tell her that everyone feels joy, anger, sadness or fear. When something good happens to us, we feel happy and joyful, but when something bad happens, we get angry, sad, and worried. Today we will talk about the different aspects of good and bad feelings in the mind. <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> Ask the mother what things make her feel good and bad. Listen to mother's answer and tell - If our mind is good, our body feels light, our mind feels cheerful, and our interest in work improves. Similarly, when we are upset, our bodies begin to sweat, our throats become dry, our heads ache, our chest beats, and our hands and feet feel cold. Ask the mother how she feels in her body when she is happy or cheerful, and how she feels in her body when she is angry, sad, or upset.

- Tell the mother that when we are upset, we may look for ways to boost our moods rather than hiding them. This significantly reduces stress and gives peace.
- Then Say, now we'll do something that will help us find ways to keep our minds calm and well. Now, give the mother a hand length of thread or rope and take a rope or thread for yourself. Ask the mother to think about the ways in which she can bring peace to her mind when she is angry, sad or upset. Then, when she finds a way, ask her to tie the thread or rope. In this way, tell her to tie the thread or rope as many times as she can.
- When the knotting is finished, first show your knotted rope and tell the ways you found. Like that encourages the mother to say.
- Then he wants to know how the mother feels, thinking that the way to peace of mind lies with her

Simple task rules-

- First, sit comfortably
- Then, take a deep breath through the 'nose', hold it for some time and slowly breathe out through the mouth (wait for a while)



- The cold air from the surroundings enters the body while breathing and cools the entire body. Again, while exhaling, warm air exits the body, making the body light (wait for a while).
- Ask the mother how she felt doing the activity and encourage her to practice the activity later.

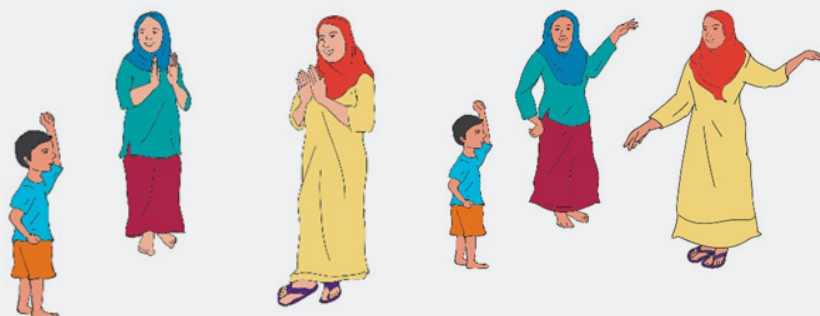
(Note: If the mother does not want to do the easy task, explain the rules and benefits of doing the easy task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going.
- Tell the child the following about COVID:
In the current situation, if someone is unwell, stay away from them, so that the disease can not spread around
- Now tell the child, "Today we will recite the "Do Song" kabbya with fun"
- Stand of the child and ask to recite the kabbya
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Let's Play

Kabbya

Time: 15 minutes

Do Song

Do song

Pingle mia pongdomi

Poo deng onglo si (2)

Nekra mae sueari long

Ga do satti song do song (2)

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second Week

Let's Play and Talk

Let's Play

Social and Moral Values

Moving and Doing

Time: 15 minutes

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- Have fun with the child saying the following sentences:

Aara beggun bhai bon

Aara hoijja nogoijjum

Aara milijhuli taikkum

Aara micha hota nohoiyyum

Aara boro re ijot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Sit with the child (child's name) and say, "Today we are going to do a fun activity called, '**Abajor Khela**'."



- Then tell, "First we will clap our hands softly and then we will clap our hands loudly."
- Now encourage the child to clap first slowly and then loudly. Ask the mother to play the clapping activity too.
- Similarly raise both hands up, and back and clap on the ground first slowly and then loudly. Keep playing like this until the child is happy.
- Applaud the child for participating and ask them to play the activity at home another time.
- Ask the mother to encourage the child to draw. Say goodbye by saying see you again.

Third week

Let's Play and Talk

Let's Play

Kissa

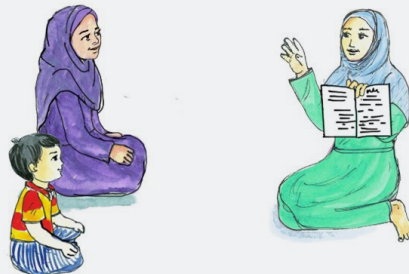
Time: 15 minutes

- Thank the mother for taking so long with an open mind and say the following with the mother and child:

In the present situation, while sneezing or coughing, nose and mouth should be covered with a handkerchief or clean cloth, and if a handkerchief or clean cloth is not nearby, the hands should be folded and cover the mouth in the fold of the elbow and sneeze and cough.



- Now sit in the story session with the mother and child keeping a certain distance and say, "Today we will listen to a funny story called **'Colour of the Sky'**"
- Now show the book to the mother and child and read the entire story by turning the pages one by one, changing gestures, and hiring and lowering the voice tone.



- At the end of the story, ask the child the following questions:
 - Can you tell what Elmo saw after waking up in the morning?
 - When did Rabeya and Elmo go outside to play?
- At the end of the story, tell the child, the story is very funny! How did you like the story?
- Now encourage the child to tell the story of the lesson "Chotur Sheyalor Kissa" with other members of the house
- Encourage the child to draw a picture of his/her choice with an art book and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way, and learn to talk nicely
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- Have fun with the child saying the following sentences:



Aara beggun bhai bon
 Aara hoijja nogoiijum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijgot goijjum

Let's Play

Social and Moral Values

Free play

Time: 15 minutes




- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya **"Do Song"**, a play activity **"Abazor Khela"** and heard a Kissa **"Colour of the Sky"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

5th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to know each other and share the importance and ways of keeping own self well
Materials	Flower petal shaped paper (play leaders will do), fruit seeds
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Introduce yourself by greetings, and ask for her permission to come for regular sessions at her house from now on Ask to know how the mother is and how everyone in her family is doing Now explain to the mother, you will listen to any words of the mother with compassion and will not tell the words to anyone without her permission. If the mother herself feels comfortable, she can tell you anything on her mind Tell, today we will get to know each other through a fun activity. Then, give the mother some flower petal shaped paper and you too. Say, we make a flower with as many petals as there are members of the family, imagining each flower petal as a member of the family. You first make the flower and tell who is in your family and how they are doing. Then ask to know from the mother
My wellbeing Understand own feelings, Stay happy Time: 12 minutes	<ul style="list-style-type: none"> Then tell the mother, from now on we will talk about our own likes and dislikes, what can be done to feel better and the child's growth etc Ask your mother how she usually spends her time throughout the day. What are some of these daily activities that the mother likes to do and are there things that make the mother feel upset when she does or something happens?  <ul style="list-style-type: none"> Now ask the mother to think about the sky, "But the sky is not always the same. Sometimes the sky is bright with sunshine and sometimes it is dark and covered with dark clouds. Our state of mind is just like the sky. Many times, thoughts, restlessness or anger work in our mind and sometimes our mind is good, we are happy, we feel joy". Ask to know whether the matter agrees with the mother's own mind or not

- Listen to the answer and say, when our minds are unpleasant, our everyday work affects us. We can do our best to maintain our mental wellness.
- Now, ask the mother to remember with some fruit seeds - each seed is a different way to take care of the mind. Now put one fruit seed on the ground and ask them to tell in what ways the mother takes care of the mind. In addition, ask about other ways to care for the mind and encourage the mother to practice the ways

Now ask the mother to do a simple task, through which she can keep her mind good by remembering the good aspects or times of her life.

Simple task -

- First sit comfortably and slowly close your eyes
- Now take a long breath through the nose and hold it for some time and slowly exhale through the mouth (wait for a while).
- Now think of a good time spent with your family (mother (wait a moment
- Think about the good times you had with everyone (wait a while)
- Think about how you felt then (wait a moment)
- Hold the feeling that is working in your mind for a while (wait for a while).



(Note: If a mother does not want to do the simple task, explain the rules and benefits of doing the simple task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- **Tell the child the following about COVID:**
In the current situation, if you have to go outside, you should go when there are less people. And if you have to go out, you must wear a mask.
- Now tell the child, "Today we will recite the "**Manglaba**" kabbya with fun"
- Stand with the child and ask to recite the kabbya.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times.
- Now encourage the child to recite the kabbya with gestures.



Manglaba Kabbya

Mondo mendo sonkhowang

Apru pengu song

Minglaba serema

E ya e nusengga]

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- Have fun with the child saying the following sentences:



Aara beggun bhai bon
 Aara hoiija nogoiijum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijgot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Stand with the child (child's name) and say, "Today we are going to do a fun activity called, **"Foizza Hodde"**."
- Show the flashcards one by one to give the child ideas about different feelings (laughter, crying, anger, sadness, surprise) and ask the child to name the different feelings.
- Now tell the child, "When I say 'laugh,' you will pretend to laugh. When I say 'cry,' you will pretend to cry." In this way, the child will act out different emotions like laughter, tears, anger, surprise etc.
- Then, ask the child to carry forward and conduct the activity as she/he likes. Help the child if needed.
- Applaud the child for participating and ask them to play the activity at home another time.
- Ask the mother to encourage the child to draw. Say goodbye by saying see you again.

Let's Play

Social and Moral Values

Moving and Doing

Time: 15 minutes

Third week

Let's Play and Talk

Let's Play

Kissa

Time: 15 minutes

- Thank the mother for taking so long with an open mind and say the following with the mother and child:

In the present situation, when sneezing or coughing, the nose and mouth should be covered with a handkerchief or a clean cloth. If you do not have a handkerchief or a clean cloth, you should cover your face with the folds of your elbows while sneezing and coughing



- Now sit in the story session with the child keeping a certain distance and say, "Today we will listen to a funny story called **"I can Help"**."
- Now show the book to the child and read the entire story by turning the pages one by one, changing gestures, and highering and lowering the voice tone.



- At the end of the story, ask the child the following questions:
 - Why Elephant was happy?
 - How can we help our families?
- At the end of the story, tell the the child, the story is very funny! How did you like the story?
- Now encourage the child to tell the story of the lesson "Badsha Sulemaner Kissa" with other members of the house
- Encourage the child to draw a picture of his/her choice with an art book and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way, and learn to talk nicely
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Fourth week

Let's Play and Talk

Let's Play

Kissa

Time: 15 minutes

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
 Aara hoiija nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum




- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya **"Manglaba"**, a play activity **"Foizza Hodde"** and heard a Kissa **"I can Help"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

6th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to tell the importance of giving rewards to the child
Materials	Not required
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the conversation by saying hello and introduce yourself Ask the mother how she and her family are doing
<p>My wellbeing</p> <p>Reward the child, Stay happy</p> <p>Time: 12 minutes</p>	<ul style="list-style-type: none"> In light of the previous session's discussion topic, we discussed the relation between good and bad feelings in the body, as well as ways to keep the mind happy. Ask the mother what she thinks about this now Ask the mother if these discussion topics were useful in her everyday life Tell the mother that today you will talk about how the child grows up well and how the relationship with the child will be better. Giving a child a reward for any work makes the child happy and increases the child's motivation. Ask the mother what she thinks about this matter Praise the mother and say, Rewards do not have to be a gift or a thing. Reward can be to let the baby do something he likes or to extend the time of his favorite work (For example: Play), spending time or play with the child and make flowers, toys with papers or old things in the house. Ask the mother what she thinks about this Address the mother with an incident from everyday life. Now ask your mother to think, she made a 'Katha' or something by her own hand designing, which was appreciated by her family members. They bought her more tools for sewing. Now ask her how she would feel After hearing the mother's answer tell her that we feel very happy when we get a reward for our work and our interest in doing it increases. In the same way, children became very happy when they get rewards for their work. They do the work with joy, the interest in doing other things increase and their relationship with us becomes better Ask the mother how the child can be rewarded for any work by her. Listen to the mother's answer and encourage the mother to give child a reward for any work Tell that just like that when the children feel happy, the mother also feel happy and peace 

Conversation with the mother and Child

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- **Tell the mother and child the following about COVID:**
Keeping your distance from others helps protect yourself from those who are sick and helps prevent you from spreading the disease
- Now tell the child, "Today we will recite a kabbya with fun."
- The name of the kabbya is **"Pay Pay May May"**
- Stand with the child to recite the kabbya
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now ask the child to recite the Kabbya



Pay Pay May May

Pay pay may may

Maa baa je

May may sesga

Are ta

Pay pay segga

Salle sa

- Praise the child by clapping and encourage him/her to recite the poem
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she have drawn
- Encourage the mother and child to recite the kabbya and to draw at home with their family
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijgot goijjum

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Sit down with the child (child's name) and say, "Today we are going to do a fun activity called Thal Majuni. Your mother will also do this activity with us"

Let's Play

Moving and Doing

Time: 15 minutes



- Now ask the child to put their hands on the floor and you will touch each others hand by saying, "Sal Bodni, Sal Bodni khattara" and after saying this ask the child to turn their palms up.
- Again touch the child's hands and say, " Sal Bodoni, Sal Bodoni Khuttara" and ask them to press all their fingertips against the floor.
- Ask the child to put their hands on the hands of you while reciting, "Si Si Naijje! Gacher Khuttakhuri, Ai Shiallar Konde Dhori"
- When they finish reciting, ask them to hold their ears
- Praise the child by clapping for participating and ask the child to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

Let's Play and Talk

Let's Play

Kissa Kissa

Time: 15 minutes

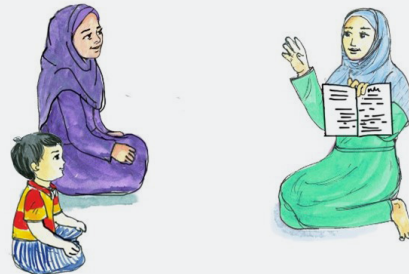
- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:

Try to visit public spaces when there are less people and always wear a face covering out in public

- Now sit with the child at a certain distance and say, today we will have fun hearing a kissa called **“Ugga Bura Mainsher Kissa”**



- Have fun telling the story with gestures and tone of voice.
- At the end of the story, ask the child the following questions:
 - Who helped the old man to repair his house?
 - What did his wife cooked for everyone?
- Tell the child at the end of the story, “the story is quite interesting! I really like that you have listened with your mind.” Then ask Asma / Abdullah how does he/she like the story



- Now encourage the child to share the **“Raja Odde Rajar Puwar Kissa”** of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the story
- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum

Let's Play

Free play

Time: 15 minutes




- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, in the last three weeks we have done a kabbya **“Pay Pay May May”**, a play activity **“Thal Majuni”** and heard a story **“Ogga Bura Mainsher Kissa”**. Which of these you do like the most and want to do today?
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

7th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to identify good aspects of oneself and emphasize the importance of self-appreciation
Materials	Paper, color pencils
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the conversation by saying hello and introduce yourself Ask the mother how she and her family are doing
<p>My wellbeing</p> <p>Know the good sides, Stay happy</p> <p>Time: 12 minutes</p>	<ul style="list-style-type: none"> Tell the mother that in the last session we talked about how the child is very happy when he receives a reward and does anything with pleasure. After this conversation, ask the mother whether she had any opportunities to award the child for anything After listening to the answer, Thank the mother and say, “Now we will listen to a story.” Halima is 25 years old and has 3 children. She cooks for the family every day, looks after everyone, and focuses the needs of everyone in the family. Despite this, Halima makes time for self-care. Now ask the mother the following questions- <ul style="list-style-type: none"> What does Halima do the whole day? Which of Halima’s works matches to yours? Listen carefully to the mother and find out how she feels when someone praises her for these works 

- Listen to the mother's answer and say, we all have some good sides but many of us do not know about our good sides. Knowing the good aspects and working with self-belief increases the good feeling
- Tell the mother, "Now we're going to do something exciting." Then give a paper and pencil and ask her to find one of her good deeds/qualities, and draw a round (O) mark for each. The mother will circle as many good deeds/qualities as she finds
- Now find out the following question's answer
 - Which good deed/quality did she give the mark for?
 - Did she praise herself for this good deed/quality?
- Listen to the mother's answer and say that we all have good qualities that we may find and appreciate ourselves to love ourselves more. Ask mothers to do an easy task with you and say that this easy task will help us keep our minds calm and well

Simple task rules -

- First, sit comfortably
- Then, take a deep breath through the 'nose', hold it for some time and slowly breath out through the mouth (wait for a while)
- Recall a moment when you had the chance to do something you enjoyed (wait for a while)
- How did you feel when you were able to do something you were interested about? (Wait for a while)
- Hold this feeling in your mind for a while (wait for a while)
- Ask the mother how she felt doing the exercise and encourage her to practice this activity later



(Note: If the mother does not want to do the easy task, explain the rules and benefits of doing the easy task nicely without forcing her)

Conversation with the mother and Child

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- Tell the child the following about COVID:
Keeping your distance from others helps protect yourself from those who are sick and helps prevent you from spreading the disease.
- Now tell the child, "Today we will recite the **Sa Sa Sagoug Kuea** kabbya with fun"
- Stand with the child and ask to recite the kabbya
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Sa Sa Sadong Kuea

Sa Sa sadong kuea
Lasse jaya may
Lay go chin chin se
Semarene e uiea de
Tuppe sabo may may k
Masse k
Lasse ja jo n
Hay lasse ja jo n
Tuppe pio tuppe pio

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the child to recite the kabbya at home with their family
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



Let's Play

Moving and Doing

Time: 15 minutes

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Sit with the child (child's name) and say, "Today we are going to do a fun activity called **"Poror Nombor Go Ki?"**. Your mother will also do this activity with us."
- Now count the Burmese numbers from 1 to 10 and ask the child to count along with you. Do this for a few times
- This time, throw a ball to the child after counting 1. The child will say the next number and throw the ball to the mother. the mother will say the next number (in this case 3), and throw the ball to her.
- Like this, keep playing the game with numbers up to 10
- Now show the flashcards one by one to give the child ideas about different feelings (laughter, crying, anger, sadness, surprise). Then ask the child to name the different feelings. Help them if needed.
- Praise the child by clapping for participating and ask them to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

Let's Play and Talk

- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:

Cover your nose and mouth while coughing and sneezing with elbow



- Now sit with the child at a certain distance and say, "Today we will have fun hearing a kissa called **Healthy Friends**".
- Now show the book to the mother and child and have fun telling the story with gestures and tone of voice.



Let's Play

Kissa

Time: 15 minutes

- **At the end of the story, ask the child the following questions:**
 - *How Raya, Elmo an Tala wash their hands?*
 - *When do they wash their hands?*
- Tell the child at the end of the story, "the story is quite funny! I really like that you have listened with your mind." Then ask the child how does he/she like the Kissa
- Now encourage the child to share the "**Tin Foizzar Kissa**" of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the Kissa
- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum

Let's Play

Free play

Time: 15 minutes




- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, "In the last three weeks we have done a kabbya **"Sa Sa Sagoug Kuea"**, a play activity **"Poror Nombor Go Ki?"** and heard a story **"Healthy Friends"**. Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

8th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to know the importance of explaining to the child with affection
Materials	Not required
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the conversation with greetings Ask the mother how she and her family are doing
<p>My wellbeing</p> <p>Explain to the child with affection, Stay happy</p> <p>Time: 12 minutes</p>	<ul style="list-style-type: none"> Tell the mother that, in the last session we discussed the importance of self-praising for our own good work/quality and how we can stay well by doing the easy task. Ask the mother what she thinks about it Now ask, in the previous days if the mother had any chance to praise herself after doing any work Tell the mother that, today we will talk about the good relationship between mother and child At first, tell the mother to imagine a situation in mind that, she wants to go to a relative's house but the child's father directly says no/prohibits her. Ask the mother how she will feel then Listen to the answer empathetically, and ask her to think about the same situation a bit differently, after saying that she wants to go to the relative's house the child's father nicely explains to her for what reason he does not want her to go today, how she would feel then Listen to the answer and say, sometimes it happens that the child wants something or wants to do something which cannot be given at that time. Ask the mother what she does when her child does anything like that. Now tell her that, in such a situation if we get directly prohibited, we feel bad, the same way children also feel sad or become angry, stubborn, and cry. Ask the mother what she thinks about this topic. Listen to the answer and say, when the child makes such a demand, then we can explain to the child with love for what reason it cannot be fulfilled at that time. This way, the child learns to understand the situation better without being sad. At the same time, the child's respect and trust in us increase. Ask the mother how she can make her child understand in such a situation. Then tell, when the children listen to us and understand we feel peaceful and happy. 

Conversation with the mother and Child

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going.
- Tell the following to the mother and child:
When you meet with a neighbor or friend, offer a friendly wave to wish them well while keeping a social distance
- Now tell the child, "Today we will recite the **"Piya Taggalu Saggasu"** kabbya with fun."
- Stand with the child and ask to recite the kabbya
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



Let's Play

Kabbya

Time: 15 minutes

Piya Taggalu Saggasu

Taio sagga

Taio nama

Makka ra ong

Taddi song ruea

Mongdu sule

Piya saggalu sulaje

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the child saying the following sentences:**

**Aara beggun bhai bon**

Aara hoiija nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijgot goijjum



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Stand with the child (child's name) and say, "Today we are going to do a fun activity called **"Aai Gorit Pari"**".
- Now say and show the child "I can stand straight". Ask him/her to follow you.
- In the same way say and show the following actions like- I can spin, I can walk in place, I can dance while standing etc.
- Now ask the child to continue the activity. Help if needed
- Praise the child by clapping for participating and ask them to do the activity at home.
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye.

Let's Play

Social and Moral Values

Moving and Doing

Time: 15 minutes

Third week

Let's Play and Talk

- Thank the mother for taking so long with open mind and say the following with the mother and child:

If someone is sick, stay away from him or her, so that the germs cannot spread around.



- Now sit in the story session with the child keeping a certain distance and say, "Today we will listen to a funny story called '**Fun with Friends**'."
- Now show the book to the child and read the entire story by turning the pages one by one, changing gestures and highering and lowering the voice.



Let's Play

Kissa

Time: 15 minutes

- At the end of the story, ask the child the following questions:
 - How did Tala make the ball?
 - With what we could wash our hands?
- At the end of the story, tell the child, the story is very funny! How did you like the story?
- Now encourage the child to tell the story of the lesson "**Jailla ar Boro Machhor Kissa**" with other members of the house.
- Encourage the child to draw a picture of his/her choice with an artbook and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it.
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way and learn to speak very beautifully.
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- Have fun with the child saying the following sentences:



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



Let's Play

Kissa

Time: 15 minutes



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya "Piys Taggalu Saggasu", a play activity "Aai Gorit Pari" and heard a Kissa "Fun with Friends". Which of these do you like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

9th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to tell the importance of positive thinking
Materials	Not required
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the session with greetings Ask the mother how she and her family are doing
My wellbeing Think positively, Stay well Time: 12 minutes	<ul style="list-style-type: none"> Tell the mother that, today we will discuss how to stay calm in any situation by positive thinking. Tell the mother that, in the last session we discussed that if we explain to the child with affection, he/she understands the situation better without being sad. Ask the mother what she thinks about this topic. Listen to the mother's answers. Now describe a situation to the mother. Ayesha is a mother. Her children will eat rice and fish today at lunch; therefore, her husband has to go to the market to get fish but it is not possible to go outside as it is raining heavily. She is worried about what to cook, and how to feed the children without fish. Storms and rains didn't get time to come, it always happens to me when I need it, I am very angry thinking about it. Then Ayesha's mother-in-law said, you are a bit too worried about everything. Just think, are the storms and rains in someone's hands? What will be the harm if fish is not eaten today? Think about how you can continue today's meal with what is available in the house for now. Ayesha thought- that's right, I have not thought of it this way! Then Ayesha got some peace of mind. Ask the mother what thought has come to her mind after listening to this story. <div style="text-align: center;">   </div>

- After listening to the answer, ask the mother what she usually does when she is in a situation like this. Also, ask her what she thinks could be a better or alternative way of thinking in such a situation.
- Tell, in a difficult situation, alternative or positive thinking makes decision-making and problem-solving easier.
- Then tell us, now we will do an easy task that helps to keep our mind calm.

Simple task rules –

- First sit comfortably.
- Take a deep breath through the ‘nose’, hold it for some time, and slowly breathe out through the mouth (wait for a while).
- Now think of a good quality of yourself (wait for a while).
- Then think of a time when you did something good by using this quality (wait for a while).
- How did you feel at that time? (Wait for a while).
- Hold the good feeling that is working in your mind for some time (wait for a while).
- Ask how the mother felt doing this activity and encourage her to practice this activity later.



(Note: If the mother does not want to do the easy task, explain the rules and benefits of doing the easy task nicely without forcing her).

Conversation with the mother

First week

Let's Play and Talk

- Ask the child (child's name) how his/her daily life is going.
- Tell the mother and child the following about COVID:
Cover your nose and mouth while coughing and sneezing with elbow
- Now tell the child, "Today we will recite the **Sugelle** kabbya with fun"
- Stand with the child and ask to recite the kabbya.
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures



Sugelle

Tenna guni tenna la
Sugelle kuten ta
Angga buddu hoo
Sugelle takku ku
Krasa boddi S cra
Sugelle may mella
Senni ma molla A
Sugelle pelu soa

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Let's Play

Kabbya

Time: 15 minutes

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum



Let's Play

Moving and Doing

Time: 15 minutes

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Sit with the child (child's name) and say, "Today we are going to do a fun activity called **Jan ache jan nai.**"
- Now sit with them and discuss about Jib (living things) and joro (non-living things). Tell them living things are alive and they can move. Non-living things don't have life and they cannot move
- Now tell the children that when you will say the name of anything which is joro (non living thing) then he/she will not move
- And when you say the name of anything which is jib (living thing) then the child will pretend to be that think move accordingly
- Continue the activity in the same way for a few times.
- After that show the flashcards on emotions one by one to give the child ideas about different feelings (laughter, crying, anger, sadness, surprise). Then ask to name the different feelings and help if needed
- Praise the child by clapping for participating and ask them to do the activity at home
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye

Third week

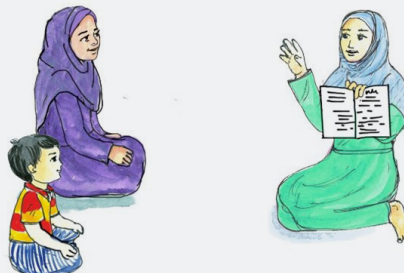
Let's Play and Talk

- Thank the mother for talking with an open mind and tell the following to the mother and child about covid:

If someone is sick, stay away from him or her, so that the germs cannot spread around.



- Now sit with the mother and child at a certain distance and say, "Today we will have fun hearing a kissa called **"Pira Odde Benbenir Kissa"**."
- Now show the book to the child and have fun telling the story with gestures and tone of voice.



Let's Play

Kissa

Time: 15 minutes

- **At the end of the story, ask the child the following questions:**
 - Where are the ants and grasshoppers living?
 - Why was the ant storing the food?
- Tell the child at the end of the story, "the story is quite funny! I really like that you have listened with your mind." Then ask the child how does he/she like the Kissa
- Now encourage the child to share the **"Kaker Kissa"** of the curriculum with the family members
- Encourage the child to draw a picture of his/her choice with a notebook and a color pencil and say that the next day you will see what he/she has drawn. Also say that you will hear from him/her how he/she likes to tell the Kissa
- Now tell the mother, if you tell a story like this, the child will be able to imagine a beautiful story, will be able to tell a story by himself and will also learn to speak in a very beautiful way
- Tell the mother and the child (*child's name*) that you will meet them and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
 Aara hoijja nogoijjum
 Aara milijhuli taikkum
 Aara micha hota nohoiyyum
 Aara boro re ijot goijjum

Let's Play

Kissa

Time: 15 minutes





- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the adults
- Tell the child, "In the last three weeks we have done a kabbya "Sugalle", a play activity "Jan Ache Jan Nai" and heard a story "Pipre O Foringer Kissa". Which of these you do like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them and and say goodbye

10th Month

Time: 30 minutes

Home visit session

Conversation with the mother

Psychosocial Support (PSS)	
Objectives	<ul style="list-style-type: none"> Will be able to talk about the importance of a child's cognitive development and establish strong relationships by encouraging and supporting the children in learning new things.
Materials	Not required
Exchange Greetings Time: 3 minutes	<ul style="list-style-type: none"> Start the session with greetings Ask the mother how she and her family are doing
My wellbeing Encourage and support the child to do the new tasks, Stay happy Time: 12 minutes	<ul style="list-style-type: none"> In light of the last discussion topic, tell that - we discussed that alternative or positive thinking in difficult situations makes decision-making and problem-solving easier. After discussing the last session, ask the mother what she thinks about this now. Now ask the mother, after this discussion if the mother got a chance to think positively or alternatively in her daily life and if it was helpful to think positively. Tell that today we will discuss a new topic of developing a good relationship between mother & child, and child development.  Then tell, usually children often try to do things by themselves, such as eating their own food, dressing up, tidying up their own things, etc. Ask the mother what such tasks her child does.  Now ask what the mother tells or does when her child tries to do any work by himself/herself. After listening to the answer say that if we think this way-planting some vegetable plants near our house and after a few days the plants grow into a small garden, how would the mother feel after doing such nice work by her own decision? Tuning with the mother's words, say that children are just as happy as we are when we do something for ourselves. Sometimes when children try to do something on their own, we usually think that they might not be able to do it. Ask the mother, how we can give the child more courage at that time instead of saying, "You cannot, or do not do it." Listen to the answer and say, this helps the child to strengthen his mind, learn to take responsibility for his own work, and make decisions, which is very important for the development of the child. And when the child will get courage and support from us, his relationship with us will become stronger.

Conversation with the mother

First week

Let's Play and Talk

Let's Play

Kabbya

Time: 15 minutes

- Ask the child (child's name) how his/her daily life is going.
- **Tell the following to the child:**
When you meet with a neighbor or friend, offer a friendly wave to wish them well while keeping a social distance
- Now tell the child, "Today we will recite the **"So So Tai"** kabbya with fun."
- Stand with the child and ask to recite the kabbya
- First, recite the kabbya with gestures.
- Then, recite the kabbya a few times with the child.
- Now encourage the child to recite the kabbya with gestures.



So So Tai

So so tai sowa tai
Miyana sai erasi
Assa assa pollo song
Auwai le sontowa
Sompre mibaku
Kejja resu
Iya ja sai
Sakre sowai tai
Era wa

- Praise the child by clapping for reciting the kabbya.
- Give the child an idea about drawing and encourage him/her to draw a picture of their choice with notebooks and color pencils. Tell the child that the next day you will see what he/she has drawn.
- Encourage the mother and child to recite the kabbya at home with their family.
- Tell the mother and the child (child's name) that you will meet them and say goodbye.

Second week

Let's Play and Talk

- Tell the mother it was great talking to her. Then ask the child to show the previous day's drawing and praise his/her drawing
- **Have fun with the child saying the following sentences:**



Aara beggun bhai bon
Aara hoijja nogoijjum
Aara milijhuli taikkum
Aara micha hota nohoiyyum
Aara boro re ijgot goijjum



Let's Play

Kabbya

Time: 15 minutes

- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Stand with the child (child's name) and say, "Today we are going to do a fun activity called Si Si Khela."
- Now ask the child to place his/her palms on the tops of the hands of yours.
- Ask the child to swing hands while reciting "**Si Si Hangkruth**"
- After that ask the child to hold ears. In this way continue the activity a few times
- Praise the child by clapping for participating and ask them to do the activity at home.
- Request the mother to encourage the child to draw. Tell them you will meet them again and say goodbye.

Third week

Let's Play and Talk

Let's Play

Kabbya

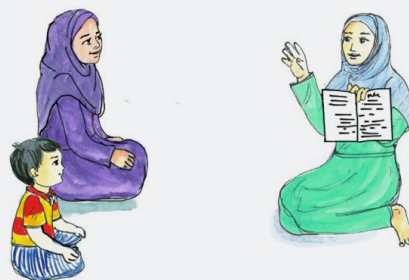
Time: 15 minutes

- Thank the mother for taking so long with open mind and say the following with the mother and child:

If someone is sick, stay away from him or her, so that the germs cannot spread around.



- Now sit in the story session with the mother and child keeping a certain distance and say, "Today we will listen to a funny story called **Jailla Ar Boro Machor Kissa.**"
- Tell the whole kissa by changing gestures and highering and lowering the voice.



- At the end of the story, ask the child the following questions:
 - For whom does the fisherman catch fish?
 - Said, what was Dalim Kumar riding on a horse?
- At the end of the story, tell the child, the story is very funny! How did you like the story?
- Now encourage the child to tell the story of the lesson "**Buri Odde Uenor Kissa**" with other members of the house.
- Encourage the child to draw a picture of his/her choice with an artbook and colored pencils, and tell him/her that the next day you will see what he/she drew and hear how he/she felt about it.
- Now tell the mother, if you tell the story like this, the child will be able to imagine beautifully, tell the story in his own way and learn to speak very beautifully.
- Tell the mother and child (child's name) that you will see each other again and say goodbye.

Fourth week

Let's Play and Talk

- Ask the child (child's name) how he/she is spending her/his time. Ask the child what she/he has drawn and praise his/her drawing
- Have fun with the child saying the following sentences:



Aara beggun bhai bon

Aara hoijja nogoijjum

Aara milijhuli taikkum

Aara micha hota nohoiyyum

Aara boro re ijgot goijjum

Let's Play

Kabbya

Time: 15 minutes



- Praise the child for saying the words with fun and encourage him/her to always speak the truth and respect the elders.
- Tell the child, "In the last three weeks we have done a kabbya "So So Tai", a play activity "Si Si Khela" and heard a Kissa "Jailla Ar Boro Machor Kissa". Which of these do you like the most and want to do today?"
- Now, according to the child's choice, have fun and do the Kabbya / play activity/ kissa by following the previous rules with the child.
- Ask the child to do the kabbya / play activity / kissa with family members at home and encourage them about drawing.
- Tell the mother and the child (child's name) that you will meet them again and say goodbye.

