The Child Unplugged

MY LITTLE ADVENTURE BOOK

Simple play ideas to connect.
Explore & Support yours babies developmenr

12
Simple Play Ideas



0-12 Months

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Introduction

Children love learning about themselves and what makes them unique. These activities introduce the idea of identity and self-awareness through fun, hands-on exploration.
Kids talk about their name, family, likes, feelings, and everyday life while drawing, colouring, and sharing ideas about who they are. It's not about perfection, but about expressing thoughts, building confidence, and discovering themselves through play.
This builds early skills in communication, self-expression, creativity, and confidence simply and enjoyably.





Why is all about me Is So Valuable

- Builds self-awareness and helps children understand who they are
- Strengthens confidence and self-esteem
- Encourages self-expression through drawing, writing, and talking
- Supports early language and communication skills
- Helps children learn names, family roles, and personal identity
- Encourages emotional awareness (feelings and preferences)
- Makes learning personal, meaningful, and engaging



How to Support Play at Home

Create a warm and playful space at home where children explore who they are, talk about their name, family, likes, and feelings, and stay curious by sharing ideas about themselves through drawing, storytelling, and simple conversations.

Basic setup:

- "All About Me" worksheet or blank paper
- Pencils, crayons, or markers
- Stickers or photos (optional)

Simple steps:

- Invite children to talk about themselves (name, age, family, likes)
- Let them draw or write their answers on the page
- Encourage them to decorate their work creatively
- Ask gentle prompts like: "What do you like?" or "What makes you special?"

Helpful tips:

- Keep it relaxed—there are no right or wrong answers
- Use prompts to guide unsure children

Ideas

Provide drawing materials, colouring tools, and optional photos or stickers for children to explore and express themselves by sharing information about their name, family, likes, feelings, and everyday life.







MY NAME

WHATS NEEDED:

- Worksheet with “My name is...” template
- Pencils, crayons, or markers
- Stickers or decorative materials (optional)
- Alphabet guide (optional for younger children)

WHAT TO DO:

- Ask children to write their names in the space provided
- Let them decorate their name using colours, patterns, or drawings
- Encourage creativity—each name page should look unique
- Prompt them: *“My name is...”* and let them complete it proudly

BENEFITS:

- Builds name recognition and early literacy skills
- Strengthens fine motor skills through writing and decorating
- Encourages self-identity and confidence
- Supports creativity and self-expression
- Helps children feel ownership of their learning
- Introduces spelling and letter formation in a fun way



HOW TO ADAPT:

- **Younger children:** Trace their name or use sticker letters instead of writing
- **Older children:** Write full name and add a short description (e.g., “My name is... I am kind”)
- **Advanced:** Write names in different styles or bubble letters and decorate them
- **Hands-on version:** Use letter stamps, magnetic letters, or cut-out letters
- **Creative version:** Turn the name into an artwork (e.g., each letter becomes a picture or object)

MY AGE & BIRTHDAY

WHATS NEEDED:

- Worksheet with a birthday cake outline (with candles)
- Pencils, crayons, or markers
- Number guide (optional for younger children)
- Stickers or colouring tools for decoration

WHAT TO DO:

- Ask children to write their age in the blank space
- Let them count and draw candles on the cake
- Encourage them to complete: *"I am ___ years old. My birthday is ___."*
- Allow time to colour and decorate their birthday page
- Talk about birthdays and special celebrations

BENEFITS:

- Builds number recognition and counting skills
- Strengthens writing and early literacy development
- Encourages self-awareness and identity building
- Develops fine motor skills through drawing and colouring
- Helps children understand time and personal milestones
- Makes learning personal, meaningful, and fun



HOW TO ADAPT:

- **Younger children:** Count candles together or use stickers instead of writing numbers
- **Older children:** Write full sentences about their birthday (e.g., where they celebrate)
- **Advanced:** Add extra details like favourite birthday memory or wishes
- **Hands-on version:** Use real counting objects like blocks or play candles
- **Creative version:** Design their own birthday cake with favourite themes or characters

MY HANDPRINT / SELF-PORTRAIT

WHATS NEEDED:

- Paper or worksheet with space for drawing or tracing
- Pencils, crayons, markers, or paint
- Optional: paint for handprint tracing
- Mirror (optional for self-portrait support)

WHAT TO DO

- Ask children to trace their hand or draw a picture of themselves
- Encourage them to add facial features, clothes, and details
- Let them decorate their handprint or self-portrait creatively
- Prompt them: *"This is me!"*
- Talk about what makes each child unique

BENEFITS:

- Builds self-awareness and identity
- Strengthens fine motor and drawing skills
- Encourages creativity and self-expression
- Supports body awareness and observation skills
- Develops confidence and pride in individuality
- Enhances focus and attention to detail



HOW TO ADAPT:

- **Younger children:** Use hand tracing or paint prints instead of detailed drawing
- **Older children:** Add labels like name, age, and favourite things
- **Advanced:** Include a full self-portrait with background and personal details
- **Hands-on version:** Use collage materials (fabric, paper, stickers) to build the portrait
- **Creative version:** Turn the handprint into something fun (e.g., animals, flowers, characters)

HOW I FEEL TODAY

WHATS NEEDED:

- Different emotion emojis (happy, sad, excited, sleepy, etc.)
- Pencils, crayons, or markers
- Optional: mirror or emotion flashcards for support

WHAT TO DO:

- Show a range of emotion emojis
- Ask them: *“Today I feel…”*
- Let them circle or point to the emoji that matches their feeling
- Encourage them to say or write a simple sentence about their choice
- Talk briefly about different feelings in a gentle, supportive way

BENEFITS:

- Builds emotional awareness and vocabulary
- Helps children identify and express feelings
- Encourages self-regulation and reflection
- Strengthens communication and language skills
- Supports social-emotional development
- Creates a safe space for sharing emotions



HOW TO ADAPT:

- **Younger children:** Use fewer, very clear emojis (happy, sad, tired)
- **Older children:** Add more emotions like angry, calm, worried, and proud
- **Advanced:** Ask children to explain why they feel that way
- **Hands-on version:** Use emotion cards or face masks to act out feelings
- **Creative version:** Let children draw their own “today I feel” face instead of circling emojis

MY FAVOURITE THINGS

WHATS NEEDED:

- Worksheet with sections (food, toy, colour, animal)
- Pencils, crayons, or markers
- Optional: stickers or picture cards for support
- Example images (optional for younger children)

WHAT TO DO:

1. Ask children to think about their favourite things
2. Let them draw or colour their favourite:
   - food
   - toy
   - colour
   - animal
3. Encourage them to share their choices aloud
4. Support them in adding labels if possible

BENEFITS:

- Builds self-awareness and personal expression
- Strengthens language and communication skills
- Encourages decision-making and thinking preferences
- Develops fine motor and colouring skills
- Supports confidence and sharing in group settings
- Helps children connect learning to their own life



HOW TO ADAPT:

- **Younger children:** Use pictures to circle instead of drawing
- **Older children:** Add sentences like “My favourite food is...”
- **Advanced:** Ask children to explain why they like each choice
- **Hands-on version:** Use cut-and-paste pictures instead of drawing
- **Creative version:** Let children design a “favourite things collage page.”

MY FAMILY

WHATS NEEDED:

- Worksheet with space for drawing or sticking photos
- Pencils, crayons, or markers
- Family photos (optional)
- Glue or stickers (optional)

WHAT TO DO:

- Ask children to think about the people in their family
- Let them draw family members or stick photos on the page
- Encourage them to include names or simple labels
- Prompt them: *"These are the people I love..."*
- Invite them to talk about their family if they feel comfortable

BENEFITS:

- Builds sense of belonging and identity
- Encourages emotional connection and expression
- Strengthens language and communication skills
- Develops fine motor skills through drawing or pasting
- Helps children understand family roles and relationships
- Supports confidence in sharing personal experiences



HOW TO ADAPT:

- **Younger children:** Draw simple family figures or use stickers/photos only
- **Older children:** Add names and short descriptions of each family member
- **Advanced:** Write sentences like "My mum likes..." or "My brother is..."
- **Hands-on version:** Create a family collage using magazine cut-outs
- **Creative version:** Draw a "family tree" or include pets and close friends too

MY HOME

WHATS NEEDED:

- Worksheet with space for drawing a house or room
- Pencils, crayons, or markers
- Optional: photos of the child's home or room
- Stickers or collage materials (optional)

WHAT TO DO:

- Ask children to think about their home or bedroom
- Let them draw their house or room
- Encourage them to add details like doors, windows, furniture, or toys
- Prompt them: *"I live in..."* and let them complete the sentence
- Invite them to share their drawing with others if they want

BENEFITS:

- Builds sense of identity and belonging
- Strengthens observation and memory skills
- Encourages self-expression and storytelling
- Develops fine motor and drawing skills
- Helps children understand their personal environment
- Supports language development through describing spaces



HOW TO ADAPT:

- **Younger children:** Draw simple shapes of a house or room with guidance
- **Older children:** Add labels (bed, kitchen, door) and more detail
- **Advanced:** Write sentences describing their home (e.g., "My room has...")
- **Hands-on version:** Build a simple home using blocks or craft materials
- **Creative version:** Design a "dream home" or magical house instead of their real one

I AM SPECIAL BECAUSE...

WHATS NEEDED:

- Worksheet with the sentence starter: *"I am special because I can..."*
- Pencils, crayons, or markers
- Optional: picture prompts (running, drawing, helping, etc.)
- Stickers or decorative materials (optional)

WHAT TO DO:

- Read the sentence starter together
- Ask children to think about something they can do or what makes them unique
- Let them complete the sentence by writing or drawing
- Encourage them to decorate their page
- Invite them to share their answer if they feel comfortable

BENEFITS:

- Builds confidence and self-esteem
- Encourages positive self-awareness
- Supports language and sentence-building skills
- Promotes self-expression and individuality
- Helps children recognize their strengths and abilities
- Creates a sense of pride and accomplishment



HOW TO ADAPT:

- **Younger children:** Draw instead of writing and describe verbally
- **Older children:** Write full sentences with more detail
- **Advanced:** Add more prompts (e.g., "I am proud because...")
- **Hands-on version:** Use picture cards to choose ideas
- **Creative version:** Turn it into a "superpower" theme (e.g., "My special power is...")

MY GOALS

WHATS NEEDED:

- Worksheet with space for drawing and the prompt: *"I want to learn..."*
- Pencils, crayons, or markers
- Optional: picture ideas (reading, riding a bike, drawing, sports)
- Stickers or decorative materials (optional)

WHAT TO DO:

- Talk with children about things they would like to learn
- Let them draw their goal on the page
- Encourage them to complete: *"I want to learn..."* (by writing or saying it)
- Allow time to decorate their drawing
- Invite them to share their goal if they feel comfortable

BENEFITS:

- Builds motivation and goal-setting skills
- Encourages self-awareness and future thinking
- Supports language and expression
- Develops confidence and a growth mindset
- Strengthens creativity and imagination
- Helps children feel excited about learning



HOW TO ADAPT:

- **Younger children:** Draw only and describe their goal verbally
- **Older children:** Write simple sentences explaining their goal
- **Advanced:** Add steps (e.g., "How will you learn this?")
- **Hands-on version:** Act out or practice the goal (e.g., pretend learning)
- **Creative version:** Turn it into a "dream board" with drawings and pictures

MY FAVOURITE OUTFIT

WHATS NEEDED:

- Worksheet with a body outline or blank space
- Pencils, crayons, or markers
- Optional: fabric scraps, stickers, or collage materials
- Safety scissors and glue (optional)

WHAT TO DO:

- Ask children to think about their favourite outfit
- Let them draw or design the clothes on the page
- Encourage adding colours, patterns, and details
- Prompt: *"This is what I like wearing..."*
- Invite them to share why they like their outfit

BENEFITS:

- Encourages self-expression and creativity
- Builds confidence and personal identity
- Strengthens fine motor and drawing skills
- Supports decision-making and preferences
- Develops language and descriptive skills
- Makes learning fun and personal



HOW TO ADAPT:

- **Younger children:** Colour pre-drawn outfits instead of drawing from scratch
- **Older children:** Add labels or write sentences about their outfit
- **Advanced:** Design outfits for different occasions (party, sports, weather)
- **Hands-on version:** Create outfits using collage materials or fabric pieces
- **Creative version:** Turn it into a fashion show or "design your own brand" activity

PARTS OF THE BODY

WHATS NEEDED:

- Worksheet with a simple body outline or face template
- Pencils, crayons, or markers
- Optional: body part labels or word cards
- Mirror (optional for self-observation activities)
- Stickers or cut-out pictures (optional)

WHAT TO DO:

- Show children a body outline or a face drawing
- Ask them to identify and name different body parts
- Let them label, colour, or draw missing parts
- Encourage simple prompts like: *"This is my head"* or *"These are my hands."*
- Extend by talking about what each body part does

BENEFITS:

- Builds body awareness and self-identity
- Strengthens early science and biology understanding
- Develops language and vocabulary skills
- Improves fine motor skills through drawing and labeling
- Encourages observation and focus
- Supports communication and confidence



HOW TO ADAPT:

- **Younger children:** Use simple pointing, colouring, or matching instead of writing
- **Older children:** Label more detailed parts (elbow, knee, fingers)
- **Advanced:** Add functions (e.g., "I use my hands to write")
- **Hands-on version:** Use songs, actions, or movement games to learn body parts
- **Creative version:** Turn it into a "robot body" or "monster body" design activity

ALL ABOUT ME

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Calm, creative painting and colour exploration experiences for babies and young children

Using familiar, accessible materials