

# Activity Book

**For 8 to 16-year-olds**

Fun and engaging learning activities for children.



# Note to the Facilitator

## Objectives

- Build familiarity with the new environment and support social and emotional well-being.
- Reinforce previously learnt concepts through fun activities.

## Learning Journey

- Implement the **Social and Emotional (SEL) Learning Package** for all age groups as designed

AND

- For those unfamiliar with English, please use the **Activity Books** depending on their age level (Level 1 or 2). There are 2 activities per day connected through a broad theme that runs through the week.

OR

- For those comfortable with English, please use the **Learning Packages** (scan the QR Code) for self-directed learning depending on their age and ability – there are 5 age levels (Level Foundation, 0, 1, 2 and 3) and 2 workbooks per level.



## Tips

- *Introduce as much English as possible, but let learners use their mother tongue / script if they are uncomfortable. Practise the words from the **Vocabulary List** each week and include previously learnt words while doing activities too.*
- *Spend 15 minutes daily to go through words using the **Flashcard Kit**.*
- *Do not force any learner to participate in the activities.*
- *Use positive language and encourage learner interest.*
- *Avoid references to home/family owing to their current state of mind.*
- *Please adjust the level of learning based on their abilities and interest.*

## Objective

Learn useful words in English through a collection of engaging activities.

For this week's audio instructions in Pashto and Dari, scan the QR Code.



## Vocabulary List

### Common Items

- Water
- Shoes
- Clothes
- Toilet
- Food
- Medicine
- Paper
- Mosque

### Numbers:

- One
- Two
- Three
- Four
- Five

### Feelings

- Happy
- Sad
- Angry
- Hurt
- Sick
- Hungry

### Actions

- Stop
- Come
- Go
- Sleep
- Play
- Help
- Stand / Sit

### Basic Words

- House / Villa
- Yes / No / Maybe
- Good / Bad
- Name
- Age
- Phone Call
- You / Me / I
- Man / Woman
- Boy / Girl

### Phrases

- I need \_\_\_\_\_
- No English!
- I am \_\_\_\_\_

# My English Book

- Draw 10 common items (from the list) that are important to you.
- Learn and write the English name in Dari/Pashto and the Pashto/Dari name.
- Discuss why these are commonly used item and its uses.
- Challenge yourself to write the its first letter or the full word in English!
- Learners can keep adding new words they learn through the week into the book.



What are some other common items you use everyday?  
Draw them. Challenge yourself to learn their English names.

## Game Time!

## Object Race

1. Call out the names of the common items in English one-by-one.
2. The first player to bring them to you wins a point.
3. The player with the most points wins the game.

Learn how to say numbers 1 to 5 in English.

4. Then, call out a number and players bring that many number of things! The first player to have the objects ready gets 1 point.

## Day 2 How Do You Feel?

1. Draw 6 faces for how you could feel and say the name of the emotion in Dari / Pashto.

2. Learn the names of different feelings (from the list) in English too.

3. Sitting in a circle, each person say names of different things. (Ex: *Ice-cream, rain, fight, etc.*)



4. To earn a point, other players must hold up the drawing of the emotion it would make them feel and say it in English.

## Game Time! Ali Says

1. Decide actions for these words:

***stop, come, go, sleep, play, help, happy, sad, phone, angry***



2. Call out the action and all the players must do it but only when you say "**Ali says** \_\_\_\_\_ (action)."

3. If someone does the action and you did not say 'Ali says', that player is out of the game.

4. Encourage learners to say the verbs in English while doing the action.

Speed up the pace of calling out actions for more fun!

## Day 3 Yes or No?

1. Learn the meaning of the English words 'yes' or 'no' with actions (thumbs up and thumbs down).  
2. One player should hide any object behind their back.
3. Others must ask 10 questions for which the answer can be 'yes' or 'no'. (Ex: *Is it something we wear?*)
4. At the end of the 10 questions, they must guess the object! Try to name the object in English.

*If you do not know the word you want to say in English, say "No English!" and say the word in Pashto/Dari.*

## Game Time! I Need

1. Players sit in a circle. In English, say "I need \_\_\_\_\_" and add any item's name in English..

**Example:**

I need clothes.

2. The next person should repeat what was said and add another word, in English.

I need clothes and paper.

3. If a player does not say the items in the correct sequence or misses any out, they are out of the game.



*If they do not know the English word for any item, ask them to draw it out for you and teach them the word.*

1. Learn the English words for different actions (from the list). Say each word 3 times with the action.

2. Play a game to practice these words!

- All players line up.
- Decide actions for these words:  
**stop, come, go, sleep, play, help, happy, sad, phone**
- Call the words out one-by-one in different orders.  
Players need to show the correct action for the word.
- If they show the wrong action, they are out of the game!  
Make it challenging by increasing the speed.



Play



Stop

## Game Time!

## Stop - Go

All players stand in a line. Call out the following words and they should do the action for that word.

**Go** Walk or run ahead.

**Stop** Freeze your position!

**Hurt** Pretend to fall down and get hurt

**Medicine** You can get up from the 'hurt' action **only** when you hear the word 'medicine' (neither 'stop', nor 'go')

*If any action is done incorrectly, the player is out of the game!*

Ask: Did you enjoy the game?

Learners must reply with 'Good' or 'Bad'.



1. Learn the basic words (from the list) in English and their meaning.
2. Take turns to say these details about yourself in English.

- I am \_\_\_\_\_ (*name*).
- Age is \_\_\_\_\_
- Villa is \_\_\_\_\_
- I am a \_\_\_\_\_ (*man/lady or boy/girl*)
- I am \_\_\_\_\_ (*feeling*)
- I need \_\_\_\_\_ (*any common item you learnt*)

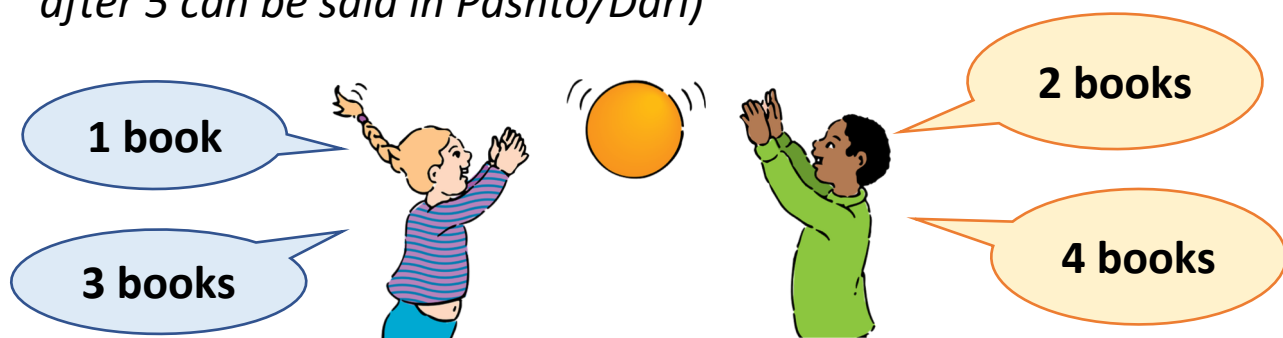


3. Challenge yourself to face their friend and talk about them. (*You are \_\_\_\_\_, Age is \_\_\_\_\_, Villa is \_\_\_\_\_, You are \_\_\_\_\_ (feeling), etc.*)

## Game Time!

## Step Away and Catch!

1. Pair up players. They should think of something that makes them both happy. (*Ex: book, food, etc.*)
2. They need to toss a ball (or any soft object) to each other and count out loud with their favourite thing. With every toss, they should take one step back.
3. If the ball is dropped, the pair is out of the game. (*Numbers after 5 can be said in Pashto/Dari*)





## Objective

Introduce yourself and others, build basic speaking skills and build relationships with peers.

For this week's audio instructions in Pashto and Dari, scan the QR Code.



## Vocabulary Words

### Time

- Morning
- Afternoon
- Evening
- Yesterday
- Today
- Tomorrow
- Before / After

### Question

- What
- Why
- When
- Where
- How
- Why

### Numbers

- Six
- Seven
- Eight
- Nine
- Ten

### Basic Words

- Again
- Country
- Language
- Games
- Hello
- Bye
- Thank you
- Book
- Okay

### Feelings

- Tired
- Thirsty
- Scared

### People

- Mother / Father
- Brother / Sister
- Aunt / Uncle
- Grandmother / Grandfather
- Friend
- Volunteer
- Doctor
- Teacher
- Boy / Girl

### Phrases

- What is \_\_\_\_\_?
- I do not \_\_\_\_\_
- I like / I don't like

# All About Me !

- Learn the following English words:



Morning



Afternoon



Evening

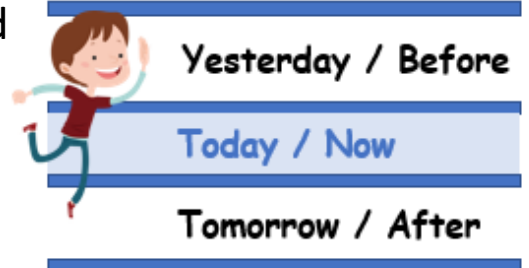
- Draw 3 things you do in each of these times on separate pieces of paper. (Eg: Morning – Pray, Eat, Shower)  
Challenge yourself to write the names of the activities in English.
- Exchange your chits with your partner.
- Arrange their activities in the correct order of their day.
- Once done, explain what you do in a day like this:

- In the morning, I \_\_\_\_\_
- In the afternoon, I \_\_\_\_\_
- In the evening, I \_\_\_\_\_

Discuss 1 more thing you would like to do every day. At what time would you do it?

## Time Jump

- Use chalk or tape to make lines at a jumping distance from each other as shown. All players stand in 'Today/Now'.
- Call out the 6 words (as shown) and players must jump accordingly.
- If the players jump in the wrong section, they are out of the game!



1. Write 10 questions that you want ask your friends who live with you to know more about them. Learn the questions words shown below.
2. Interview 3-5 members in your home. Listen carefully.

Challenge yourself to use the question words, in English:

**WHAT**

What is your name?

**WHEN**

When is your birthday?

**WHERE**

Where do you live?

**WHO**

Who takes care of you?

**WHY**

Why do you like \_?

**HOW**

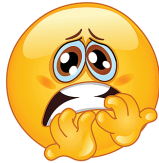
How are you feeling?

## Guess the Emotion!

1. Learn the English names of these emotions:



hungry



scared



thirsty



tired



angry



sad



happy

2. Players are divided into 2 teams. Team 1 whispers an emotion to a player from Team 2. The player should act it out and their team members earn 1 point if they guess it right!
3. Once they identify the emotion, team members earn a bonus point if they ask the player a question based on the emotion.  
(Eg: Why are you sad?, Who makes you happy?, etc.)

1. Learn how to say numbers from 1 to 10 in English
2. Then, the volunteer calls out a number and players bring that many number of things!
3. The first player to have the objects ready gets 1 point. The player with the most points wins the game.
4. Get a bonus point if you say the names of the objects in English.

## Setting Up My Shop



1. Using paper, make your own money.  
(Eg: 1 Paper bill = 1 Afghani, 5 Afghani, etc.)  
Challenge yourself to write the numbers on it in English.
2. Collect objects that you think are important. Learn and say their names in English. Set them up to make your own shop.
3. Give some of the money you made to your friends and let them buy things from you! Convince customers to buy items by explaining why an object is important to you.
4. When someone comes to your shop, ask some questions to each other using English question words:

**WHAT** What do you want?

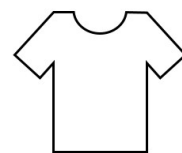
**WHO** Who wants it?

**WHY** Why do you want it?

**HOW** How much is it?

Try making bills too!

**BILL**



T-shirt


5 AFs

How much 'money' did you earn? Which is your favourite item? Why?

1. Learn the following English words:



2. Draw a picture of the people who are important to you. This can be family or friends. Challenge yourself to write their names and use the words above to label the drawings in English.

 *The idea is for children to create something to remember the people in their life by. Do not force them to participate in this activity, if it is distressing for them.*

## Game Time!

## A Comedy Show!

1. Teach the following English words:  
**Volunteer, Teacher, Doctor, Friend**
2. Write these words in chits. Divide the players into 4 groups. Each group picks up a chit.
3. The group should put up a short skit about the person in the chit (Eg: Teacher) and make it as funny as possible!
4. All players vote for the best skit! Each vote is 1 point. Give 5 more points if the group uses 3 or more English words in the skit.



1. Pair up with a friend. Interview them using these English prompts:

Greet your friend by saying **Hello**.

Use English question words to know more about your friend by asking “**What is** \_\_\_\_\_ (Name, Age, Villa No., etc.)?” Also ask:

### Question

Which **country** are you from?

Which **language** do you speak?

What do you like?

What do you not like?

### Response

My country is \_\_\_\_\_

My language is \_\_\_\_\_.

I like \_\_\_\_\_

I do not like \_\_\_\_\_

At the end of the interview, say “**Thank You**” and “**Bye**”.



2. Practise conducting the interview 1 or 2 times by adding some of your own questions too (minimum 8 questions). Then, record it using an adult’s phone or present it in front of others!
3. Switch roles and let your friend interview you too!

## Game Time!

### What Is This?

1. A volunteer asks “**What is a** \_\_\_\_\_?” with things around them.  
(Eg: What is a pencil? What is a wall? What is a shirt?)
2. Players bring or point to the object and say “**This is a** \_\_\_\_\_.”  
(Eg: Bring a pencil and say, “This is a pencil.”)
3. The first player to do so earns 1 point.

## Objective

Develop and build English vocabulary.

For this week's audio instructions in Pashto and Dari, scan the QR Codes.



## Vocabulary List

### Clothing

- Shirt
- Pant
- Dress
- Scarf
- Skirt

### Household

- Bed, Pillow
- Bag
- Soap
- Toothbrush
- Blanket
- Glasses
- Glass / Plate
- Spoon / Fork

### Number Names (10 to 20)

### Basic Words

- Quiet / Loud
- More / Less
- Clean / Dirty
- Near / Far
- Circle / Line
- Stand / Sit
- Safe / Danger

### Food Items

- Milk
- Fruit
- Vegetable
- Rice
- Bread
- Meat

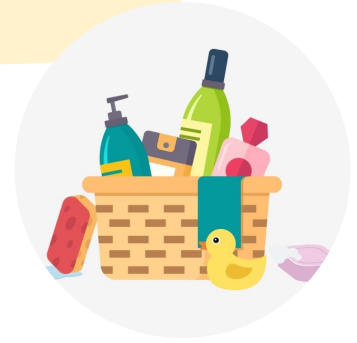
### Actions

- Read
- Hit
- Look
- Touch
- Pray
- Wash
- Say
- Eat
- Shower

### Body Parts

- Face
- Hand
- Leg
- Stomach
- Back

# Things Around Me



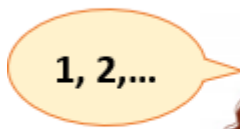
- Learn the following English words:  
**Bed, Bag, Soap, Toothbrush, Comb, Blanket, Pillow, Glass, Plate, Spoon, Fork, Tissue**
- Pair up with a friend. Hide 6 to 7 objects.  
(Draw it on paper and hide it if you don't have the object.)
- Say the English word for a hidden object. Your partner must find it.
  - When they reach close to the hiding place, say "**Near**".
  - When they are moving further away, say "**Far**".
- Continue till all the objects are found. Switch roles and repeat the activity too! Challenge yourself to write the English words.

## Game Time! Action Count

- Learn to say the numbers from 10 to 50 in English.
- A player will say a number (from 1 to 20) and an action.  
(*clap, jump, walk, turn, roll, etc.*) Try saying it in English!
- The others will do the action that many times.
- Give 1 point to the player who does it the fastest.



11  
claps!



1, 2, ...



1, 2, 3 ...

**Bonus Point:** Which number should be added to the said number to make 20?



## Day 12

# Silly Costumes!

1. Learn the following English words:  
**shirt, pant, dress, scarf, skirt, jacket, towel**
2. Divide the players into groups of 4 or 5.
3. Each group must dress up one player in a funny way! They can use objects like leaves, tissue, towels, etc.
4. After 10 to 15 minutes, the players wearing the costumes from different teams should stand in line.
5. Teams name the items and colours they can see in the costumes in English (1 point each). Vote for the funniest costume (5 points).



## Game Time!

# Cross the Road

1. Mark 2 lines far away from each other (the "road"). One player is Mr. Dog. Others line up on the other side of the "road".
2. Then, they ask Mr. Dog:

***Hey Mr. Dog, can we cross the river?***

3. Mr. Dog says "**Yes**" but with one condition.  
(Eg: Yes, if you are wearing a shirt / if you have a red item, etc.)  
Mr. Dog should use at least 1 English word!
4. The players who meet the condition try and cross the road before being caught by Mr. Dog.
5. The person caught will become Mr. Dog. Player who cross the road without getting caught earn 1 point.

players

road



Mr. Dog

## Day 13

# Favourite Food

1. All players sit/stand in a circle. Learn the English words: **milk, fruit, vegetable, rice, bread, meat**
2. One player has a ball (or any soft object). The player says:  
**I like** (any food item). **Do you like** (same food item) ?
3. Whoever in the circle likes the same thing must clap. The player throws the ball to them. They repeat the same thing.
4. After all the food items are covered, players can say other things they like. Continue till everyone gets the ball at least 2 times.



## Activity

# Jumping Math

Learn and write numbers from 0 to 20 with chalk or tape on the ground. Leave enough space to jump between the numbers. Do the 4 activities given below using the number line:

**1** Jump from 1 to 10 and call out different objects with each number. *Eg: 1 book, 2 leaves, 3 pens, 4 toys, etc.*

**2** Start from 0. Ask a friend to call out numbers from 1 to 5. Add and jump to the answer!

**3** Start from 20. Others call out numbers from 1 to 5. Subtract and jump to the answer!

**4** Challenge each other to skip-count by 2s, 3, 4s, etc. and jump to the numbers. Say the number with every jump.



- Learn the following pairs of English opposite words and assign an action to each word:

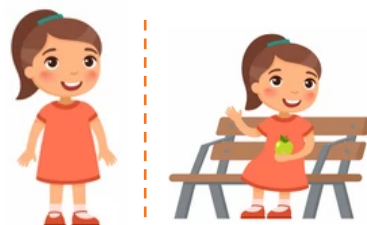
Quiet / Loud

Clean / Dirty

More / Less

Near / Far

Stand / Sit

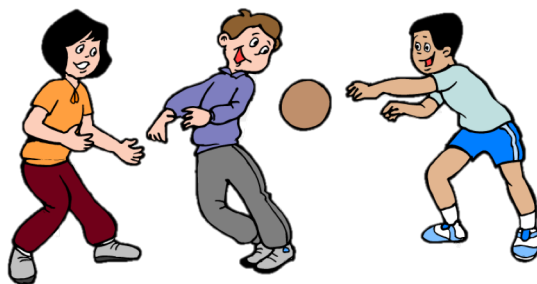


- Players stand in line. When the volunteer calls out a word, players must say the opposite word in English and show its action.
- If a player says the incorrect word or does the incorrect action, they are out of the game!

## Game Time!

### Dodge Ball

- Learn these English words: **face, hand, leg, stomach, back**
- Make 2 equal teams. Team 1 forms a large circle. Team 2 members get inside the circle.
- Team 1 members will try and hit a ball at a Team 2 member.
- Once hit, the player must call out the body part that the ball hit in English. That player is out if they were hit in the *safe part*.



*Establish rules to ensure safety. **Safe Part** – Hands, legs, back, stomach. **Danger Parts** – face, between the legs, etc.*

- If they were hit in the 'danger' parts, they should say "Danger!"
- Team 1 tried to get all the players out. Then, teams switch roles!

1. Decide actions for these words:  
**think, read, hit, write, look, pray, wash, say, eat, shower**
2. Call out the action and all the players must do it but only when you say "**Ali says** \_\_\_\_\_ (action)."
3. If someone does the action and you did not say 'Ali says', that player is out of the game.
4. Encourage learners to say the verbs in English while doing the action.



Ensure you use a safe action for the word 'hit'.



*Speed up the pace of calling out actions for more fun!*

## Game Time

## Circle Games

1. All players sit in a circle.
2. Each player says one number (in English) one-by-one. For every 3<sup>rd</sup> number, they should clap. (Eg: 1, 2, clap, 4, 5, clap, etc.)
3. If anyone misses a number or a clap, they are out.



Try playing this game with different rules and actions!

## Objective

Learn useful English phrases and feel comfortable with the 'new normal' of day-to-day life.

For this week's audio instructions in Pashto and Dari, scan the QR Code.



## Vocabulary List

### Time

- O' Clock
- What time?
- 30 – Thirty
- 45 – Forty Five

### Positions

- Left / Right
- Up / Down
- Straight
- Turn

### Countries

- Qatar
- Turkey
- America
- Austria
- France
- Sweden
- UK
- Canada
- India
- Pakistan
- Iran

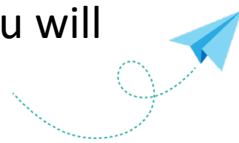
### Conversation

- Good Morning / Afternoon/ Night
- Excuse me
- Sorry
- How are you? / I am fine .
- I have \_\_\_\_\_
- I need \_\_\_\_\_
- Can I \_\_\_\_\_? Can you \_\_\_\_\_?
- I am feeling \_\_\_\_\_

## New Homes

1. Write a place from where you came to where you hope to go. (Eg: *From Afghanistan to America*) Use '**From**' and '**To**' in English.
2. Add an action word for what you did (Eg: *read*) and what you hope to do in the new place (Eg: *dance*).
3. Say the sentence in English: **From** \_\_\_\_\_ **To** \_\_\_\_\_
4. Challenge yourself to add the emotion you think you will feel in English! (Say: **I feel** \_\_\_\_\_)
5. Write "From" on one end of the room and "To" on the other. Everyone stands in the "From" side. Say "From \_\_\_ To \_\_\_" using opposites and run to the other side to earn a point!

*Eg: From sad to happy, From small to big, From quiet to loud, etc.*



## Game Time

## Robot Games

1. Learn these English words: **right, left, turn, straight, steps.**
2. Pair players up. Blindfold Player 1 (the BOT).
3. Mark a start point. Write a country's name. Place it somewhere.
4. Player 2 (the DIRECTOR) tells the BOT where to go to reach their new home. The BOT follows the instructions exactly.

- Correct direction = **1 point** for the DIRECTOR
- Direction followed correctly = **1 point** for the BOT



Move 2 steps forward.  
Turn left.  
Move 1 step back.  
Turn right.



5. Players switch roles! The pair with the most points wins.

# Your Clock

1. Draw the face of a clock with English numbers from 1 to 12. Make the hour hand (shorter) and the minute hand (longer).
2. Ask the volunteer, "**What time is it?**" in English and show that time on your clock. Learn how to show 30 and 45 minutes on the clock.
3. Chose how you were feeling at 4 different times of the day. Tell your friends: "**It was \_\_\_\_\_ O'clock. I felt \_\_\_\_\_.**"



## Activity

# My Daily Schedule



**Note:** Consistency is reassuring. Encourage learners to figure out a daily pattern of activities they can stick to.


1. Think about some good habits you want to develop. (Eg: Reading for 1 hour everyday, playing a sport, etc.)
2. Make a daily routine for yourself. Write the time and the name of the activity in English. Example:

Time	Activity
7:00 am to 7:30 am	 Wake up, brush my teeth, and shower.
7:30 am to 8:30 am	 Eat breakfast.
9:00 am to 10:00 am	 Learn and read, etc.

**Draw a star for yourself for every activity you do daily.**

- Learn how to greet in English based on the time of day:

Good morning 

Good afternoon 

Good evening 

Good night 

- Speak for 1 min about your favourite topic in Dari / Pashto. Start your speech by greeting the audience correctly in English. Challenge yourself to use at least 2 more English words!
- Learners will present their speech to each other and vote for the most interesting speech. The winner gets to choose a game that everyone can play together.

## Activity

## Touring Our Home



- Split into teams – ‘**Guides**’ and ‘**Tourists**’.
- Guides will label items in their living area, kitchen, etc. in English. Volunteers can support them in doing so. They can also draw emotions. (Eg: Bed – happy)
- Guides will split different areas among themselves to give others a tour. (Eg: Each member picks a different room/area.)
- Learners rehearse their speech. They must use:

### Guides

Good Morning, I am \_\_\_\_\_,  
How are you?  
Can I show you \_\_\_\_\_?  
Sure, this is \_\_\_\_\_. That is \_\_\_\_\_.

### Tourists

I am \_\_\_\_\_.  
I am fine.  
Can you show me \_\_\_\_\_?  
What is that?

- Guides give the tourists a tour of their home. Then, the teams switch roles and repeat the activity.



## Trade Game

1. Each player must draw or write 2 things they wish for on chits of paper. Shuffle these chits and distribute them randomly. Volunteers will record what each player wrote.
2. Players will get a chance to trade with each other to get the items they contributed by using these phrases:

I have \_\_\_\_.

Who has \_\_\_\_?

Sorry!

I want \_\_\_\_.

Excuse me!

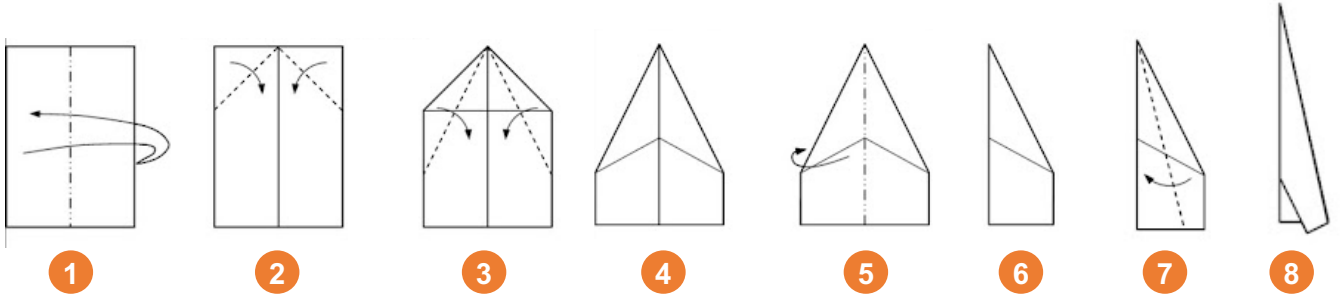
3. Convince each other in Pashto/Dari to trade objects with you!
4. The player who gets the items they contributed first, wins! Add a time limit to make the activity more challenging.

## Game Time! One Step Closer

1. One player is the “tagger”. Other players stand at least 10 steps away from the tagger’s back.
2. The tagger asks a question using English questions words and phrases: **What, When, Where, Who, How, Why, Can I**, etc.
3. All the players must answer the question in turns and take a step forward. The objective is to reach the tagger first. The player who does so earns 1 point.
4. Then, everyone runs! Whoever the tagger catches becomes the new tagger and repeats the activity.



1. Make paper planes by following the instructions below:



2. Mark different countries on the ground depending on how far it is from Afghanistan. Below is the order (closest to furthest):

*Pakistan, India, Iran, Qatar, Turkey, Iran, Austria, France, Sweden, UK, Canada, America*

3. Players guess where their plane would land and say (*in English*):  
**“My plane is from Afghanistan to \_\_\_\_\_”.**
4. Players throw their planes. Those that land on the country they guessed earn 1 point!



## Game Time!

## Which City?

1. Mark spots on the ground/room with different country names  
*Challenge yourself to place them as they are geographically in comparison to Afghanistan.*
2. One player will be the “den”. Other players run around when the music plays / the den sings a song (with their eyes closed).
3. When the music stops, players will stop beside any one country. The den will call out a country’s name. The players gathered around that country is out of the game.
4. Continue till there is only 1 player remaining!