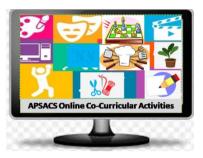
#### **APSACS Online Co-Curricular Activities**

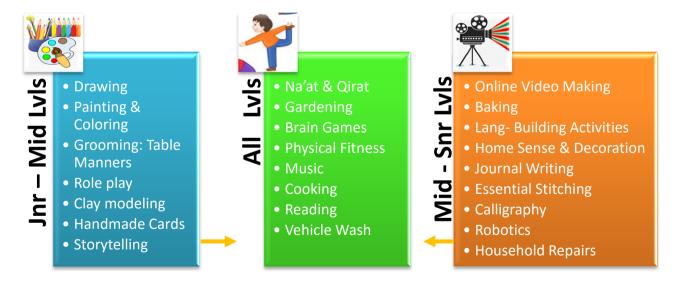
'APSACS Online Co-Curricular Activities' is a vibrant component of 'APSACS Online Support Programme' for students' engagement in interesting and healthy activities due to closure of schools.

Practicing lock down at home and 'Social Distancing' is the foremost responsibility of every global citizen. One of the greatest challenges for parents will be to give a balanced education with the inclusion of Co-Curricular Activities (CCAs) essential for Holistic Development such as Intellectual, Aesthetic Emotional, Social and Moral. The profound psychological impact of COVID-19 is



forecasted if healthy physical & mental engagements are not carried out by all, especially children. The entire concept of living, globalization, diet, hygiene, economy & most important human relationship will be transformed; hopefully for the better. Parents are requested to ensure skills development for successful adjustments of their wards required for contemporary changed & demanding perspectives of home and school. Realizing the challenge of healthy body and mind of its students, APSACS is sharing the avenues for continuity of Co-Curricular Activities through Online channels as per inclination and aptitude of students.

Following is the Level wise list of optional indoor/outdoor (within house) Co-Curricular Activities:



**Important:** Parents should engage children according to the 'difficulty level' in the above mentioned optional healthy activities. The selection should be as per resources within home and purely be of students' 'interest'.

#### **Useful Links for Co-Curricular Activities:**

#### **Qirat Tutorials**

https://www.tarteelequran.com/quran-learning-fees/https://gutor.com/

#### **Cooking & Baking Tutorials**

http://www.kraftcanada.com/tips-and-ideas/kids-centre/recipes-for-kids-aged-10-to-12-yrs
https://www.foodfusion.com/

# **Physical Fitness Tutorials**

https://www.youtube.com/watch?v=aHVR2FnTpdk
https://www.youtube.com/watch?v=dhCM0C6GnrY

## **Painting Tutorials**

https://thekinderartclub.com/vip
https://www.artforkidshub.com/painting-for-kids/

# **Coloring Tutorials**

https://www.thecolor.com/

#### **Role Play Tutorials**

https://elt.oup.com/parents-hubs-resources/games?cc=global&selLanguage=en
https://learnenglishkids.britishcouncil.org/top-tips/imaginative-role-play-with-young-children

## **Clay Modeling Tutorials**

https://www.youtube.com/watch?v=E8SUgcpgQxw https://www.youtube.com/watch?v=WzzW9PgsFoY

## **Essential StitchingTutorials**

https://www.thecrafttrain.com/category/crafts-and-activities/

https://www.craftinessisnotoptional.com/2011/06/scrap-your-stash-guest-post-living-with.html

#### **Calligraphy Tutorials**

 $\underline{https://www.youtube.com/watch?v=sBoVGqiSzr4}$ 

https://www.youtube.com/watch?v=QdYwdX7atHE

# **Online Video Making Tutorials**

https://www.youtube.com/watch?v=uRAnkUeEQD0

https://www.moovly.com/

#### **MusicTutorials**

https://www.youtube.com/watch?v=GUIcQw31KzA

https://www.youtube.com/playlist?list=PLcAPTI-NPAstG3FKJUvZtj\_CLv\_sDGCKf

# **Storytelling Tutorials**

https://www.freechildrenstories.com/

https://www.storynory.com/

## **Language- Building Activities Tutorials**

https://www.starfall.com/h/

https://www.education.com/resources/spelling/?referral\_url=kidsspell.com

#### **Home Sense & Decoration Tutorials**

https://www.pinterest.com/HobbyLobby/diy-home-decor/?autologin=true

https://www.youtube.com/watch?v=mlQd9FqzM1A

# **Gardening Tutorials**

https://kidsgardening.org/garden-activities/

https://www.youtube.com/watch?v=lpwH-FX0YGM

#### **Brain Games Tutorials**

https://www.mentalup.co/brain-training-with-brain-exercises

https://www.funbrain.com/games

#### **Robotics**

https://researchparent.com/

APSACS does not in any way endorse any organization, the links shared are only suggested activities. Students may visit other safe sites if they desire.