AVIYUNA PLAY & LEARN

LITTLE HANDS, BIG DISCOVERIES

7 DAYS OF PLAY

A little activity guide for curious learners aged 2–3

Seven simple activities
Explore • Create • Build • Imagine

Made with care by Aviyuna Play & Learn

Welcome to 7 Days of Play

Little moments of play can become wonderful learning opportunities. This guide offers seven simple activities to try together using familiar materials and playful ideas.

How to use this guide

Choose a time when your child is rested and interested. Follow their curiosity, keep activities playful, and stop whenever they lose interest. There is no need to finish an activity or get a perfect result.

Keep it simple A few safe materials are enough.	**Play together** Talk, demonstrate and take turns.
Follow your child Let them explore at their own pace.	**Celebrate effort** Notice trying, exploring and discovering.

A note for grown-ups

Stay close and supervise throughout. Use large, age-appropriate materials that are intact and too large to present a choking risk. For water play, keep the amount shallow and maintain hands-on adult supervision at all times. Never leave a young child alone near water.

DAY 1 • EXPLORE

Colour Explorers

Sort large coloured blocks into matching bowls. Name each colour together and invite your child to find another object in the room with the same colour.

WHAT YOU'RE PRACTISING

- Colour recognition
- Matching and visual attention
- Hand-eye coordination

YOU WILL NEED

Large, solid blocks and three bowls or containers in contrasting colours.

TRY ASKING

Can you find something else that is the same colour?

MY LITTLE DISCOVERY

Draw or describe the colours you explored today:

Grown-up note: Keep the activity relaxed and supervised. Adapt it to your child's interests and abilities.

DAY 2 • BUILD

Little Builders

Build a tower together using large blocks. Count each block as it is added, then see what happens when the tower becomes taller.

WHAT YOU'RE PRACTISING

- Spatial awareness
- Balance and coordination
- Early counting

YOU WILL NEED

Large, lightweight building blocks on a clear, stable floor.

TRY ASKING

How can we make the tower wider or taller?

MY LITTLE DISCOVERY

Draw your tallest tower:

Grown-up note: Keep the activity relaxed and supervised. Adapt it to your child's interests and abilities.

DAY 3 • DISCOVER

Animal Friends

Look at large animal pictures or familiar toy animals. Take turns naming them, matching pairs and making the sounds they might make.

WHAT YOU'RE PRACTISING

- Vocabulary and communication
- Memory and matching
- Imaginative play

YOU WILL NEED

Large animal picture cards or age-appropriate toy animals.

TRY ASKING

Which animal would you like to meet in a story?

MY LITTLE DISCOVERY

Draw your favourite animal:

Grown-up note: Keep the activity relaxed and supervised. Adapt it to your child's interests and abilities.

DAY 4 • EXPLORE

Shape Detectives

Explore a circle, square and triangle using large cards or chunky shape pieces. Look around the room for objects with similar shapes.

WHAT YOU'RE PRACTISING

- Early shape recognition
- Observation
- Matching and language

YOU WILL NEED

Large shape cards or chunky, age-appropriate shape pieces.

TRY ASKING

Can you spot a round shape in the room?

MY LITTLE DISCOVERY

Draw a shape you found:

Grown-up note: Keep the activity relaxed and supervised. Adapt it to your child's interests and abilities.

DAY 5 • EXPERIMENT

Little Pourers

With an adult right beside your child, pour a small amount of water between sturdy plastic cups in a shallow basin. Notice how the water moves.

WHAT YOU'RE PRACTISING

- Hand-eye coordination
- Cause and effect
- Early experimenting

YOU WILL NEED

A shallow basin, a small amount of water and sturdy plastic cups.

TRY ASKING

What happens when you pour slowly?

MY LITTLE DISCOVERY

Draw the cups you used:

Grown-up note: Keep the activity relaxed and supervised. Adapt it to your child's interests and abilities.

DAY 6 • IMAGINE

Little Chefs

Pretend to prepare a meal together. Name the foods, sort toy ingredients into a basket and take turns serving an imaginary dish.

WHAT YOU'RE PRACTISING

- Imagination and pretend play
- Vocabulary
- Turn-taking

YOU WILL NEED

Toy food and a basket, or safe play kitchen accessories.

TRY ASKING

What would you like to make for lunch?

MY LITTLE DISCOVERY

Draw your pretend meal:

Grown-up note: Keep the activity relaxed and supervised. Adapt it to your child's interests and abilities.

DAY 7 • CONNECT

Storytime Adventures

Choose a favourite picture book. Look at the pictures together and invite your child to point to familiar objects, colours or animals.

WHAT YOU'RE PRACTISING

- Listening and language
- Attention and connection
- Imagination

YOU WILL NEED

A favourite age-appropriate picture book.

TRY ASKING

Which picture would you like to talk about?

MY LITTLE DISCOVERY

Draw a picture from your story:

Grown-up note: Keep the activity relaxed and supervised. Adapt it to your child's interests and abilities.

Our 7 Days of Play

A little check-in to celebrate the moments you shared. Tick a day when you try an activity — even a few minutes of play counts.

DAY	ACTIVITY	WE PLAYED!
1	Colour Explorers	■
2	Little Builders	■
3	Animal Friends	■
4	Shape Detectives	■
5	Little Pourers	■
6	Little Chefs	■
7	Storytime Adventures	■

A Little Learner's Certificate

This certificate celebrates

_____

for exploring, creating and discovering through seven days of play.

Date: _____ Grown-up: _____

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Play a little. Learn a lot.