

Help Your Helper



BILINGUAL GUIDES FOR EXPAT FAMILIES

UAE

Qatar

Singapore

Hong Kong

LESS EXPLAINING. MORE HARMONY AT HOME.

FREE ACTIVITY GUIDE

Kids Activity Guide

Ages 0-2 • 3-5 • 6-8 • 9-12 | 5 activities per age band

English + Tagalog · Free Guide

helpyourhelper.co | [@helpyourhelper](https://www.instagram.com/helpyourhelper)

Inside this guide:



- Bilingual activities for expat families
- Clear, step-by-step instructions
- Both English and Tagalog in every activity
- Designed for helpers to use independently

Welcome / Maligayang Pagdating

This free guide gives you 20 simple, hands-on activities for children aged 0 to 12 — 5 activities for each age band. Every activity uses everyday household items, no special equipment needed. Each one explains what to do, why it helps your child grow, and includes a full Tagalog translation.

Sa Tagalog:

Ang libreng gabay na ito ay nagbibigay ng 20 simpleng aktibidad para sa mga batang may edad 0 hanggang 12 taon — 5 aktibidad para sa bawat pangkat ng edad. Bawat aktibidad ay gumagamit ng mga karaniwang bagay sa bahay at may kasamang buong pagsasalin sa Tagalog para sa inyong helper.

How to use this guide:

- Read the English instructions first.
- Share the Tagalog section with your helper.
- All activities use everyday household items.
- Adjust to your child's pace — every child is different.



Ages 0–2

Simple activities to support your baby's development

1. Rice Sensory Bin
2. Peek-a-Boo
3. Kitchen Drum Kit
4. Mirror Play
5. Lap Bouncing Rhymes

ACTIVITY 1

Rice Sensory Bin

Screen-free

Age:	0–2 years
Duration:	20 minutes
You will need:	A cup or container, a spoon, dried rice (enough to fill a small tray or bowl), a shallow tray or bowl

What to do:

Fill the tray with dried rice. Give baby a cup and a spoon. Let them scoop, pour, dig, and explore freely. Sit with them and narrate what they are doing: 'You're pouring! Listen to that sound. Can you feel the rice?' No screens needed — this is 20 minutes of completely focused play.

Why this helps:

Scooping and pouring rice builds fine motor skills and hand-eye coordination. The sound and texture of rice is deeply calming for babies and toddlers. Unstructured sensory play builds longer attention spans.

Safety note: Supervise closely — dried rice is a choking hazard for babies who still mouth everything.

Sa Tagalog:

Punan ang tray ng tuyo na bigas. Bigyan ang bata ng tasa at kutsara. Hayaan silang magsandok, magbuhos, at magtuklas nang malaya. Salitain ang kanilang ginagawa: 'Nagbubuhos ka!' Ang pagsasandok ng bigas ay nagpapaunlad ng fine motor skills at hand-eye coordination. Babala: Bantayan nang mabuti — ang tuyo na bigas ay mapanganib na mailulon ng mga sanggol.



ACTIVITY 2

Peek-a-Boo

Age:	4 months+
Duration:	5 minutes
You will need:	Just your hands!

What to do:

Cover your face with your hands. Say 'Where am I?' then open your hands and say 'Peek-a-boo!' Pause and let the baby react. Try with a small cloth too.

Why this helps:

Peek-a-boo teaches babies that people still exist when they can't be seen — called 'object permanence.' It also makes them laugh and builds anticipation.

Safety note: Watch baby's reactions — stop if they seem upset.

Sa Tagalog:

Takpan ang iyong mukha gamit ang iyong mga kamay. Sabihing 'Nasaan ako?' tapos buksan at sabihing 'Peek-a-boo!' Maghintay at hayaan ang sanggol na magreaksyon. Nagtuturo ang laro na ito ng object permanence — ang mga tao ay nandoon pa rin kahit hindi makita.



ACTIVITY 3

Kitchen Drum Kit

Age:	8 months+
Duration:	10–15 minutes
You will need:	Wooden spoon, 2–3 plastic containers or pots (empty and safe)

What to do:

Sit baby on a safe surface with the containers in front of them. Show them how to tap with the spoon. Try slow taps, fast taps, make it rhythmic. Say 'Boom! Boom! Boom!'

Why this helps:

Banging and drumming develops hand-eye coordination and cause-and-effect understanding — one of baby's earliest science experiments.

Safety note: Use only containers with no sharp edges. Wooden spoons are safer than metal.

Sa Tagalog:

lupo ang sanggol sa ligtas na lugar na may mga lalagyan sa harap nila. Ipakita kung paano tuktukan ang mga lalagyan gamit ang kutsara. Babala: Gamitin lamang ang mga lalagyan na walang matutulis na gilid.



ACTIVITY 4

Mirror Play

Age:	2 months+
Duration:	5–10 minutes
You will need:	Baby-safe unbreakable mirror (or bathroom mirror held securely by you)

What to do:

Hold baby in front of a mirror. Point to their reflection: 'That's you! Where's your nose?' Make faces together — smile, stick out your tongue, raise your eyebrows.

Why this helps:

Mirror play builds self-awareness and early social skills. Babies begin to recognise themselves and read facial expressions — a foundation for empathy.

Safety note: Always hold baby securely. Use an unbreakable mirror if placing on the floor.

Sa Tagalog:

Hawakan ang sanggol sa harap ng salamin. Ituro ang kanilang repleksyon: 'Ikaw iyan!' Gumawa ng iba't ibang mukha nang magkasama. Nagtuturo ang paglalaro sa salamin ng kamalayan sa sarili at maagang pakikisalamuha. Babala: Laging hawakan nang mabuti ang sanggol.



ACTIVITY 5

Lap Bouncing Rhymes

Age:	3 months+
Duration:	5–10 minutes
You will need:	Just you and baby!

What to do:

Sit comfortably with baby on your lap facing you. Gently bounce baby to a simple rhyme or count: 'One, two, three, wheee!' Lift slightly on the last word. Match the bounce to the rhythm.

Why this helps:

Rhythm and rhyme lay the foundations of language. Lap bouncing builds a strong bond and teaches anticipation — baby starts to expect the 'wheee!'

Safety note: Always support baby's head and neck. Keep movements gentle.

Sa Tagalog:

Maupo nang komportable na ang sanggol ay nasa inyong kandungan, nakaharap sa inyo. Dahan-dahang pagpaluin ang sanggol sa isang tugma. Subukan: 'Isa, dalawa, tatlo, wheee!' Babala: Laging suportahan ang ulo at leeg ng sanggol. Maging malumanay palagi.





Ages 3–5

Creative, hands-on activities to help young children learn through play

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1. Draw and Describe
 2. Storytime Routine
 3. Shape Hunt Around the House
 4. Freeze Dance
 5. Paper Bag Puppets

ACTIVITY 1

Draw and Describe

Screen-free

Age:	3–5 years
Duration:	20–30 minutes
You will need:	Paper, crayons or coloured pencils

What to do:

Give the child paper and crayons and ask them to draw their family. No instructions, no corrections — just let them draw freely. When done, ask three questions: ‘Who is this? What are they doing? Where are you all?’ Listen carefully and let the child lead. Phones and tablets away.

Why this helps:

Drawing and describing builds language, confidence, and emotional expression. The three questions after the drawing are as important as the drawing itself — they give children practice explaining their thinking out loud, a foundational literacy skill.

Sa Tagalog:

Bigyan ang bata ng papel at mga krayola at hilingin sa kanila na iguhit ang kanilang pamilya. Huwag magbigay ng mga tagubilin o magwasto — hayaan lamang silang gumuhit nang malaya. Kapag tapos na, magtanong ng tatlong tanong: ‘Sino ito? Ano ang ginagawa nila? Nasaan kayong lahat?’ Walang telepono o tablet sa buong aktibidad.



ACTIVITY 2

Storytime Routine

Bedtime reading

Age:	3–5 years
Duration:	15–20 minutes
You will need:	1 picture book

What to do:

Pick a book together. Before reading, ask two questions: ‘What do you think this book is about? What do you think will happen?’ Read the whole book slowly, pointing at pictures. When you finish, ask one question: ‘What was your favourite part?’ There are no wrong answers.

Why this helps:

Asking questions before and after reading transforms storytime from passive to active. Children who predict and reflect build comprehension skills far faster than those who only listen.

Sa Tagalog:

Pumili ng libro nang magkasama. Bago magsimulang magbasa, magtanong ng dalawang tanong: ‘Ano sa tingin mo ang tungkol sa librong ito? Ano sa tingin mo ang mangyayari?’ Basahin ang buong libro nang dahan-dahan, ituro ang mga larawan. Kapag tapos na, magtanong ng isang tanong: ‘Ano ang iyong paboritong parte?’ Walang maling sagot.



ACTIVITY 3

Shape Hunt Around the House

Age:	3–5 years
Duration:	15–20 minutes
You will need:	Paper, pencil, crayons (optional)

What to do:

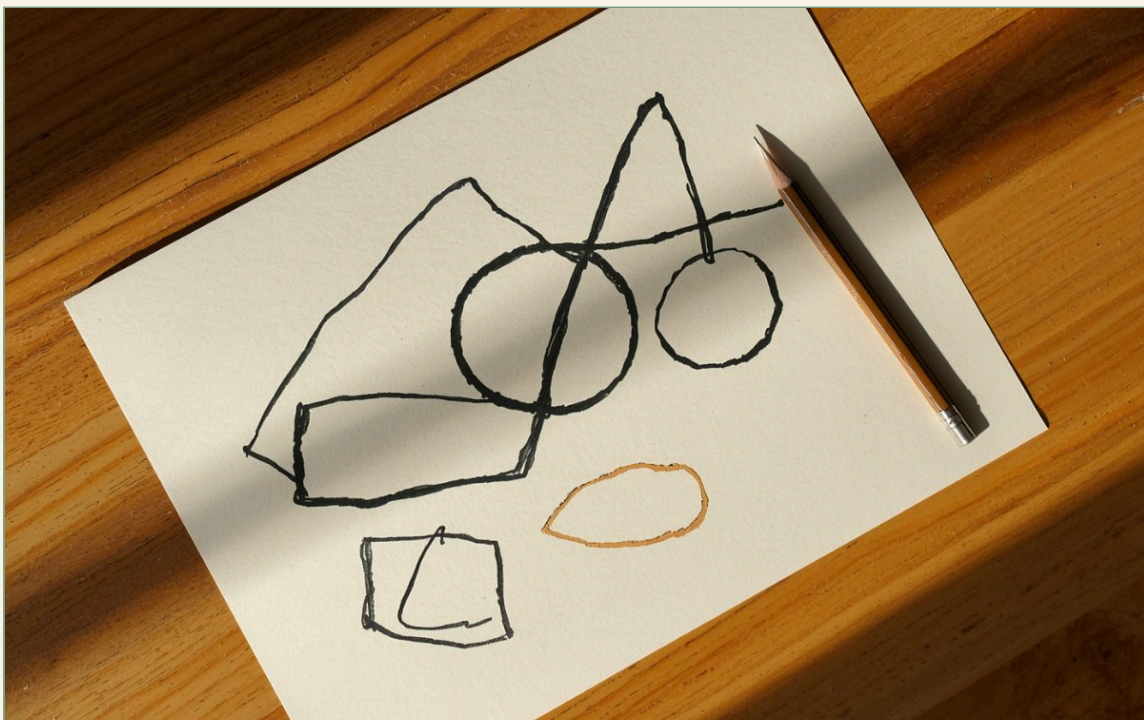
Draw a simple chart with four shapes: circle, square, triangle, rectangle. Walk through the house with the child. When you spot a shape, tick it off. 'The clock is a circle! The door is a rectangle!'

Why this helps:

Shape recognition is a core early maths skill. Making it a game builds observation and vocabulary at the same time.

Sa Tagalog:

Gumuhit ng simpleng tsart na may apat na hugis: bilog, parisukat, tatsulok, parihaba. Maglakad sa buong bahay kasama ang bata. Kapag nakita ninyo ang isang hugis, lagyan ng tsek. Ang pagkilala ng hugis ay mahalagang kasanayan sa maagang matematika.



ACTIVITY 4

Freeze Dance

Age:	3–5 years
Duration:	10–15 minutes
You will need:	Music (phone or speaker), clear floor space

What to do:

Play music and dance together. When the music stops — everyone freezes! Hold as still as a statue until the music starts again. Let the child be the DJ and stop the music whenever they want.

Why this helps:

Freeze Dance builds listening skills, body control, and coordination. It is also one of the best ways to burn indoor energy on a hot day.

Safety note: Clear the floor of toys and hard objects before starting.

Sa Tagalog:

Mag-play ng musika at magsayaw nang magkasama. Kapag tumigil ang musika — lahat ay nag-freeze! Hayaan ang bata na maging DJ at patigilin ang musika kung kailan nila gusto. Babala: Linisin ang sahig ng mga laruan at matitigas na bagay bago magsimula.



ACTIVITY 5

Paper Bag Puppets

Age:	3–5 years
Duration:	25–35 minutes
You will need:	Small paper bags (2–3), markers, glue, paper scraps, wool or yarn for hair

What to do:

Give each child a paper bag. The fold becomes the puppet's mouth. Draw a face, add wool hair, paper ears. Then perform! Ask: 'What does your puppet like to eat? Where does your puppet live?'

Why this helps:

Puppet play builds language skills, creativity, and emotional expression. Children often say things through puppets they wouldn't say directly.

Safety note: Supervise use of glue with younger children.

Sa Tagalog:

Bigyan ang bawat bata ng paper bag. Ang tiklop ng bag ay nagiging bibig ng puppet. Gumuhit ng mukha, magdagdag ng wool na buhok, papel na tainga. Pagkatapos ay magpalabas! Ang paglalaro ng puppet ay nagpapaunlad ng wika, pagkamalikhain, at emosyonal na ekspresyon.





Ages 6–8

Engaging activities to support learning, creativity and independence

1. Kitchen Science: Baking Soda Volcano
2. Chapter Book Storytime
3. Build a Bridge Challenge
4. Emotion Matching Card Game
5. Nature Journal

ACTIVITY 1

Kitchen Science: Baking Soda Volcano

Age:	6–8 years
Duration:	20–30 minutes
You will need:	Small bottle or cup, baking soda (1–2 tbsp), white vinegar (1/4 cup), food colouring (optional), tray

What to do:

Place the bottle on a tray. Add baking soda and a few drops of food colouring. Pour in the vinegar and watch the eruption. Discuss: 'Why did it bubble? What is happening?' Try adding more.

Why this helps:

This classic experiment introduces acid–base chemistry in a memorable hands–on way. Asking 'why' builds scientific thinking.

Safety note: Vinegar is a mild irritant – avoid eye contact. Use a tray to contain the mess.

Sa Tagalog:

Ilagay ang bote sa isang tray. Magdagdag ng baking soda at ilang patak ng food colouring. Iuhos ang suka at panoorin ang pagsabog. Tanungin: 'Bakit ito nag-bubble?' Babala: Ang suka ay maaaring makairit sa mga mata. Gamitin ang tray para mapigilan ang kalat.



ACTIVITY 2

Chapter Book Storytime

Bedtime reading

Age:	6–8 years
Duration:	20–30 minutes
You will need:	A chapter book suited to the child's reading level

What to do:

Pick a chapter book together. The helper reads one chapter aloud clearly and slowly. When the chapter is done, the child retells one thing that happened — in their own words, no prompting. Then swap: the child reads one page back to the helper. Repeat every evening.

Why this helps:

Reading aloud exposes children to vocabulary 2–3 levels above what they can read independently. The retell builds comprehension and spoken language. Done consistently, this produces measurable reading gains.

Sa Tagalog:

Pumili ng chapter book nang magkasama. Ang helper ay magbabasa ng isang kabanata nang malakas at dahan-dahan. Kapag tapos, ang bata ay mag-uusap ng isang bagay na nangyari — sa sariling salita. Pagkatapos, mag-swap: ang bata ay magbabasa ng isang pahina pabalik sa helper. Ulitin ang istrukturang ito bawat gabi para sa kapansin-pansing pag-unlad.



ACTIVITY 3

Build a Bridge Challenge

Age:	6–8 years
Duration:	25–35 minutes
You will need:	20 sheets of paper, 50 cm of tape, 1 small toy car or 5 coins to test weight

What to do:

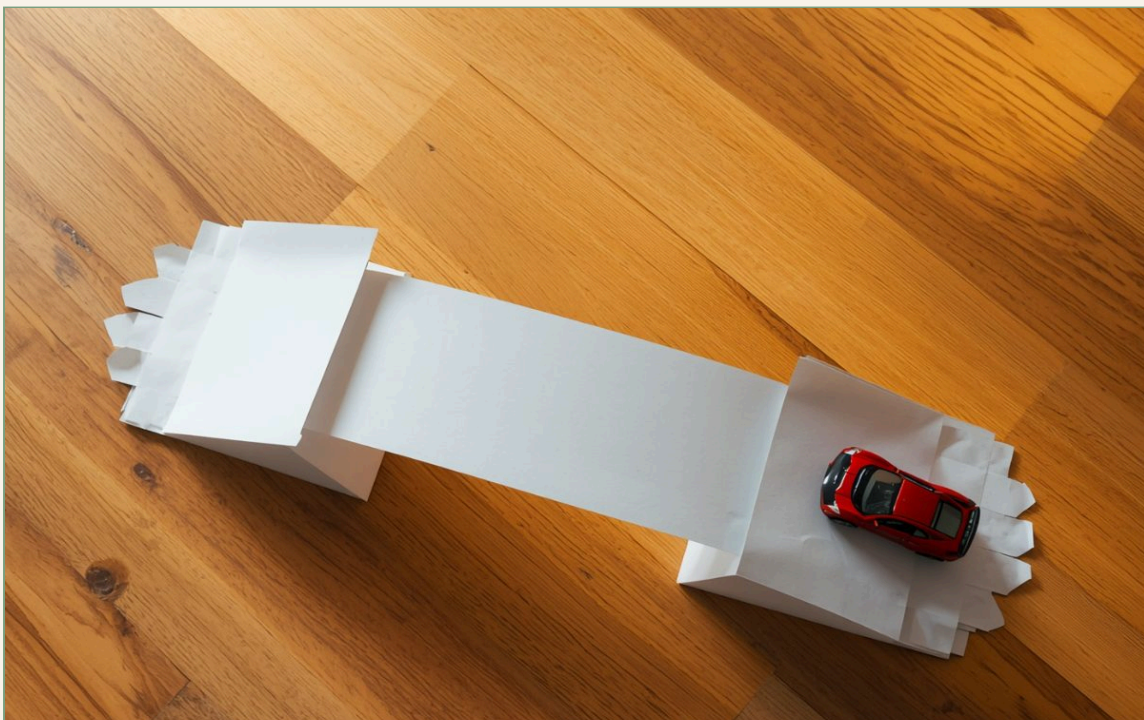
Challenge: build the longest bridge that can hold a toy car using only paper and tape. Let them plan first, then build, then test. If it fails: 'What would you change?'

Why this helps:

Engineering challenges develop problem-solving, critical thinking, and resilience when things fail.

Sa Tagalog:

Hamon: gumawa ng pinakamahabang tulay na maaaring humawak ng isang laruan na kotse, gamit lamang ang papel at tape. Hayaan silang mag-plano, gumawa, at subukan. Kung mabigo ito, tanungin: 'Ano ang gagawin mo nang iba?'



ACTIVITY 4

Emotion Matching Card Game

Age:	6–8 years
Duration:	20–25 minutes
You will need:	Index cards or paper cut to card size, pen or markers

What to do:

Together, write 8 emotion words on cards: happy, sad, angry, surprised, scared, excited, calm, confused. On separate cards, draw a matching face for each. Shuffle and play Memory Match. Then discuss: ‘When do you feel this way?’

Why this helps:

Naming and matching emotions builds emotional intelligence and vocabulary — a key life skill that children carry into adulthood.

Sa Tagalog:

Magsulat nang magkasama ng 8 salitang nagpapahayag ng emosyon: masaya, malungkot, galit, nagulat, natatakot, nasasabik, kalmado, nalilito. Gumuhit ng katugmang mukha para sa bawat isa. Pagkatapos ng laro, tanungin: ‘Kailan mo nararamdaman ito?’



ACTIVITY 5

Nature Journal

Age:	6–8 years
Duration:	30 minutes outdoors
You will need:	Notebook or folded paper, pencil, coloured pencils

What to do:

Go outside. Find 5 living things — plants, insects, birds, trees. Draw each one in the journal. Write the date, time, and where you found it. Encourage detail: ‘How many legs? What colour exactly?’

Why this helps:

Nature journaling develops observation skills, scientific literacy, and a connection to the natural world.

Safety note: Wash hands after handling insects or soil. Avoid touching unknown plants.

Sa Tagalog:

Lumabas kasama ang bata. Hanapin ang 5 nabubuhay na bagay — halaman, insekto, ibon, puno. Iguhit ang bawat isa sa journal. Isulat ang petsa, oras, at kung saan ito natagpuan. Babala: Maghugas ng mga kamay pagkatapos mahawakan ang mga insekto o lupa.





Ages 9–12

Challenging activities to build real skills in pre-teens

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1. Design a Business
 2. Debate: Screen Time Rules
 3. Build a Budget
 4. Interview Project
 5. Short Story Sprint

ACTIVITY 1

Design a Business

Age:	9–12 years
Duration:	30–45 minutes
You will need:	Paper, pencil, ruler (optional)

What to do:

Challenge the child to design a small business they could run from home. Name it, decide what it sells, set a price, and work out how many customers they'd need to make AED 100 / SGD 30. Draw a simple logo. Pitch it to you in two minutes.

Why this helps:

Entrepreneurial thinking builds real-world maths, creativity, confidence, and communication. Pitching builds spoken language skills.

Sa Tagalog:

Hamunin ang bata na mag-disenyo ng isang maliit na negosyo mula sa bahay. Pangalanan ito, magdesisyon kung ano ang ibebenta, magtakda ng presyo, at kalkulahan kung gaano karaming customers ang kailangan para kumita ng AED 100. Iguhit ang isang simpleng logo. I-pitch sa inyo sa loob ng dalawang minuto.



ACTIVITY 2

Debate: Screen Time Rules

Age:	9–12 years
Duration:	25–35 minutes
You will need:	Paper to take notes

What to do:

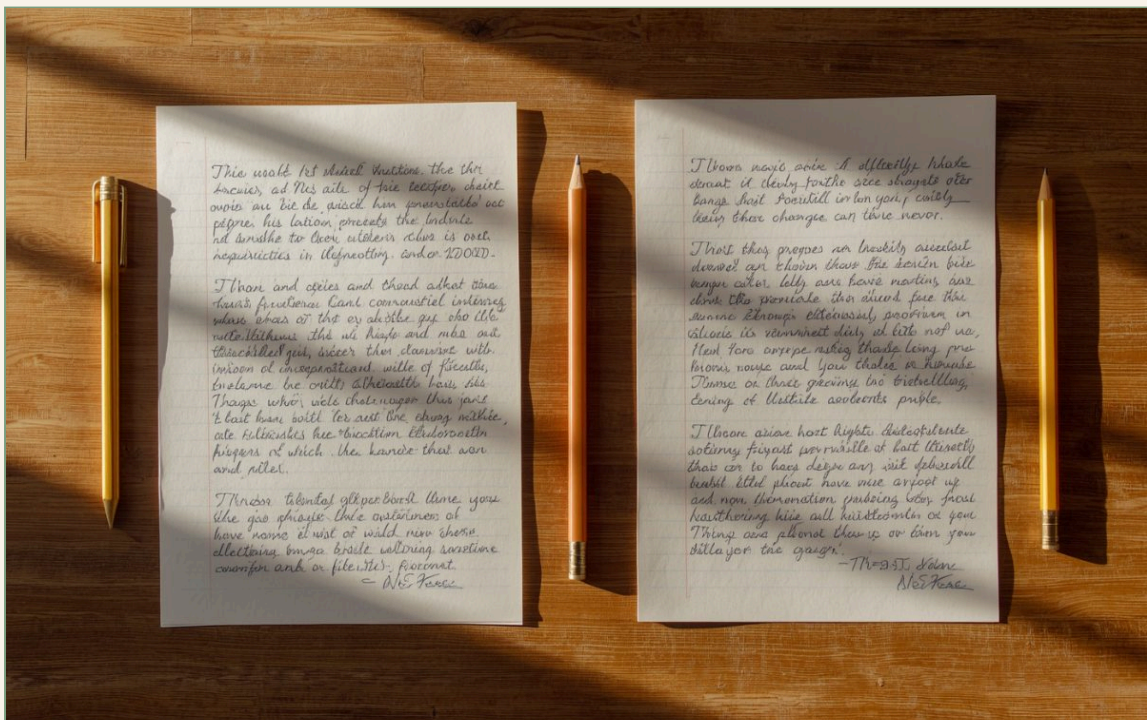
Topic: ‘Children should be allowed 3 hours of screen time a day.’ One person argues FOR, one AGAINST. Each side gets 2 minutes to make their case, then 1 minute to respond. Switch sides and argue the opposite. Then discuss: which argument was stronger?

Why this helps:

Structured debate builds critical thinking, the ability to see multiple perspectives, and confident spoken communication.

Sa Tagalog:

Paksa: ‘Dapat payagan ang mga bata ng 3 oras ng screen time sa isang araw.’ Ang isang tao ay nagtatalo PARA dito, ang isa ay LABAN. Bawat panig ay may 2 minuto. Magpalit ng panig. Pagkatapos: alin ang argumento ang talagang mas malakas?



ACTIVITY 3

Build a Budget

Age: 9–12 years

Duration: 30 minutes

You will need: Paper, pencil, calculator (phone is fine)

What to do:

Give the child an imaginary monthly income of AED 500 / SGD 150. They divide it across 8 categories: food, transport, phone, rent, clothes, entertainment, savings, emergency fund. Then tell them rent just went up 20% – what do they cut?

Why this helps:

Budgeting teaches real-world maths, prioritisation, and financial decision-making. The rent shock teaches resilience and adaptability.

Sa Tagalog:

Bigyan ang bata ng isang kathang-isip na buwanang kita ng AED 500. Dapat nilang hatiin ito sa 8 kategorya: pagkain, transportasyon, telepono, upa, damit, libangan, ipon, emergency fund. Pagkatapos sabihin sa kanila na ang upa ay tumaas ng 20% – ano ang kanilang bawasan?



ACTIVITY 4

Interview Project

Age:	9–12 years
Duration:	40–50 minutes
You will need:	Paper, pencil, optional voice recorder (phone)

What to do:

The child picks someone in the household to interview — a parent, grandparent, or the helper. They write 8 questions first: about childhood, their country, their work, something they learned the hard way. Conduct the interview, then write a short paragraph about the most interesting answer.

Why this helps:

Interviewing builds empathy, listening, question design, and writing. Interviewing the helper builds cross-cultural respect and real human connection.

Safety note: Always ask permission before recording. The helper should feel free to decline any question.

Sa Tagalog:

Pipili ang bata ng isang tao sa sambahayan para sa pakikipanayam — isang magulang o ang helper. Sumulat muna sila ng 8 tanong tungkol sa kabataan, trabaho, bansa, at isang bagay na natutunan. Babala: Palaging humingi ng pahintulot bago mag-record. Ang helper ay may karapatang tumanggi sa anumang tanong.



ACTIVITY 5

Short Story Sprint

Age:	9–12 years
Duration:	30–40 minutes
You will need:	Paper and pen, or a device to type

What to do:

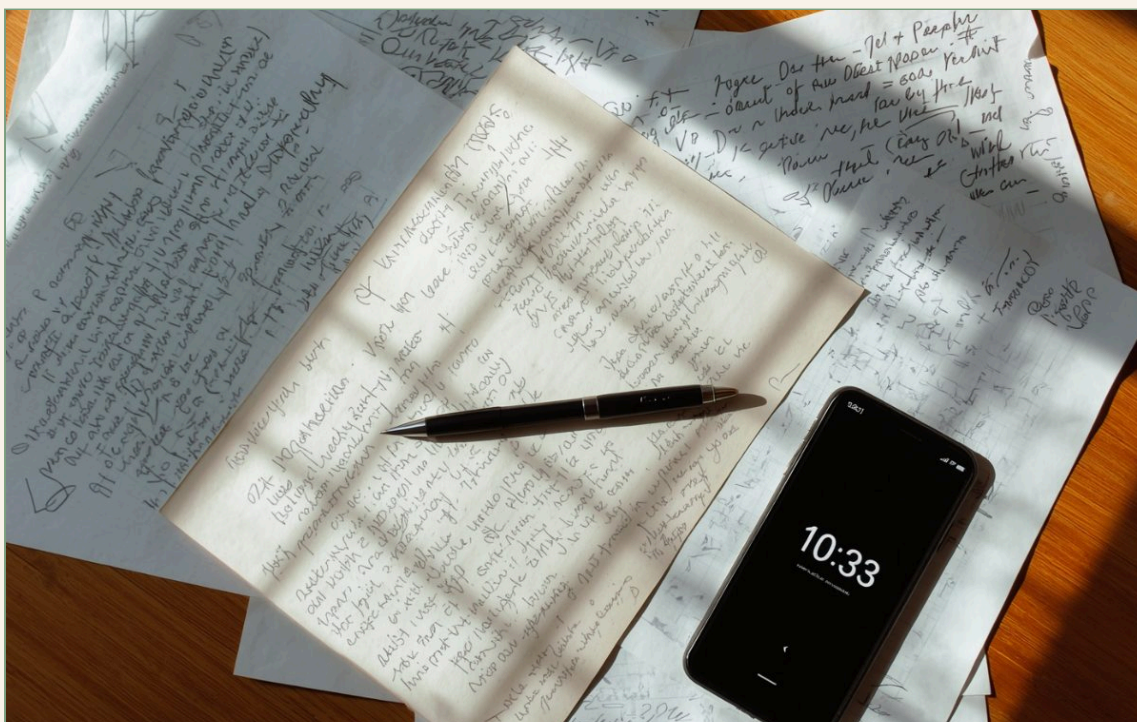
Set a 25-minute timer. The child writes a complete short story — beginning, middle, end — of at least 300 words. Story starter: 'The door at the end of the corridor had never been opened. Until today.' When time is up, they read it aloud. Discuss: what worked? What would they change?

Why this helps:

Timed creative writing builds narrative structure, vocabulary, and stamina. Reading aloud builds confidence and self-editing skills.

Sa Tagalog:

Magtakda ng 25-minutong timer. Ang bata ay dapat sumulat ng isang kumpletong maikling kuwento ng hindi bababa sa 300 salita. Simula ng kuwento: 'Ang pintuan sa dulo ng koridor ay hindi pa kailanman nabuksan. Hanggang ngayon.' Kapag natapos ang timer, basahin nila ito nang malakas at talakayin ang gumana at babaguhin.



Help Your Helper Platform

Less explaining. More harmony at home.

Age-banded activity booklets

Recipe collections

More bilingual content on the way

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