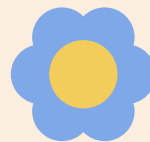


Aqsa's Activity Book

Aqsa ki Activity Book - Play . Learn . Smile



A loving daily routine & activity book

Made with love by Papa Allahrakha Siddiqui & Mama Juhi Khatun

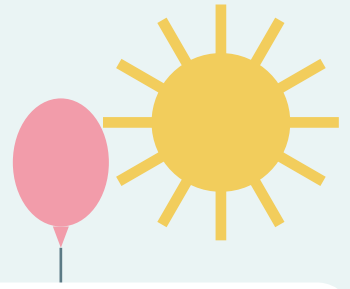
For Aqsa Naaz Siddiqui & little sister Sidra Naaz Siddiqui





A Note of Hope

Ummeed ki ek baat



Autism is NOT a sickness. It is a different way the brain grows - so it cannot be 'removed', but it CAN be supported. Aqsa is only a little girl, and these early years are the golden time. With daily love, talking, play and therapy, children improve a lot - they learn to speak, connect and shine. Our goal is simple: help Aqsa communicate, learn and be happy.

Hinglish: Autism koi bimari nahi hai. Ise 'hataya' nahi ja sakta, par support kiya ja sakta hai. Aqsa abhi chhoti hai aur yahi sabse achha samay hai. Roz pyaar, baat-cheet, khel aur therapy se bachche bahut aage badhte hain. Aap hi uske sabse achhe teacher hain.

5 Golden Rules - 5 Sone ke Niyam

1

Talk a lot, slowly, face-to-face

Bahut baat karo, dheere, aamne-saamne

2

Reward every try - clap, hug, 'Shabash!'

Har koshish par taali, jhappi, 'Shabash!'

3

Same routine daily = safe feeling

Roz ek jaisa routine = surakshit feel

4

Less screen, more real play

Kam screen, zyada asli khel

5

Short sessions, many times (5-10 min)

Chhote sessions, kai baar



Daily Routine - Morning to Noon



Roz ka Routine - tick the box when done

07:30

Morning hug + eye-to-eye "Good morning"

Subah pyaar se gale lagao, aankh milao

08:00

Brush, bath, dress - name body parts

Brush, nahana, kapde - naam bolo

08:30

Breakfast - say "more" / "water"

Nashta - "aur"/"paani" bolne do

09:30

Talk Board game - 10 words together

Talk Board - 10 shabd dohraao

10:00

Fine motor - blocks, beads, paper

Block, moti, kaagaz fadna

10:30

Sensory play - water, sand, dough

Paani, ret, aata se khel

11:00

Name & point - picture cards

"Doggy kahan hai?" tasveer

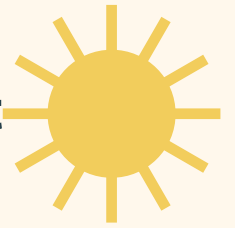
13:00

Lunch at table - NO screen

Khana table par - phone band

Daily Routine - Afternoon to Night

Roz ka Routine - tick the box when done



15:00

Feelings game - happy/sad faces

Bhaavna game - chehre

16:00

Gross motor - jump, ball, dance

Kudna, ball, naachna

17:00

Colours & Counting games

Rang aur Ginti games

18:00

Outdoor walk - name what you see

Bahar ghoomna - naam bolo

19:30

Bath + calm Bubble Pop (dim light)

Nahana + shaant Bubble Pop

20:30

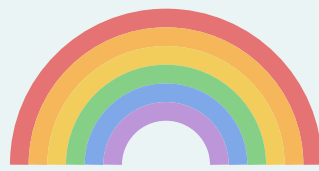
Story / picture book together

Saath me kahani / kitaab

21:00

Calm routine - soft song, sleep

Dheema gaana, time par sona



Play the 6 Talking Games

Free at <https://ahsai.in> (with natural voice)



Talk Board (Bolo Board)

Tap a picture, it speaks the word. First words.



Bubble Pop (Bulbula Phodo)

Tap floating bubbles. Calm focus + fingers.



Find Same (Jodi Milao)

Tap the matching picture. Attention.



Feelings (Bhaavnaayein)

Learn happy/sad/angry faces. Emotions.



Colours (Rang Pehchaano)

Tap the right colour. Listening.



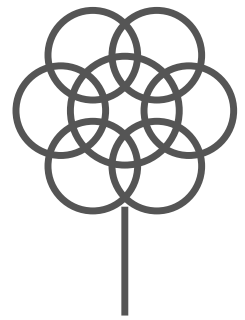
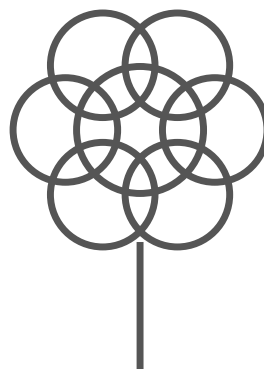
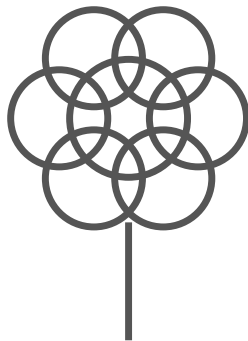
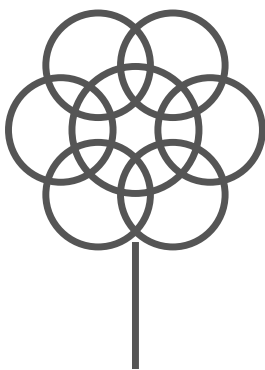
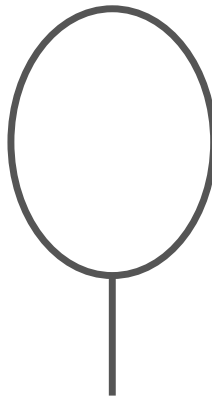
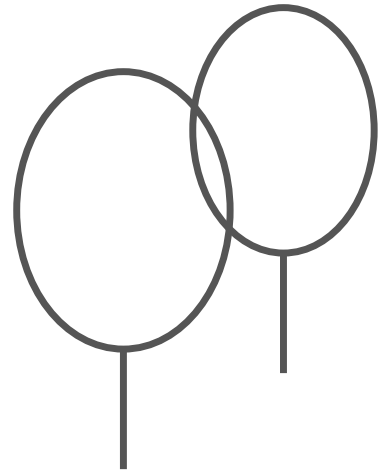
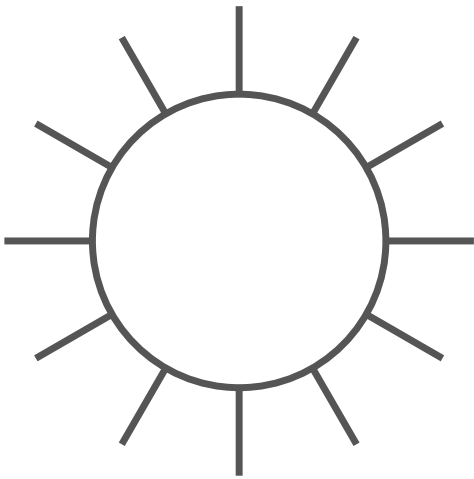
Counting (Ginti)

Count the fruits. Early maths.

Colour the Picture

Tasveer me rang bharo

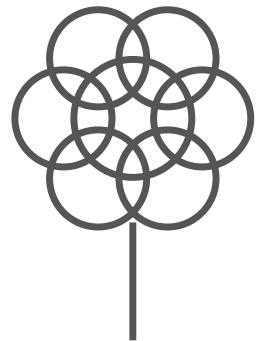
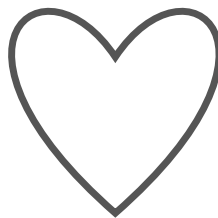
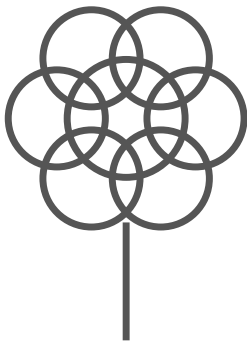
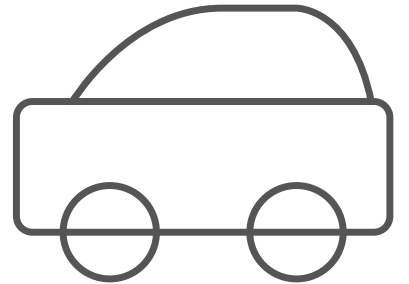
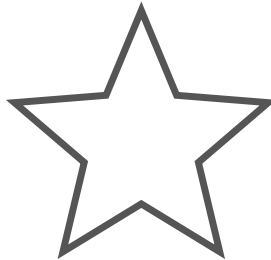
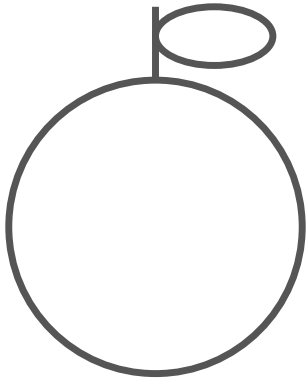
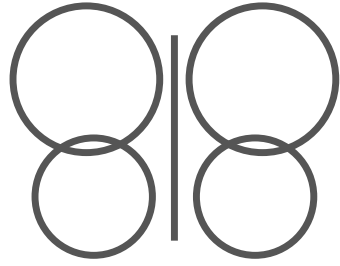
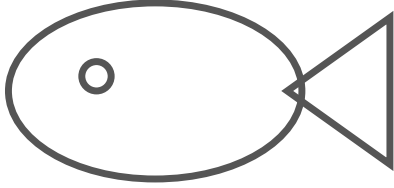
Use crayons. Colour the sun, clouds and balloons. - Crayon se rang bharo.



Colour the Animals

Jaanvaron me rang bharo

Colour the fish, butterfly and apple. - In sab me rang bharo.



Trace the Lines

Lakeerein banao

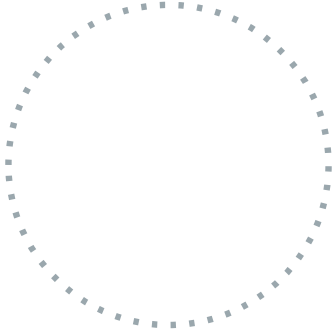
Start at S. Follow the dotted line with your pencil. - S se pencil chalao.



Trace the Shapes

Aakaar banao

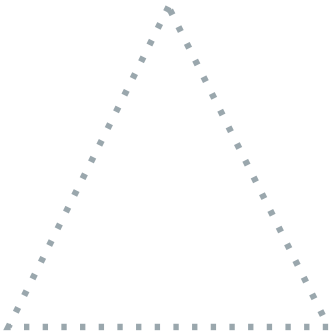
Trace each dotted shape, then say its name. - Aakaar trace karo aur naam bolo.



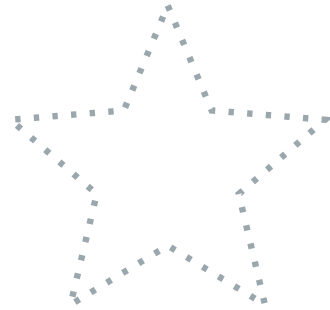
Circle
Gol



Square
Chaukor



Triangle
Tikona



Star
Taara

Trace the Numbers 1 - 5

Ginti likho 1 - 5

Trace the grey number. Count the dots. - Number trace karo, dots gino.

1



2



3



4



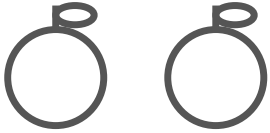
5



Count and Circle

Gino aur ghera banao

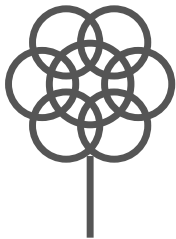
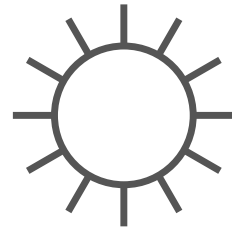
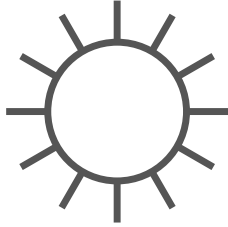
Count the pictures. Circle the right number. - Gino, sahi number par ghera.



Match the Pairs

Jodi milao

Draw a line to join each pair. - Line khench kar jodi milao.



Colour the Feelings

Bhaavnaon me rang bharo

Colour each face. Say how it feels. - Rang bharo aur feeling bolo.



Happy
Khush



Sad
Udaas



Angry
Gussa



Sleepy
Neend

Trace the Names

Naam likho

Trace the grey letters with your finger, then a pencil. - Ungli phir pencil se trace karo.

Big sister

AQSA

Little sister

SIDRA

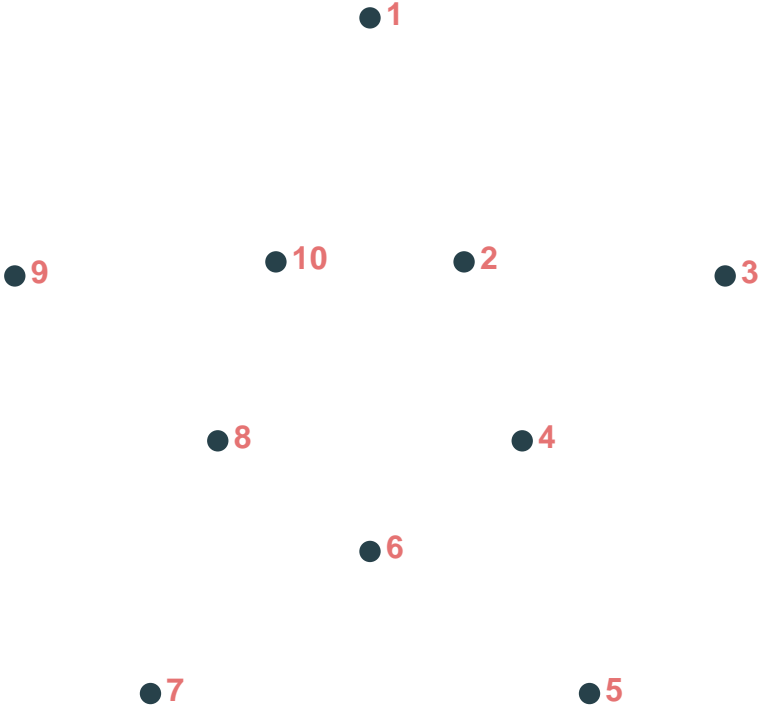
Write 1 to 5

1 2 3 4 5

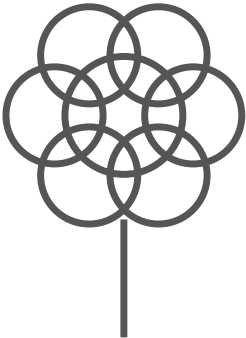
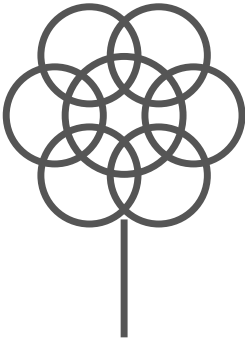
Dot to Dot

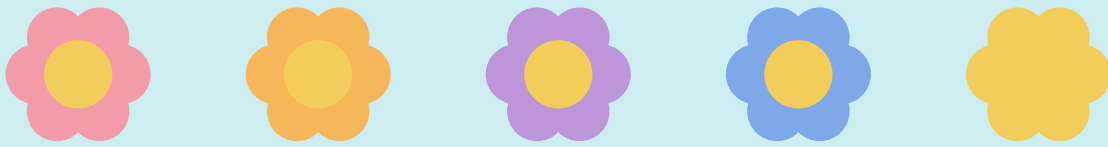
Bindu jodo

Join the dots 1-2-3... to find the picture! - Dots ko number ke kram me jodo.



(It is a Star! - Yeh ek Taara hai!)





Add Professional Therapy

Home play helps, but the biggest results come from therapy. Please ask your doctor for: Speech Therapy, Occupational Therapy (OT), Early Intervention / Special Educator, and a Developmental Pediatrician for check-ups. Please AVOID any 'miracle cure' or unproven diet sold online - trust your doctor + therapy + your love.

You are doing great, Papa & Mama!

Aap bahut achha kaam kar rahe hain!

