

# Preschool Activities

Fine motor: while supervised

- Pick it up- encourage your child to pick up small food items (cheerios, puffs, etc.) using their finger and thumb
- Bang, bang, bang- give your child small objects that they can bang together (blocks, spoons, etc.)
- Rip it up- allow your child to rip up old phone books or papers
- Rice, sand, beans in a small container with spoons to dig/dump or objects to find
- Finger plays - pat a cake, itsy bitsy spider, twinkle twinkle little star
- Textured objects- let your child play with different texture objects and hold them to enhance grasp
- Hats on/off - use different sizes and types of hats and place them on your child's head. They can pull them off or slide them over eyes to play peek a boo
- Pull it off- use sticky velcro and place pieces onto easily grasped objects, stick them to the velcro and encourage your child to pull them off
- Messy Food Play - encourage your child to use fingers during eating
- Little Helper- allow your child to help remove clothes from the dryer, unload the dishwasher, wipe up spills, dust or sweep the floor
- Movers and Shakers- use old soda bottles, oatmeal boxes, etc. and fill with rice, beans, or anything that makes noise. Be sure to seal them tightly because some small objects may be a choking hazard.
- Paint with water- using water and paint brushes, your child can paint on chalkboards, wood fence, driveway, etc.
- Hit the target- use a box or laundry basket and let your child toss balls, toys, etc. into the box
- Pull it through- use a colander/strainer and craft pipe cleaners, encourage your child to poke or pull through
- Play dough- roll, cut, use cookie cutters, roll
- Pudding paint - use pudding or yogurt to finger paint on paper or high chair tray
- Squeeze and Drop- use a container with clothespins clipped on the edge, have your child squeeze the the clothes pins and drop them in the container
- Get Crafty - crayons, paints, markers, glue sticks, etc. and paper and let your child create
- Bead stringing- use dry pasta or cereal to string on a pipe cleaner, string, shoe lace
- Lines and Circles- Sing Wheels on the Bus and encourage circular scribbles (round and round), horizontal lines (wipers), and vertical lines (people up and down), and dots (beep, beep)
- Stack and Nest- using measuring cups to stack and talk about size concepts
- Reach across- instead of presenting toys directly in front of your child, present them to either side and encourage your child to reach across their body (right hand to reach object on their left, left hand to reach object on their right)

### Gross motor:

- ½ kneeling- have your child on their knees to play at a stool or couch
- Reach on all 4s - have your child on hands and knees (crawling position) can be supported by cushions or leg under tummy, place toys to the front and sides and encourage your child to reach with one hand and grab a toy
- Stand and bounce- hold your child at the hips and help stand and bear weight on legs, let your child straddle your leg on the floor, encourage your child to bounce in this position while you sing or talk
- Push and Crawl- use large trucks and toys on wheels and show your child how to push the toy while crawling along beside it, make car or animal noises as you play
- Socks off- have your child bring feet to where they can grab them, pull socks off and allow child to pull socks off
- Kick ball- provide opportunities to kick a stationary ball and then a rolling ball
- Throw it to me- provide your child with a ball to throw to you from close and then further away
- Build it up, knock it down- use tissue boxes or other small boxes as blocks and help child stack and keep their balance, then they can knock them over and do it again
- Obstacle course- use furniture, pillows, blankets, etc. to create an obstacle course for your child to walk, run, crawl under, crawl through, step over, step on, balance, throw, kick, jump, and/or climb
- Frogs on a lily pad- help your child learn to jump forward and side to side by taping something circular to the floor (cut out green circles) a few inches apart and have your child jump from one lily pad to the next without jumping into the water
- Nature walk- take a walk around outside and talk about what you see/find, collect rocks, leaves, etc. and make a craft when you return
- Balance, Catch, Jump- place a piece of tape (2 inches wide or more) on the floor and show your child how to walk on it like a balance beam heel to toe. Show your child how to jump over it. Practice throwing a ball toward a target or into a large box or laundry basket.

### Language/Literacy:

- Board Books- talk about the pages as you are looking at the books and the child turns the pages
- Nursery rhymes- This little piggy, Wheels on the bus, pat a cake, row row your boat, etc.
- Arms up/legs up- encourage your child to cooperate with dressing and undressing by lifting arms above head or lifting legs in air, talk about body parts and make it fun and silly
- New words- encourage your child to sign or say new words, keep a list of these new accomplishments
- Who is that?- Look in a mirror or sit with your child and family and ask “who is that?” and talk about each person, identify eyes, ears, nose, mouth, etc.
- Puff, puff, blow - whistles, kazoos, and pinwheels work on strengthening the lips, mouth and jaw, or place a cotton ball on a table and race to see who can blow it off the table first
- Choices- allow your child to make choices throughout the day. Which shirt/dress etc. do you want to wear today? Which do you want for snack? Two choices for each question will help with communication skills.
- Let’s Talk Shapes and Colors- During daily activities talk about the shapes and colors of objects
- Expand it- When your child says one word, expand on it by putting it in a simple sentence for them to hear. If they say “ball”, say “big red ball” etc.

- Let's Pretend- Use imaginative play and stage play scenes for your child. Tea party, baseball game, imaginary breakfast, you can use dolls, action figures, stuffed animals, empty containers and dishes
- Let's Learn colors- use different containers and tape a different color paper on each, have your child sort objects by colors and talk about these items
- Mailman- use junk mail or papers your child draws/scribbles, put in envelopes. Put the letters around the house and have your child go around the house and collect them and put them in a backpack or sack. You can add a sticker to the envelopes and then have corresponding boxes with slots to put the letters in. Horse, sun, dog, etc.
- What's the Use- Find everyday objects and have your child identify the function. Which one do you put on your foot? Which one do you drink from? Etc.
- I spy- Encourage your child to find objects that you describe. I spy something that flies. I spy something that drives on the road. Etc.

### Math:

- Give me one- using snacks or toys, work on the concept of "one" by asking your child "can I have one block" "one cheerio" etc. Then you can move on to 2, 3, etc.
- My own band- make instruments with empty boxes, pots and pans, wooden spoons, paper towel rolls, etc. encourage your child to make music and play or sing with them. Beat on a drum and count "1,2,3" to play on the beat
- Count objects
- Sort objects by colors, function, size, shape, etc.

### Science:

- observing the sky at night
- Make [edible play dough](#). Your child can watch as you mix ingredients or can help dump in pre-measured parts.
- Using milk, food coloring and liquid dish soap you can show 'currents' of color created by the resistance of the milk fat to the watery food coloring.
- Demonstrate the attraction between positive and negative parts by rubbing a balloon against your or child's hair then picking up small circles of paper made with a hole punch.
- Make [edible finger paints](#). Show how mixing two colors can create a new color.
- Demonstrate how gas is removed from a solution by taping a balloon over the top of a pop bottle, then shaking the bottle. (Make sure to use a thumb to hold the balloon in place.) The balloon will fill with the gas as it is released.
- Create a fizzy chemical reaction by mixing baking soda and vinegar

### Social Skills:

- taking turns pressing the buttons on a toy
- rolling a ball back and forth
- handing toys to each other
- dressing up as chefs and pretending to bake a cake together
- taking turns pretending to be statues
- Talk, read, and sing together
- Play simple social games
- Imitate facial expressions and sounds
- Recognizing and talking about emotions

Resources/Websites:

<https://www.parentingscience.com/social-skills-activities.html>

<https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months>

<https://teisinc.com/30-days-activities-infants-toddlers/>

[https://www.momjunction.com/articles/social-and-emotional-development-activities-for-babies\\_00344795/](https://www.momjunction.com/articles/social-and-emotional-development-activities-for-babies_00344795/)

<https://baby.lovetoknow.com/baby-development/science-activities-infants>