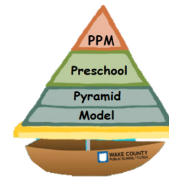




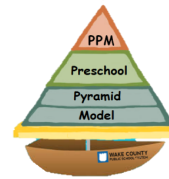
# Preschool Structured Activity List



The activities provided in this document are easily modified for the developmental needs of your child. Consider your child's safety needs when selecting materials for activities. When possible, set up your child's materials so that they are working from left to right.

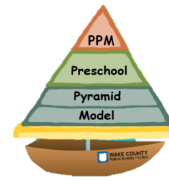
Topic: Subskill(s)	Materials	Activity	Resources
Put In, Fine Motor	<ul style="list-style-type: none"> <li>● Cotton Swabs</li> <li>● Parmesan Cheese container (or cut small holes in another plastic container)</li> <li>● Bowl</li> </ul>	Place cotton swabs in a bowl to the left of the other container. Child places cotton swabs in the small holes. Task is completed once all the cotton swabs are in the container.	
Cotton Ball Squeeze	<ul style="list-style-type: none"> <li>● Cotton Balls or pompoms</li> <li>● Kitchen Tongs</li> <li>● Muffin Tin or Icecube tray</li> </ul>	Display tongs, a bowl of cotton balls and a muffin tin. Have child use the tongs to move the cotton balls into individual holes of the muffin tin. Task is completed when the muffin tin has a cotton ball in each hole.	

# Preschool Structured Activity List



<p>Pincer squeeze</p>	<ul style="list-style-type: none"> <li>• Bag clips or clothes pins</li> <li>• Cardboard box or shoebox</li> <li>• Bowl</li> </ul>	<p>Color dots around the top of the cardboard box to give a defined place for putting the clips. Place a bowl of clothes pins or bag clips to the left of the cardboard box. Have the child squeeze the clips to place them on the dots. Task is completed once all the clips are on the box.</p>	
<p>Set the table</p>	<ul style="list-style-type: none"> <li>• Plate, cup, spoon, fork, napkin, knife (optional)</li> <li>• Large piece of paper (or tape 2 together)</li> <li>• Marker</li> <li>• Basket</li> </ul>	<p>Trace a place setting onto a large piece of paper. Place all the materials to "set the table" in the basket. Have your child take items out of the basket and put them on the appropriate spot to set the table. Label materials as your child sets the table. The task is completed once all items have been placed on the correct spot on the paper.</p>	

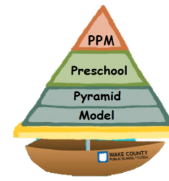
# Preschool Structured Activity List



<p>Goldfish Count, Numeral identification</p>	<ul style="list-style-type: none"> <li>• Goldfish</li> <li>• Paper</li> <li>• Marker</li> <li>• Bowl</li> </ul>	<p>Write numerals on a piece of paper and draw circles for the corresponding numeral (E.g. 5-five circles). Have your child count and place the correct number of goldfish in the circles. Task is completed when all the circles are filled.</p>	<p>A black tray containing a green bowl of goldfish-shaped snacks, three yellow cards with numerals 1, 2, and 3, and hand-drawn circles on the cards. The numeral 1 has one goldfish in its circle, and the numeral 2 has two goldfish in its circles.</p>
<p>Lacing, pincer grasp</p>	<ul style="list-style-type: none"> <li>• Potato (cut in half) or piece of playdough/clay</li> <li>• Spaghetti noodle or pipe cleaner</li> <li>• Cereal or pasta with a hole</li> <li>• Bowl</li> </ul> <p>*For older preschoolers you may consider using colored cereal to make patterns with.</p>	<p>Place a spaghetti noodle in a potato that has been cut in half so that the noodle will stand up. Place cereal in a bowl to the left of the spaghetti noodle. Have your child place cereal onto the spaghetti noodle. Task is complete once all the cereal is on the spaghetti noodle.</p>	<p>A black tray with a red potato half, a spaghetti noodle inserted into it, and a bowl of cereal. A hand is shown using a wooden stick to pick up a piece of cereal from the bowl.</p>

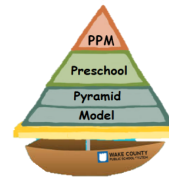
Topic:Subskill(s)	Materials	Activity	Resources
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# Preschool Structured Activity List



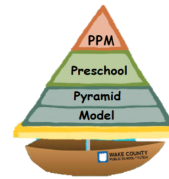
<p>Snipping paper</p>	<ul style="list-style-type: none"> <li>• Child scissors</li> <li>• Strips of paper</li> <li>• Marker</li> <li>• Container</li> <li>• Bowl (optional)</li> </ul>	<p>Use the marker to draw lines on strips of paper. Place scissors to the left of the container of strips of paper. Teach your child correct hand placement of scissors. Have your child snip on the lines to cut the paper. You may choose to have your child cut over the bowl to catch the paper. Task is complete once all the strips in the container have been cut.</p>	
<p>Sort by color</p>	<ul style="list-style-type: none"> <li>• Plastic cups</li> <li>• Colored construction paper</li> <li>• Different colored small objects or cut pieces of paper</li> <li>• Small container or bowl</li> </ul>	<p>Place different colored objects in a bowl. Tape different colored pieces of paper to each of your cups. Have the child sort the objects into the cup that matches the color of the object. Task is completed once the bowl is empty.</p>	

# Preschool Structured Activity List



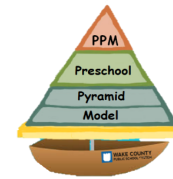
<p>Shape Sort</p>	<ul style="list-style-type: none"><li>● Paper plates or paper bags</li><li>● Construction paper</li><li>● Marker</li><li>● Basket</li></ul>	<p>Draw shapes on paper plates (or bags). Draw and cut shapes out of construction paper. Place all the shapes in the basket. Have your child choose a shape and place it on the plate with the corresponding shape. Task is complete once all the shapes have been sorted.</p>	
<p>Twist On and Off</p>	<ul style="list-style-type: none"><li>● Empty drink bottles</li><li>● Cardboard box or shoebox</li><li>● Small cup or container</li><li>● Box cutter</li></ul>	<p>Use the box cutter to cut a hole to place a container in (make sure it fits snugly). Cut holes in the cardboard box and place bottles in them (make sure they fit snugly). Place the tops to the water bottle in the small container. Have your child practice twisting the tops back on. Reverse the task to have them practice taking the tops off.</p>	

# Preschool Structured Activity List



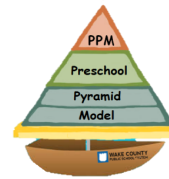
<p>Sorting Silverware</p>	<ul style="list-style-type: none"><li>• Silverware</li><li>• Sorting tray</li><li>• Basket</li></ul>	<p>Place one piece of silverware in the appropriate spot on the sorting tray. Place the rest of the silverware in the basket. Have your child sort all the silverware. Label the pieces for your child as they work if they do not yet have this vocabulary. The task is completed once all pieces have been sorted.</p>	
<p>Zip and Button</p>	<ul style="list-style-type: none"><li>• Clothing pieces with different zippers or buttons</li><li>• Paper with arrows (optional)</li></ul>	<p>Place clothing in a line with the fasteners facing up. Have your child move down the line (left to right) and practice zipping and buttoning the clothing pieces. Task is completed once all pieces have been fastened.</p>	

# Preschool Structured Activity List



<p>Pouring</p>	<ul style="list-style-type: none"> <li>• Measuring cup or small pitcher</li> <li>• Plastic cups</li> <li>• Marker</li> <li>• Water</li> <li>• Food coloring (optional)</li> </ul>	<p>Fill water or small pitcher with water. Mark a line on each of the plastic cups. Have your child pour water into each cup, stopping at the line. Task is complete once each cup has been filled to the line.</p>	
<p>Getting Dressed</p>	<ul style="list-style-type: none"> <li>• Clothing items (shirt, shorts, socks, shoes, underwear, etc.)</li> <li>• Pieces of paper with arrows drawn on them (optional)</li> </ul>	<p>Place clothing items in a line from left to right. Place the clothing out so that they are the direction in which the child would put them on (e.g. underwear are set out so that the child can place their legs in the correct way). Have your child put on each of the items in the line. Task is complete once your child has put on all the items.</p>	

# Preschool Structured Activity List



## Letter Matching

- Empty cereal boxes & food containers
- Basket
- Muffin tin
- Cupcake liners or paper
- Marker

Cut out letters from food packaging and place in the basket. Write letters on cupcake liners (or paper) and place in the muffin tin. Have your child choose a letter and place it in the matching hole. Task is complete once the basket is empty.  
\*this activity can be repeated for lower case letters or matching capital and lowercase letters



## Drive the cars

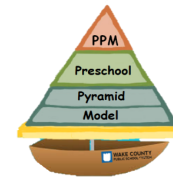
- Masking Tape, Painters Tape Or a Marker with Large Paper
- Small cars
- 2 Baskets/containers

Use the tape to make a road on the floor. Have a clear start and finish (from left to right). Place a basket of cars to the left of the starting line and the other basket at the finish line. Have your child choose a car and drive the car from the start to the finish line. Have them place it in the basket at the finish line. Encourage sound effects by making them for your child. The task is complete once all the cars are in the basket at the finish line.



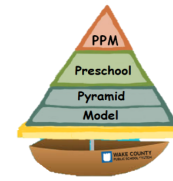


# Preschool Structured Activity List



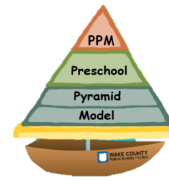
<p>Candles in a Cake Fine motor, put in</p>	<ul style="list-style-type: none"> <li>• Colander with round holes</li> <li>• Round sticks that are safe for your child to handle (e.g., rounded toothpicks, uncooked spaghetti, candles, pipe cleaners, sticks from outside)</li> </ul>	<p>Model for your child how to put the round sticks into a colander, like candles on a cake. Put these items to the left of the colander. The task is completed when all the "candles" are in the cake.</p>	
<p>Colander Fine motor, put in</p>	<ul style="list-style-type: none"> <li>• Colander with slits</li> <li>• Strips of paper, coins, popsicle sticks, or other small materials that can fit into the hole</li> <li>• Container</li> </ul>	<p>Find household materials that will fit into the slits in your colander. Put these items into a container to the left of the colander. The task is completed when the container is emptied of all the materials.</p>	

# Preschool Structured Activity List



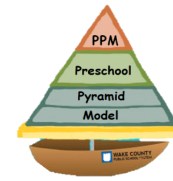
<p>Color Patterns Patterns, matching</p>	<ul style="list-style-type: none"> <li>• Bowl or container</li> <li>• Two different kinds of foods or toys (e.g., lemons and limes, goldfish and pretzels, blue and red blocks)</li> <li>• Two different color cards that match the colors of your foods or objects; or white paper and a crayon used to make color cards</li> </ul>	<p>Put your two different kinds of foods or toys in the bowl to the left. Then place your color cards alternating; for example, yellow- green- yellow- green- yellow- green. Then your child will match up the foods or toys on the colors to make a pattern.</p>	A photograph showing a silver bowl on the left containing several lemons and limes. To the right of the bowl is a row of six small square cards. The cards alternate in color: yellow, green, yellow, green, yellow, green.
<p>Emotions Sort</p>	<ul style="list-style-type: none"> <li>• Three containers</li> <li>• Small pieces of paper with happy and sad faces on them</li> <li>• Tape</li> </ul>	<p>Tape one happy face and one sad face to two of the containers to show your child where to sort the pieces. Then put the rest of the pieces into the empty container to the left of the sorting containers. Have your child sort the pictures by looking at the facial expression and sorting into the correct container.</p>	A photograph showing three containers. On the left is a clear plastic cup containing several small pieces of paper with faces drawn on them. To the right are two white ceramic mugs. The first mug has a green card with a smiley face taped to its rim. The second mug has a green card with a frowny face taped to its rim.

# Preschool Structured Activity List



<p>Shadow Matching</p>	<ul style="list-style-type: none"> <li>• Household objects of different shapes (e.g., spoons, coins, toys)</li> <li>• Marker for tracing</li> <li>• Plain paper</li> <li>• Container</li> </ul>	<p>Trace household materials of different shapes onto plain paper. Then put the materials into a container to the left of the paper. Have your child take a piece out of the container and find where it matches up on the tracing paper.</p>	
<p>On the Clock, Sequencing, Numerals, Matching</p>	<ul style="list-style-type: none"> <li>• Paper plate or cardboard circle to use as the face</li> <li>• Small squares of paper or cardstock to use as the numbers</li> <li>• Cardboard or paper cut into the shape of arrows.</li> <li>• Brad/paper fastener (optional)</li> </ul>	<p>Match the numbers to the numerals on the plate to build the clock. Consider asking, "Can you find the 3?" and so on.</p>	

# Preschool Structured Activity List



## Matching

- Cut matching pictures out of paper (coupons, paper shapes, etc.)
- Glue one down to a piece of paper, folder, or poster board
- Place the 2nd copy of the pictures in a small container to the left of the paper or folder.
- Have the child select a picture from the container and match it

