

Developmental Activity List

Week 3

Choice Time:	Details
Tunnel Crawling	Use blankets, chairs, towels, or boxes to make a tunnel. Your tunnel can be various shapes for pretend play. Use the words "in" and "out" as your child goes in and out of the tunnel. Use the words "my turn" and "wait" as you take turns going through the tunnel with your child. Consider also putting toys like dolls or cars in and out of the tunnel as well.
Bed Time	Young children love pretending that it is time to sleep. Use a bed or make a pretend bed by putting a pillow and blanket on the floor. Use a doll or toy and ask your child to help you put the doll or toy to bed. Tuck them in, give them a hug or kiss, and cover them up-- or other parts of the routine that you and your child do at night. Then tell the doll to "wake up!" and pop up out of bed. Next, have your child put you into bed and wake you up, and then ask your child if they would like to "go to bed" in this silly game.
Close Your Eyes, Surprise!	Use an old container (that isn't see through) like a tissue box or oatmeal canister to make a special touch-and-guess container. Put something into the box, and share it for your child to hear the sound. Then have your child close their eyes, reach in, feel the object, and make a guess. Have your child open their eyes and see the surprise. Encourage turn taking by having your child put items in the touch-and-guess container for you to touch and guess too!
Dress Up	Explore clothes with your child and be silly. You can let your child try on some of your clothes or costumes, and you can have your child pick out what they would like you to wear. Maybe your child will choose two different shoes or grandma's gloves! You can discuss colors, shapes, and clothing patterns while your child engages in this activity.
Matching Activities	Create a matching activity. Some ideas may include: Cutting out pieces of paper that are the same shape, color, or size. You could also choose to put two of each shape or two of each animal on small paper cards. Model selecting a card and finding the matching piece.

Physical Play:	Details
Copy Me	Play a game of "Copy Me" where your child tries to copy what you do with your body. Consider jumping, twirling, wiggling your arms, blinking your eyes, and stretching your legs. Then ask your child if you can copy them.
Balance Beam	Encourage your child to balance, putting one foot in front of the other

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	with their arms out. Then look for things your child can practice balancing on. For example, you could use a piece of string on the ground and pretend it's a tightrope, you could draw lines with chalk outside, or you may have a curb by your house that is a great spot for balancing.
Bubbles Pop	Using various sizes and shapes of bubble wands, have your child blow bubbles and pop them. You can also have fun blowing bubbles while your child pops the bubbles. If you don't have bubbles, consider having your child help you draw "bubbles" on paper or with chalk, and practice jumping and stomping on those "bubbles" to pop them.
Balance & Toss Activity	Use a small ball or you may fill a balloon with rice. You can have your child balance the item, such as putting it on their head or on their elbow, while walking to practice balancing. You can also choose to have your child toss the item at a specific target.
Neighborhood or Backyard Scavenger Hunt	Prepare a list of items for your child to locate while walking through your neighborhood or in your yard. You can ask questions such as, "Do you see a yellow flower? A stop sign? A fire hydrant?" Check off the items as you find them or use your phone to take pictures and review later.

Art & Sensory Play:	Details:
Cloud Dough	Mix together 4 cups of flour and $\frac{1}{2}$ a cup of baby oil. Stir together and then use your fingers to mix the flour and oil together. Give your child items like cups, forks, spoons, a rolling pin, or objects from nature like acorns, rocks, and twigs to make a forest. If you do not have the ingredients for cloud dough, consider letting your child play with play dough, flour, corn meal, or sand.
Table Designs	Select a table and cover it with paper. Tape the paper to the table. Allow your child to make various designs using drawing tools such as markers, crayons, paint, etc.
Exploring Smooth and Rough	Collect rocks, pebbles, and stones. Talk with your child about how they feel. Are they smooth or rough? Are they heavy or light? Are they hard or soft? Consider having a "rock wash" at home, where your child can explore how the rocks feel in water.
Tracing Patterns	Draw patterns, lines, or various shapes on a strip of paper and have your child trace the picture. You can also draw various letters or numbers and invite your child to trace them. Then have your child draw

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	lines or squiggles and trace them for your child.
Rainbow Writing	Tape together three crayons, markers, or pieces of chalk. This makes a bigger "rainbow" writer. Encourage your child to hold this big rainbow writer and make patterns, dots, or marks on paper.