



## Learning Activities for Preschoolers

- ✓ Play board games and card games that are more chance driven than strategy driven. Let the emphasis be on playing, not winning.
- ✓ Do puzzles (5-10 pieces).
- ✓ Play counting games, alphabet games, and matching memory games.
- ✓ Do simple scientific experiments as well as math experiments, using materials such as rulers, compasses, magnifying glasses, scales, what sinks versus what floats, etc.
- ✓ Experience nature (collect leaves, grow plants, explore worms, etc.).
- ✓ Play oral games (rhyming, chanting, riddles, etc.).
- ✓ Read **every day** (allow child to choose the book, guess what comes next in the story, retell the story, explain the illustrations, etc.).
- ✓ Play outside (water safety, swimming, dancing, climbing at the playground, etc.).
- ✓ Participate in cooking activities (measure, read ingredients, follow a recipe, etc.).
- ✓ Draw, paint, create, cut, glue, use sponges, cookie cutters with clay (a lot of arts and crafts).
- ✓ Discuss the changing seasons, days of the week, months of the year.
- ✓ Teach child responsibility (What can he/she be in charge of? Feeding the dog?)

## Developmental Alerts

## Is my child working toward...

- ❖ Recognizing and saying his/her full name
- ❖ Recognizing simple shapes
- ❖ Catching a large ball
- ❖ Communicating so that others can understand
- ❖ Having good body control, movement, and posture
- ❖ Hopping on one foot
- ❖ Being observant of his/her surroundings
- ❖ Listening and responding to statements without constant repetition
- ❖ Dressing himself/herself with minimal assistance
- ❖ Taking care of own toileting needs and washing hands

(Allen & Marotz, 2000 135-137)

Allen, K.E., & Marotz, L.R. (2000). *By the ages: Behavior & development of*

*children pre-birth through eight.* Canada: Delmar Thomas Learning.





## Learning Activities for Kindergarteners

- ✓ Provide inexpensive materials for craft creations (computer paper, wallpaper, scraps of fabric, beads, etc.).
- ✓ Play dress-up for dramatic play experiences (super market, post-office, school, etc.).
- ✓ Read **every day, nonfiction and fiction texts** (allow child to choose the book, guess what comes next in the story, retell the story, explain what the illustrations, AND start discussing **concepts of print every time** → **we read left to right, the author wrote the book, the illustrator did the illustrations, this is the front cover, this is the spine, this is the back cover, etc.**).
- ✓ Encourage interest in paper-and-pencil games, number games, letter recognition games, word-recognition games, etc. Paint to music!
- ✓ Plan cooking experiences that allow for chopping, rolling, measuring, mixing, etc.
- ✓ Play games that improve eye-hand coordination (bean bag tosses, bowling, ring toss games, low hoop basketball, riding bikes, digging, raking, etc.
- ✓ Play outside (water safety, swimming, dancing, climbing at the playground, hopscotch, create an obstacle course, skip, etc.).
- ✓ Ensure that self-help skills are developing (brushing teeth, putting on pajamas, etc.
- ✓ Set up different shaped containers and also different sized container and have child pour the same amount of water into each container. Discuss observations.
- ✓ What colors and shapes does child see in the real world? Discuss.
- ✓ Discuss and expose child to different cultures. Look at books at the library about different countries, celebrations, traditions, food, etc.

## Developmental Alerts

## Is my child working toward...

- ❖ Alternating feet when walking up and down stairs
- ❖ Learning to talk in a moderate voice volume
- ❖ Following simple-step directions in order
- ❖ Using 4-5 words in acceptable sentence structure
- ❖ Cutting on a line with scissors
- ❖ Sitting still and listening to an entire short story (5-7 minutes)
- ❖ Maintaining eye contact when conversing (unless culturally unacceptable)
- ❖ Playing well with other children
- ❖ Performing self-grooming tasks independently

(Allen & Marotz, 2000 144-146)

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