

Activities to Promote Learning Through Play

Whether your child was recommended for a referral, considered to be at-risk, or fell within age-expected levels, included are some great activities for teaching, enhancing, and/or maintaining your child's skills.

- Talk about colors around you. For example, "Stop lights are red, yellow and green. Which color is on now?"
- Have your son/daughter pull letters from textured bin such as dry noodles, dry beans, sand, water, rice, etc.
- Have your son/daughter form large letters using sidewalk chalk or a spray bottle.
- Have your son/daughter form letters using play-doh, clay, noodles, pretzels, etc.
- Help your child to count during daily activities such as, "How many grapes are on your plate or How many kids are at the park."
- Have your child play with lots of different textures to help develop fine motor skills.
- Make bracelets using string or pipe cleaner and beads to promote fine motor development.
- Have your child cut out various shapes to make cards or picture for others.
- Make snowflakes from paper to promote scissor skills.
- Make craft involving various textures such as making a gingerbread man out of construction paper putting cinnamon on him and using raisins for eyes and buttons.
- Anytime you can add movement into play and learning, your child will thrive. Examples can include crawling through a tunnel to get letters to bring back through the tunnel and place into puzzle or a simple obstacle course where the child has to go through obstacles while searching for numbers, colors, letters, etc.
- Spray foamy soap or shaving cream on the table and have your child "write" letters using his/her index finger in the soap/cream.
- Play the alphabet game on a drive. Find the letters of the alphabet in order on signs as you drive. You can also give the child one letter and see how many of that letter they can find in so many minutes and then move on to another letter.
- Have your child cook/bake with you, counting items as needed and helping to measure.