



Activities for Preschoolers

Cognitive-Perceptual

- Practice matching letters and numbers from flash cards to blocks or other objects.
- Practice matching objects by the size or shape, i.e. a ball matches a circle.
- Play Simon Says or other imitation games to encourage following directions.
- Assemble simple interlocking puzzles.
- Practice identifying more items around the house and what is the front versus the back of objects.
- Practice following moving objects like a finger puppet using the eyes without moving the head.

Fine Motor

- Practice drawing simple shapes like a circle, cross, square, rectangle, and eventually a triangle.
- Trace/Draw shapes, uppercase letters, and numbers starting from the top of the form.
- Play with blocks forming different designs like a bridge, wall, steps, and eventually a pyramid.
- Practice cutting with scissors starting with straight lines and eventually curves and angles.
- Color pictures with more parts and encourage staying in the lines to improve accuracy.
- Practice opening and closing jars and containers.
- Practice drawing people starting with a head and facial parts.
- Practice connecting dots, folding paper to edges, and stringing laces through holes.

Gross Motor

- Practice balancing on one foot without support for several seconds.
- Practice catching a large ball or kicking a moving ball.
- Practice walking on a balance beam or across a line on the floor without stepping off of it.
- Play dance video games or have the child imitate actions by matching your body movements.
- Practice jumping off raised surfaces like a small step.
- Encourage play on a bike, movement on swings, and tummy time play using scooter boards.

Language

- Practice learning words to rhyming songs.
- Practice telling a simple story and having the child retell it to you focusing on specific parts.
- Review what happened each day in the sequence that it happened.
- Encourage speaking in short sentences of more than two words.

Self-care/Activities of Daily Living

- Encourage drinking out of a glass with one hand.
- Encourage putting on shoes and socks independently and undressing with help for fasteners.
- Practice putting laces into shoes and putting on coats, hats, and gloves independently.
- Practice toileting with only occasional help for reminders to wipe and wash hands.
- Practice manipulating fasteners like buttons, zippers, snaps, and buckles.

Social Emotional

- Allow the child to join in on simple conversations when appropriate.
- Encourage naming the favorite part of the day, the part that was not liked, and what they are looking forward to the next day.
- Allow time for active and quiet play and indoor versus outdoor play.
- Encourage dramatic and imaginary play with peers.