

# At-Home Activities

Simple, fun activities that use everyday items to provide rich learning opportunities.

## Skill Development

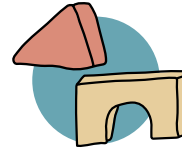
These research-based activities are designed to support key developmental areas. Most activities involve multiple skills, but each focuses on three of the following:



**Creativity**



**Gross Motor**



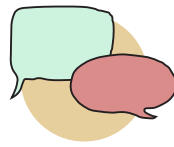
**Math**



**Sensory**



**Fine  
Motor**



**Language &  
Communication**



**Problem  
Solving**



**Social &  
Emotional**

# Water Play



Math



Fine Motor



Sensory

🕒 Set-up: 2 min

Children engage their senses through water play. Let them experiment as they fill, pour, wash, dunk, and splash!

## What You Need:

- Water
- Sink, plastic tub or bowl
- Any materials ok to get wet
- Towel or other floor covering

## Material Ideas:

- Measuring cups, spoons, scoops
- Sponges, wash cloths
- Plastic toys or blocks, containers
- Soap, bubble bath

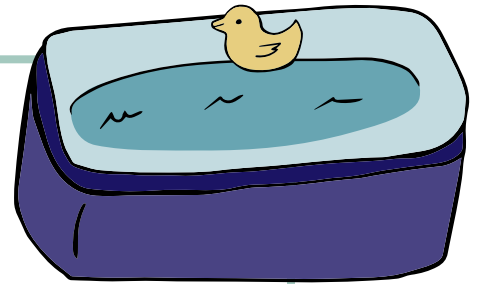
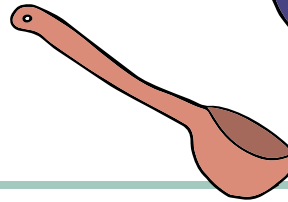
## To Play:

1

Fill a sink with water or a tub on the floor (on a towel). Take it outside for even less clean up!

2

Give your child materials and let them explore.



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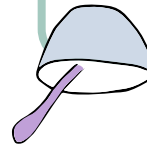


## Another Take:

Want sensory play without the mess? Fill a clear, plastic bottle with water, then add food coloring, glitter, beads or small toys. Glue the lid shut and let your child tip, roll and shake to their heart's content!

## Mix It Up:

Create a wash station for toy animals, vehicles or blocks. Have your child give them a bath then rinse and repeat!



Have your child guess whether different materials will sink or float. They can drop them in and see if their prediction was right!



ADJUST THE CHALLENGE

Start with just the tub filled with a little bit of water for your child to explore. Next, add a cup or a sponge and follow your child's lead. What do they do?

Extend the Fun

# Tape Puzzles



Math



Fine Motor



Problem Solving

🕒 Set-up: 3 min \_\_\_\_\_

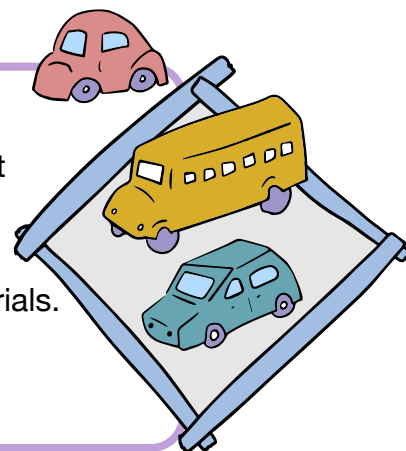
Toddlers and preschoolers love filling spaces – packing, stacking, ordering. This simple activity turns it into a game!

## What You Need:

- Painters tape (or other not-too-sticky tape)
- Blocks or other materials to fill the space – cloth, paper, cut pieces of cardboard, jar lids, etc.

## To Play:

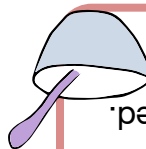
- 1 Find a comfortable space on a floor or rug. Use the tape to mark off an enclosed space. A simple square works well, but you can make it more complex if you like.
- 2 Have the child fill in the space with the blocks or other materials.
- 3 Do it again with the same or different objects.



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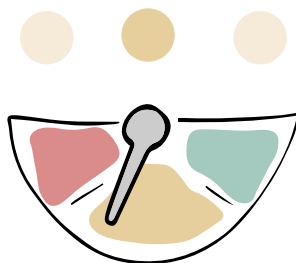


**Another Take:** Instead of tape, try filling a shoe box lid or plastic bin to keep the pieces contained.



**Mix It Up:** Using the tape, create different shapes to be filled.

Tape a small space on the wall at the floor level. See if you can cover the space by stacking materials.



ADJUST THE CHALLENGE

Tape a small space and simply see whether a single object can fit inside or not. Separate the objects into 'fit' and 'don't fit' piles.

Extend the Fun

# Point and Seek



Math



Language & Communication



Problem Solving

Set-up: 1 min \_\_\_\_\_

Children love to explore, even if it's only with their eyes. In this game, children find categories in their environment with a fun rhyme and pointing.

## Rhyme To Start:

- Let's find **green**.
- I'll show you how.
- The door is **green**. (Point)
- I found it! Wow!

## To Continue:

- Let's find *more green*.
- It's your turn now. (Pause for pointing)
- The (chair, book, etc) is **green**.
- You found it! Wow!

## To Play:

1

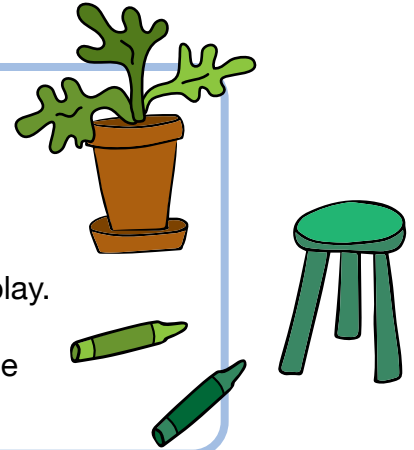
Look around you and pick a category. Colors and shapes work well.

2

Use the first rhyme to start the game and provide an example. Use the second rhyme to invite your child to play.

3

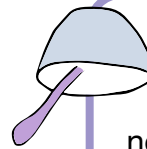
Repeat the rhyme to point to more objects or replace the bold words with a new color or category. Play again!



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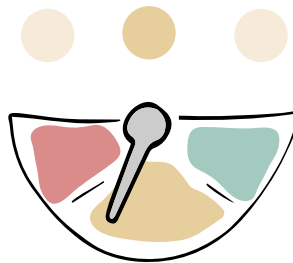


**Another Take:**  
Instead of looking around a whole room, focus on something smaller, such as a favorite toy or doll. Use the rhyme to label parts. "Let's find an arm."



**Mix It Up:**  
Choose another category to keep things going: soft things, toys, funny things, things you like. Any category will work. Have your child run to the object instead of pointing.

Make it a memory game for older children. "Let's think of red things. It's your turn now. A fire engine is red. You got it! Wow!"



ADJUST THE CHALLENGE

The rhyme is optional. This activity can be done as a simple finding game with concrete objects. "Can you find an animal?"

Extend the Fun

# Dice Dash



Math



Gross Motor



Creativity

🕒 Set-up: 8 min

Toddlers and preschoolers love matching games. Encourage them to get up and move as they roll the dice and run, hop, or crawl to the corresponding color.

## What You Need:

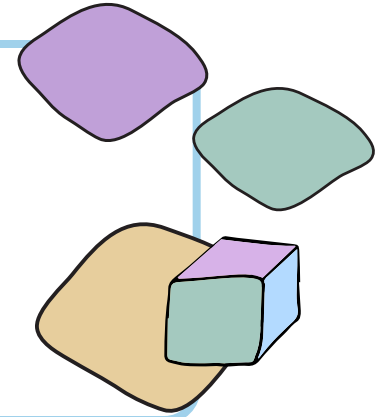
- Dice customized for the game
- Paper or felt to create two floor bases to match each color on the dice

## Make Your Dice:

Turn an old tissue box into a large colorful dice or use real dice as a starting point. Tape or glue a piece of colorful paper to each side. Markers work too!

## To Play:

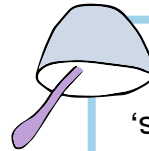
- 1 Place colored bases on the floor. Spread them out – children love to move!
- 2 Have your child roll the dice and run, hop, or crawl to the base on the floor that matches the color.
- 3 Take turns rolling and moving to the matching base.



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## Mix Up:

Make different matching pairs. Instead of colors use shapes, pictures of animals, or patterns. Or take the game outside!

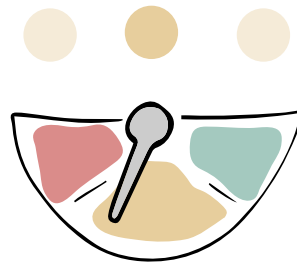


## Another Take:

Pick squares out of a bag instead of rolling a dice. Find the matching square on a table instead of playing on the floor.



Write 1-6 on the squares on the floor and use a regular dice or adapt the tissue box dice. Match the number of circles on the dice to the number on the floor.



## ADJUST THE CHALLENGE

Roll the colorful dice across the floor and let your little one crawl or toddle after it. Let them explore the cube with their hands. See if they shake or toss it again!

## Extend the Fun

# Friend Bridges

🕒 Set-up: 3 min



Social & Emotional



Fine Motor



Problem Solving

Simple prompts and activities can provide rich imaginary play. Help your child bring two imaginary friends together with this repeatable activity!

## What You Need:

- Two friends – dolls, stuffies, toys, or photos
- Two 'islands' made out of any material you like, or circles in the sand or dirt
- Bridge materials

## Material Ideas:

For the bridge you can use blocks, cards, paper, sticks, stones – anything!

## To Play:

1

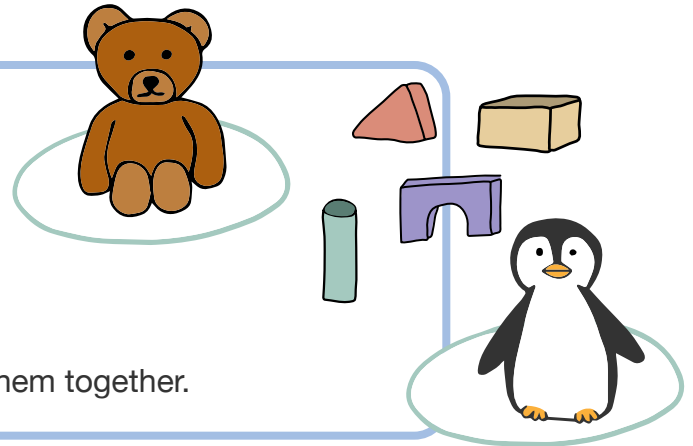
Mark off the islands.

2

Place the friends on separate islands.

3

Have your child build a bridge to bring them together.

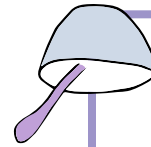


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Do it on paper. You draw the islands and have your child draw the bridge.

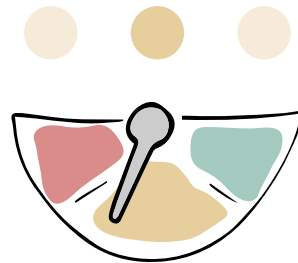
## Another Take:



Add a third island with another friend. How many bridges do you need now?

## Mix It Up:

Ask your child to tell you the story when they finish. How did they build the bridge? How did the friends feel once they could be together?



## ADJUST THE CHALLENGE

If being separated is too scary, have both friends on the same island. Together they can build a bridge to another island to visit.

Extend the Fun

# Texture Hunt



Sensory



Gross Motor



Creativity

🕒 Set-up: 1 min

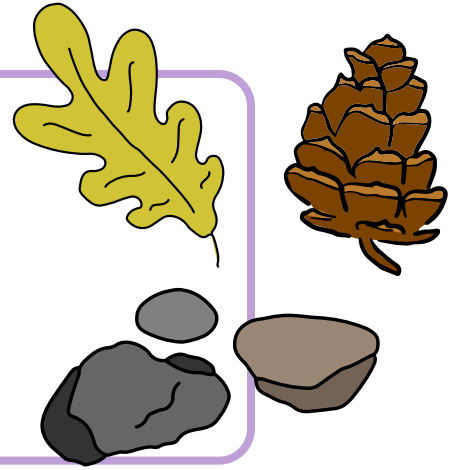
Children love to discover the natural world around them. Let them use their senses to hunt for objects of different textures outside.

## Texture Hunt Ideas:

- Smooth
- Soft
- Wet
- Fluffy
- Squishy
- Crunchy
- Rough
- Hard
- Dry
- Prickly
- Slippery
- Fuzzy

## To Play:

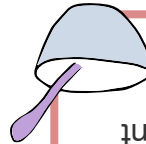
- 1 Head outside together – anywhere will do!
- 2 Choose a texture and encourage your child to start exploring. Give an example and offer a prompt if your child needs it. “Feel how smooth this rock is. Can you find something else that’s smooth?”
- 3 Record or collect objects for each texture.



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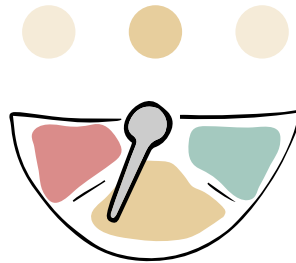


**Another Take:** Put an object with a fun texture inside an opaque bag. Ask your child to feel inside (no peeking!) and describe the texture. Can they guess what the object is? Add a different object and play again!



**Mix It Up:** Select an object outside or inside, for example a tree or a bed. How many different textures can you find on one object?

**ADJUST THE CHALLENGE**  
Use the objects you collected during the scavenger hunt to make texture rubbings. Place an object under a white sheet of paper then rub over it with a crayon to reveal unique patterns.



Create a sensory bin by filling a plastic container with objects of different textures like sticks, leaves and large rocks. Let your child explore how they feel on their hands and feet!

## Extend the Fun