



# Activities for Toddlers

## **Cognitive-Perceptual**

- Practice identifying body parts by pointing and naming them, starting with facial parts.
- Assemble formboard puzzles where a child places shapes into matching cutout pieces of a board.
- Allow the child to attempt to activate mechanical or electronic toys by him or herself.
- Practice animal sounds and see if the child can match to a picture.
- Hand familiar pictures to the child upside-down occasionally to see if he or she will right the picture.
- Separate objects into categories by sorting shapes, colors, and eventually objects by function.
- Practice matching shapes and colors.

## **Fine Motor**

- Encourage scribbling and imitating drawing lines in from top to bottom and left to right.
- Build towers and trains with one-inch blocks.
- String beads starting with larger one-inch size and progressing to half-inch beads.
- Put tiny objects into containers, and practice opening and closing containers.
- Encourage holding crayons using the thumb and fingers instead of the palm of the hand.
- Push pegs into and out of pegboards.
- Encourage use of the hands with one holding and the other manipulating at the mid-body

## **Gross Motor**

- Practice picking up toys from floor without sitting down.
- Imitate actions like bending over to look through legs or raising arms above the head.
- Practice jumping in place with both feet then advancing to jumping sideways or backwards.
- Encourage ball play by throwing overhead or into a box or bag or by kicking a ball forward.
- Practice balancing on one foot while holding someone's hand for support.
- Set up simple obstacle courses and have the child complete repeatedly while assembling a puzzle or moving objects from one side of the room to the other.

## **Language**

- Request the child to name familiar objects.
- Encourage the child to vocalize needs and wants.
- Encourage the child to use his or her own name when referring to self.
- Sing songs with words to encourage imitation.
- Ask questions to encourage dialogue.

## **Self-care/Activities of Daily Living**

- Encourage the child to take off and put on clothing reducing the assistance provided gradually.
- Encourage the child to feed him or herself using utensils including a child's fork and using a napkin.
- Allow the child to wash and dry hands independently and helping with bathing.
- Practice unbuttoning and then buttoning large buttons.
- Practice pouring liquid from small containers and serving him or herself food.
- Encourage toilet-training by having child observe others or practicing with a doll.

## **Social Emotional**

- Play circle or interactive games that include singing along or imitating actions.
- Give the child simple rules that to encourage respectfulness and obedience.
- Allow the child to have accomplishments by completing tasks without assistance.
- Encourage doll play as a form of communication and dramatization.