

Activities for 3-6 year old Children that Promote Growth

Language/Concepts/Experiences

- Helping make dinner, setting table
- Reading beginner picture books to your child, retell the story, predict what happens
- Simple games that may include matching, counting, following directions and/or memory, hide and seek, treasure hunt
- Identifying body parts
- Recognizing different sounds
- Playing with puppets

Movement Experiences

- Riding trikes, wagons, scooters
- Hopping, jumping
- Ball activities
- Cutting, coloring, using a pencil

Self-Help/Social Experiences

- Dressing & undressing, zipping, snapping, buttoning
- Wiping nose, brushing teeth, combing hair
- Enjoying interaction with other children
- Sharing possessions with other children
- Expressing feelings and thoughts with adults