

30 Days of Developmental Activities: 24 to 36 Months



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Expand It</p> <p>Toddlers are learning to use their vocabulary to build 2-3+ word phrases. When your child says "ball," expand on that word by putting it in a simple sentence for him to hear and imitate, such as "a big, red ball."</p> <p>Skills: Receptive/expressive language.</p>	<p>What Do You Feel?</p> <p>Use a box or bag and place an object inside such as a block. Place the same block and a different object, such as cotton ball, on the table. Have the child reach into the box/bag without looking & feel the object, then let him to look at the two objects on the table and say which one was in the box.</p> <p>Skills: Sensory - tactile, memory, language.</p>	<p>Sing the Missing Word</p> <p>By age 2 most toddlers are quite familiar with certain songs such as "Twinkle, Twinkle Little Star." To help your child learn to sing these songs on his own & to encourage language, sing a familiar song and leave out a word for your child to fill in: sing "twinkle twinkle little ___."</p> <p>Skills: Language, memory, attention, rhythm/music.</p>	<p>Obstacle Course</p> <p>Toddlers are developing balance and coordination skills and like to be active. Create an indoor obstacle course using pillow, stuffed toys, blankets, furniture or an outdoor course using old tires, logs, trikes, rocks, etc. Arrange objects so your child needs to crawl under, walk around, etc.</p> <p>Skills: Gross motor coordination, balance, motor planning, body in space awareness.</p>	<p>Let's Pretend</p> <p>Toddlers are beginning to use imaginative play. Encourage this by staging imaginary play scenes for your child. Use dolls, action figures, stuffed animals and props like empty containers or dishes and create scenarios where you play alongside them having an imaginary tea party, etc.</p> <p>Skills: Creativity, imagination, language, socialization.</p>	<p>Roll It, Pat It</p> <p>Use store bought Play-Doh or make your own. Supply your child with a rolling pin, cookie cutters, spoons, and bowls, and encourage rolling of dough, pulling dough apart, making imaginary food, poking the dough with fingers, etc.</p> <p>Skills: Fine motor, finger isolation, hand strength/dexterity, imaginative play, tactile/sensory exploration.</p>	<p>Give Me One</p> <p>Many parents focus on having their children count to 10 by rote memory, but fail to teach the concept of a number. Use Cheerios or blocks and work on the concept of "one" by asking "can I have one block?" or "give me one Cheerio," and help him learn the concept of one out of many.</p> <p>Skills: Concept of number, counting, and receptive language.</p>

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Frogs on a Lily Pad</p> <p>Help children learn to jump forward and side to side by cutting out big green circular shapes and taping them to the floor a few inches apart. Tell your child he is a frog and needs to jump from one lily pad to the next without jumping into the water.</p> <p>Skills: Gross motor, jumping, coordination.</p>	<p>Let's Learn Colors</p> <p>Use 4 large containers or laundry baskets and cut out a red, yellow, blue, green circle to tape on the front of each. Get balls in each of the 4 colors and make a game of throwing the same color ball into the same color basket.</p> <p>Skills: Cognitive, color matching, language, gross motor, coordination.</p>	<p>Mailman</p> <p>Use some junk mail and put a different sticker on each envelope. Place them around the house. Give your child a bag and ask him to collect the letters. Then ask him to sort his bag and "find the letter to the horse," etc. and help him find the correct letter with the matching sticker.</p> <p>Skills: Cognitive, attention, memory, receptive/expressive language, following directions, fine motor.</p>	<p>Bead Stringing</p> <p>No need to buy beads if you don't own any. You can use dry rigatoni pasta and a shoestring. As a craft you can first color the pasta with paint or markers and later you can help your child sort colors or make patterns, by putting 2 green beads onto the string, then 2 red, etc.</p> <p>Skills: Fine motor, cognitive, color matching/sorting/recognition, hand-eye coordination.</p>	<p>What's the Use?</p> <p>Find some objects that are familiar to your child and see if he can identify the objects by their function. Place a ball, spoon, cup and shoe in front of him and ask "Which one do you put on your foot?" or "Which one do you drink out of?" and see if he can tell you the object and its function.</p> <p>Skills: Cognitive, receptive/expressive language.</p>	<p>I Spy</p> <p>Play this game inside or outside with your child, encouraging him to find things that are familiar by saying "I spy something that flies." See if he can find a bird, or "I spy something that drives on the road," and see if he points to his toy car.</p> <p>Skills: Cognitive, attention, memory, receptive/expressive language.</p>	<p>Nature Walk</p> <p>Take a walk around your neighborhood or local park in different seasons and talk about what you see/find with your child. Talk about trees, flowers, cars, people, anything and everything you see! Collect leaves or rocks & bring them home to make craft projects.</p> <p>Skills: Gross motor, cognitive, language.</p>

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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Sidewalk Chalk Use your sidewalk, patio or driveway as a place for your child to get creative with sidewalk chalk that washes off with water. If it's too cold, use bathtub chalk/paints to encourage creativity.</p> <p>Skills: Fine motor, imitation, handedness, thumb & fingers grasp.</p>	<p>Grocery Store Helper Make grocery trips fun by enlisting your child to find certain special items for you. When finding bananas, talk about how they are yellow in comparison to the apples you just bought, which are red. See if he can locate his favorite cereal or pick out the alphabet soup among the cans.</p> <p>Skills: Cognitive, pattern & color recognition, receptive/expressive language.</p>	<p>Balance, Catch, Jump Place duct tape (2" wide or more) on the floor and show your child how to walk on it like a balance beam heel to toe. Next show him how to jump over it. Practice throwing a ball toward a target or into a laundry basket. Practice catching a large ball from a distance of 3-5 feet.</p> <p>Skills: Gross motor, balance, coordination.</p>	<p>Pay Attention If your child does not stick with one toy or activity for more than a minute, use an egg timer and set it to two minutes and teach your child that when the timer rings, he may switch to another activity/toy. Gradually move the timer up as your child's attention span increases.</p> <p>Skills: Attention span, listening.</p>	<p>Can You Do It? Encourage imitation of various facial gestures and/or body movements during play, such as raising both arms above your head and then dropping one arm down and seeing if your child can imitate you. Or standing on one leg briefly and then jumping twice.</p> <p>Skills: Social, imitation, following directions, listening, turn taking.</p>	<p>Story Time Now that your child is older he can sit and attend to a short story of 3 minutes or longer. Encourage him to find details in a picture book, for example instead of just asking him to find the ball, ask him "what is under the tree?" and see if he tells you "a ball." Challenge him with details.</p> <p>Skills: Listening, visual attention, and receptive/expressive language.</p>	<p>My Own Band Use store bought instruments or make your own using empty boxes, pots & pans with wooden spoons, paper towel rolls, etc. Encourage your child to make music and play or sing along with him. Beat on a drum and count "1, 2, 3" and see if he can imitate your pattern on the beat.</p> <p>Skills: Creativity, rhythm, imitation, number concepts, language.</p>

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Sensory Boxes Use storage containers with lids or dish bins and fill them with rice, beans, cotton balls, mini pom-poms, etc. to create sensory boxes which foster play much like a sandbox, but can be used indoors during all seasons. Hide toys inside and see if your child can find them.</p> <p>Skills: Concept of size, fine motor skills.</p>	<p>Lines & Circles Get out crayons & paper and while coloring sing "Wheels on the Bus." Encourage circle scribble during "wheels on the bus go round and round," horizontal lines when the "wipers on the bus go swish, swish, swish," and vertical lines when "the people on the bus go up & down."</p> <p>Skills: Fine motor, grasp, imitation skills, language, listening.</p>	<p>Where Did It Go? Use a favorite small toy or a piece of food as a motivator. Take 2 large non-see through cups and show your child where you are hiding the toy/food. Then tell your child to watch carefully and reverse the cups. See if she remembers where the toy/food was hidden.</p> <p>Skills: Attention, memory, problem solving, listening.</p>	<p>Cardboard House Use a large cardboard box (large appliance boxes for refrigerators or stoves work great), turn it upside down, and cut windows/doors in it for your child. Allow them to color it with crayons or markers and use it as a play house. You will be amazed at the hours of fun this creates.</p> <p>Skills: Imaginative play, fine motor, language.</p>	<p>Play Date Two year olds are ready for building & enhancing social skills with peers, and scheduling play dates with one same-aged peer is a nice way to begin. Keep in mind that toddlers do not typically play cooperatively, they tend to play on their own unless everyone is fighting over the same toy!</p> <p>Skills: Socialization, turn taking, waiting, language, following rules.</p>	<p>On the Curb Toddlers are rapidly increasing their motor skills. Practicing balance skills such as walking along a curb heel to toe when outside on walks or at the store can help them refine these skills. Hold both hands or one hand at first until your child gets the hang of balancing.</p> <p>Skills: Gross motor, balance, following directions.</p>	<p>WH Question Game As toddlers improve with language they begin to ask questions. You can challenge your child with creative thinking and the ability to answer "wh" questions. For example, when Mom leaves for work, have Dad ask "Where did Mom go?" Help them answer questions if they don't respond.</p> <p>Skills: Listening, language.</p>

Week 5

<p>Monday Stack & Nest</p> <p>Use measuring cups or stacking/nesting cups to work on the concept of size. Ask "which one is bigger?" or "which one is smaller?"</p> <p>Skills: Concept of size, fine motor skills, language.</p>	<p>Tuesday All About Me</p> <p>Use a mirror and ask "who is that in the mirror?" Help him learn his sense of self by learning to say his name and age upon request.</p> <p>Skills: Social skills, receptive/expressive language.</p>
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