



## Matrix Human Services

Early Head Start Child Care Partnership

### 30-days of Developmental Activities for Ages 0-3

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Explore Nature	2 Creative Drawing
3 Music and Movement	4 Ribbon Play	5 Picture Collage	6 Ball Play	7 Tummy Time Treasure Box	8 Virtual Playdate with Grandparents or Teachers	9 Scoop, Scoop, Scoop
10 Threading Yarn	11 Color Match	12 Family Bowling	13 Ten Little Fingers, Ten Little Toes	14 Sorting	15 Water Play	16 From Head to Toe
17 Ziploc Bag Finger Painting	18 Marbleized Painting	19 Naming Body Parts	20 Infant Massage	21 Play with Puppets	22 What's That Game	23 Play Follow the Leader
24 Following Directions	25 Making Shakers	26 Dress Yourself	27 Bringing Story Time to Life	28 Singing Songs	29 Grabbing Basket	30 Rip Junk Mail
31 Making Playdough						

### Notes

Are you looking for activities to do with your child that will help encourage their development while still being fun? We have just the list for you. Our Developmental Activity A Day Calendar includes 30 activities you can do with your children ages 0-3.

**5/1-Explore Nature:** Take children outside to explore with nature. Allow them to explore the grass, leaves, rocks, etc. Ask open-ended questions to build vocabulary.

**5/2-Creative Drawing:** Use paper and crayons and allow child to create a picture. This can also be done as an outdoor activity with sidewalk chalk.

**5/3-Music and Movement:** Play a variety of music and allow children to move in various ways to the music like hop, jump, clap hands, etc.

**5/4-Ribbon Play:** Use bright color fabrics and dangle them in your child's face. Allow them to reach for the fabric and touch it. This can also be done with colored paper.

**5/5-Picture Collage:** Gather old newspaper, magazines, or sales papers and allow children to cut pictures and paste them together.

**5/6-Ball Play:** Gather on the floor and roll a ball back and forth with child. Allow child to explore with the ball bouncing, squeezing, etc.

**5/7-Tummy Time Treasure Box:** Gather materials (keys, spoon, squishy ball, yarn ball, etc.) from around the house in a basket, box or bowl of varying textures for the infant to explore. This activity will help to develop the child's fine motor skills with grasping. It will help develop approaches to learning in that the child chooses an object (takes initiative) of their liking/interest to explore. Parents can help develop language by name objects and talking with baby about characteristics of objects.

**5/8-Virtual Playdate with Grandparents or Teachers:** Parents can use a video chat interface such as FaceTime or Facebook Messenger to have face to face time for infants and loved ones. This face to face interactions will allow an opportunity for infants to see facial expressions, have serve and return (back and forth) language interactions and maintain attachments, albeit virtual, with loved ones keeping them in the baby's memory.

**5/9-Scoop Scoop Scoop:** Parents can gather two large bowls, buckets or pots, a large spoon or soup ladle, and various lightweight materials (cotton balls, large duplo blocks, wooly laundry balls, etc.) together for this activity. With adult supervision and assistance, child can use large spoon to scoop items from filled bowl to the empty bowl. This activity can strengthen child's large muscles, develop eye-hand coordination as well as cognitive skills. As the child is moving objects from one place to the next, the parent can use language such as "filling, empty, in, out" to explain to the young toddler the actions they are completing. The parents can play with the child and complete the task quickly and include language such as "fast and slow" as well.

**5/10-Threading Yarn:** Use string, yarn, pipe cleaners (if available) to thread through the holes of a kitchen colander. This activity will help develop the fine muscles of the young toddlers hand as well as develop eye-hand coordination.

**5/11-Color Match:** Parents can use UNO cards (no more than eight colored cards) to play a matching game with the toddler. The parents can select two yellow, red, green and blue UNO cards (numbers do not have to match) and mix them up and place face down on the floor or table. Parent can go first and select one card to flip over and say color name and then another. If the colors match, they can take the cards out of the game and say that the colors matched. If the colors do not match, flip them back over and say that the colors did not match. Next allow the toddler to flip a card and parent say color name, and then another. If

colors match, the child removes from game and the parent explains that the colors matched so they can take them away. If they do not they flip the cards back over and parent explains that the colors do not match so they stay in the game. They can continue playing the game until all the colors have been matched. This game can be played with older children as well, however they can match the color and number from the cards selected by the parents. This activity helps to develop fine muscles, language, social development (playing with others) and cognitive skills (same and different).

**5/12-Family Bowling:** Parents and toddler can use recycled plastic bottles and a small ball to play bowling in the house (long hallway). Parent and toddler can work together to set up the bottles. As they set up the bottles, they can count the number of bottles they have. Parent can also take this opportunity to talk about spatial relationships "too close, too far apart, in front of, behind, next too" as they are positioning the bottles, thus developing cognitive skills, and language as well.

**5/13-Ten Little Fingers and Ten Little Toes:** <https://www.youtube.com/watch?v=23BD43s7iFA>  
This is a great book to read with your baby! Mem Fox uses rhyme and repetition to create a multicultural book about something all different babies have in common: ten little fingers and ten little toes.

This story can be read aloud on YouTube at different parts of the day, (e.g. when you're giving your baby a bath, when you're changing his/her diaper, when their eating/drinking a bottle). You could say, "Do you have ten little fingers and ten little toes? Let's count them."

**5/14-Sorting:** Sorting activities are most beneficial when they relate to everyday life. Sorting is the ability to identify similarities and difference among a set of objects, and to group and name them accordingly. Sorting and matching objects helps your child to explore color, shape, size, and texture. In your kitchen, find some lids and containers of various sizes. Encourage your child to match each lid to the right container. They could also match pots and pan with the correct lid. This is also a great way to incorporate music. Children love to make different types of sounds, especially with pots and pan. This activity can be done with different materials in your home. Socks can be sorted and matched as a pair after laundry. Sorting can also be done during cleanup time.

**5/15-Water Play:** Water play gives many opportunities to develop gross and fine motor skills. When young babies are presented with water pouring in front of them, they will reach out to feel the trickle and try to capture the flow with a whole hand. Later, once they realize this is not possible, they try capturing it with a pincer grip movement and so the development continues to grow as they do.

Fine motor skills and hand and eye coordination are constantly refined as children scoop and pour water and fill empty containers in many ways.

Gross motor skills and large muscle strength is developed and stretched as children are encouraged to carry and pour larger and heavier buckets of water.

The bathtub and the kitchen sink are logical locations. But a small basin on the floor can also work (place the basin on a towel with a plastic trash bag spread beneath it to catch spills). Fill a plastic container with props such as sponges, basters, colanders, strainers, pitchers, tongs, funnel, measuring cups, bowl, and so on. Allow your child to explore different textured materials in the water. Families can talk with their child about some items floating and other sinking to the bottom while exposing children to vocabulary words.

**5/16-From Head to Toe:** <https://www.youtube.com/watch?v=aDOBp9C2Fml>

Children and animals demonstrate body movements from head to toe. Each page shows a child following an animal's lead in moving a body part and includes this question inviting children to move, "Can you do it?"

The words and the pictures invite children to move. "I am a penguin and I turn my head. Can you do it?" "I can do it!"

Movement and Literacy benefits:

- The picture word combinations and simple movements will be easy for most children to follow.
- Vocabulary (body parts, terms that describe different ways of moving)
- Teaches your child how to follow directions

**5/17-Ziploc Bag Finger Painting:** Put a few blobs of paint into Ziploc bags. Seal them tightly and tape to a window or table. Let them finger paint just like they would on a piece of paper.

**5/18-Marbelized Painting:** First lay down the white paper on work surface, next your toddler can dribble some paint on the paper (use several colors) let them touch, then lay the plastic wrap on top covering the paper. Show your toddler how to move his or hers fingers over the paper creating a design. Skill learned: identifying colors, texture, and experimenting with mixing colors.

**5/19-Naming Body Parts:** Touch and name your child's body parts in front of a mirror. Skill learned: Language, touch, and body parts.

**5/20-Infant Massage:** When your infant is in a calm relaxed state lay him/her down on a soft towel or blanket in a quiet warm room, begin to undress down to the diaper facing you, gently stroke the legs, belly then arms and shoulders, while talking and smiling. Skill learned: Body awareness, bonding, and language.

**5/21-Play with Puppets:** Put a puppet or small sock on your finger. Say your baby's name while moving the puppet or sock up and down. See whether he follows the movement. Now move your finger in a circle. Each time your baby is able to follow the puppet, try a new movement.

**5/22-What's That Game:** Play the "What's that?" game by pointing to clothing, toys, body parts, objects, or pictures and asking your toddler to name them. If your toddler doesn't respond, name it for him and encourage imitation of the words.

**5/23-Play Follow the Leader:** Play "Follow the Leader." Walk on tiptoes, walk backward, and walk slow or fast with big steps and little steps.

**5/24-Following Directions:** Action is an important part of a child's life. Play a game with a ball where you give directions and your child does the actions, such as "Roll the ball. "Kick, throw, push, bounce, and catch are other good actions. Take turns giving the directions.

**5/25-Making Shakers:** Make shakers from empty bottles with screw caps: Put items in that will make noise then put glue in cap, close tightly and let dry completely then shake and sing with baby.

**5/26-Dress Yourself:** Let child pick out their own clothes every day. Don't worry if they don't match, they don't know or care. It's okay..... relax

**5/27-Bringing Story Time to Life:** Bringing Story Time to Life- Using some of your child's toys create a story surrounding their dolls, trucks, cars or puppets just to name a few. Extended version let child help in creating a story line.

**5/28-Singing Songs:** Sing songs with your child, especially ones that he/she can clap to or that have their name in them. Singing provides a fun and interesting way to Clap, clap, teach your child words and sound patterns.

Your child will become familiar with words, especially rhyming words, through the rhythm and repetition of singing. By hearing the repeated sounds in songs like "Row, Row, Row Your Boat," your child will become familiar with the patterns of sounds that occur in language. What you do Sing with your child when feeding, dressing, walking, or riding. Sometimes use traditional songs and sometimes make up your own. Remember that your child does not care if you sing well. They will enjoy hearing your voice in songs about them and their activities. Clap and invite your child to clap with you. Choose a simple, repetitious tune that your child can sing with you and clap to the rhythm. Row, row, row your boat, gently down the stream. Merrily, merrily, merrily, merrily, life is but a dream. Your child will first listen, and then begin to imitate the sounds they hear. They may clap and move to the tune before trying to sing. Make up a song with your child's name in it. Lucy, Lucy, Lucy Ann. I really love you. Lucy, Lucy, Lucy Ann. I really love you (sung to the tune of "Row, Row, Row Your Boat"). Try to remember songs your parents sang to you and share them with your child. If your family speaks more than one language, this can be a great way to pass on family traditions.

**5/29-Grabbing Basket:** Save empty paper towel tubes, bath puffs, or ribbons cut in 1 to 2-inch rings find a swallow basket or box. Fill the basket with a few tubes placing it in front of your infant.

**5/30-Rip Junk Mail:** Let your child's destructive instincts let loose by allowing her to rip up junk mail into strips or other shapes. Then you can get your toddler to place the ripped pieces into a trash bin or other container.

**5/31-Making Playdough:** Squishing, rolling, sculpting, molding . . . young children love to play with playdough. Add some props from around the home and playdough play becomes a powerful way to support your child's learning. Using playdough with you or siblings supports your child's social skills such as sharing, taking turns, and enjoying being with other people. Playdough also encourages children's language and literacy, science, and math skills—all at the same time!

Homemade or out of a can, playdough can provide hours of fun and learning at home. Besides the playdough, all you need are a clear surface, a few household items, and lots of time for fun.

Around-the-House Playdough Props:

- Birthday candles
- Blocks
- Cookie cutters
- Combs
- Garlic press (be prepared to give it up forever)
- Large buttons and other objects that can be pressed
- Feathers
- Leaves, twigs, pebbles
- Plastic spoons
- Rolling pin or bottle
- Toy people and animals
- Straws
- String or shoelaces

- Tea strainer

Here are a two playdough options for you and your child to make at home:

### **On-Cloud-9-Dough**

What you need:

- 1 cup water
- food coloring
- 6 cups flour
- 1 cup vegetable oil
- measuring cups
- mixing bowl
- wooden spoon

**Directions:**

1. Mix water and food coloring in bowl
2. Add flour and oil
3. Stir
4. Knead until smooth

Variation: For the first step, children can drop the food coloring in the water and watch the color spread.

*Note: Dough can be reused; store in the refrigerator in an airtight container.*

### **Bouncy Playdough**

What you need:

- 2 cups baking soda
- 1½ cups water
- 1 cup cornstarch
- measuring cups
- medium mixing bowl
- fork
- medium saucepan
- wooden spoon

**Directions:**

1. Place ingredients in bowl
2. Mix with fork
3. Place mixture in saucepan
4. Bring to boil on medium heat
5. Cook, stirring constantly with spoon, until thick
6. Let cool

*Note: Only the supervising adult should test the dough's temperature. Dough can be reused; store on shelf in an airtight container.*

*Source: Both recipes are from Laura J. Colker, The Cooking Book: Fostering Young Children's Learning and Delight. 2005. Washington, DC: NAEYC*