

INFANT ACTIVITIES ACROSS DEVELOPMENTAL DOMAINS (0-1 YRS OLD)

LANGUAGE DEVELOPMENT

Expressive Language Activities



- Start a “conversation” by mimicking the infant’s sounds
- Use sign language to express “more” and “all done”
- Make sounds such as “ma” “da” and “ba” and encourage them to repeat back
- Model animals sound and encourage them to repeat them back
- Use different voices during finger puppet play

Receptive Language Activities

- Narrate all care routines (e.g., diaper change)
- Model following directions such as “put in” and “take out”
- Look at a book and point to colors and other relevant items. Ask the infant, “Where is the yellow sun?” and point to it
- Clap your hands and encourage the infant to clap
- Play “Where is Your _____” and call out familiar items

SENSORY DEVELOPMENT

Sensory Activities



- Offer fabrics with different textures (e.g., silky scarf) and narrate how it feels
- Play a gentle tickling game
- Massage infant with lotion and narrate how the lotion feels (i.e., cool, smooth, etc.)
- Offer infants, eating solids, a variety of food textures (be mindful of food size and consistency that may be a choking hazard)
- Offer clean and safe objects to mouth

SOCIAL-EMOTIONAL DEVELOPMENT

Social-Emotional Activities



- Make different facial expressions and narrate the corresponding feeling (e.g., happy)
- Narrate the needs the infant may be communicating (e.g., “sounds like you’re tired”)
- Offer “down time” with infant-safe soft materials and quiet activities such as listening to low instrumental music or using a quiet voice to read
- Model taking turns, “your turn” and “my turn”
- Use puppets to talk about feelings

COGNITIVE DEVELOPMENT

Cognitive Activities



- Hide objects under a cover and play hide n’ seek or peek-a-boo
- Sing simple songs (e.g., patty cake)
- Put a shatterproof mirror near the infant bringing attention to their reflection
- Read a short picture book
- Play with toys that can be pushed and rolled

PHYSICAL DEVELOPMENT

Gross Motor Activities



- Tummy Time—place the infant on their stomach and sing songs or offer materials to look at and explore
- Place the infant on their back and put a toy within sight but slightly out of reach to encourage rolling over
- Place toys at a distance to encourage crawling
- Place toys on sturdy furniture to encourage pulling up
- Introduce rolling a ball back and forth

Fine Motor Activities

- Offer items that can be held in one hand (e.g., rattle, small lightweight scarf)
- Offer a container with items to put in and take out
- Offer soft books or board books and model flipping pages
- Offer infants who are eating solids Cheerios (or similar foods) to practice raking and scooping
- Offer finger paint and paper



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<https://www.chimnissing.ca/education/bdcc.html>

TODDLER ACTIVITIES ACROSS DEVELOPMENTAL DOMAINS (1-3 YRS OLD)

LANGUAGE DEVELOPMENT

Expressive Language Activities



- While reading a book, ask the child, “What is this?”
- “Read” a wordless book and have the children add the story based on the pictures During mealtime say to the children, “Tell me about what you’re eating” and model descriptive language such as “crunchy or soft” Sing familiar songs, and allow children to finish the line (e.g., “The wheel on the bus go...”)
- Blow bubbles and encourage children to say “my turn”
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Receptive Language Activities

- Encourage children to make animal sounds by asking questions like, “What sound does a cow make?”
- Sing songs like “Head, Shoulders, Knees and Toes” or introduce the game Simon Says
- Play “I Spy” and have the children call out the item or point to it when they find it
- Sing “If You’re Happy and You Know It”
- While reading a book, ask the child to label familiar pictures in a book

SENSORY DEVELOPMENT

Sensory Activities



- Offer thematic sensory bins (e.g., ocean theme)
- Sand play (e.g., construction, cooking, etc.) or water play with tools (e.g., funnels, droppers, etc.)
- Start a dance party and change the music to encourage different movement by trying songs with different beats
- Explore light and shadow.
- Practice walking on a balance beam or swing for vestibular input

SOCIAL-EMOTIONAL DEVELOPMENT

Social-Emotional Activities



- Offer a calm down sensory bottle.
- Practice mindfulness with belly breathing
- Point out how characters in books are feeling or ask the child to identify the feelings
- Use Persona Dolls stories to build empathy
- Play “Red Light, Green Light” to support impulse control

COGNITIVE DEVELOPMENT

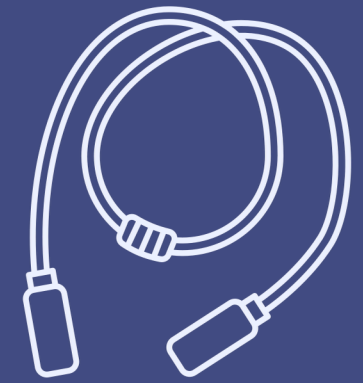
Cognitive Activities



- Offer simple peg puzzles
- Sing songs with hand gestures (e.g., “The Wheels on the Bus”)
- Block play—challenge child to build a tower of 8-10 blocks
- Collect several items and sort by size, shape, and color
- Engage in pretend play (e.g., cooking, caring for a baby doll, etc.)

PHYSICAL DEVELOPMENT

Gross Motor Activities



- Practice rolling, throwing, and kicking a ball
- Push or pull crates with balls or other items to add weight
- Chase and pop bubbles to increase balance and coordination
- Play “Follow the Leader”
- Crawl like a bear, hop like a bunny, fly like a bird, leap like a frog, etc.

Fine Motor Activities

- Offer writing tools, clay, and play dough
- Play with a variety of instruments (e.g., drums, xylophone, triangle, etc.)
- String large and small beads to increase eye-hand coordination
- Play dress up with clothing and accessories that have buttons and zippers
- Offer shaving cream, paint, or fine sand on a tray to create a design



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PRESCHOOL ACTIVITIES ACROSS DEVELOPMENTAL DOMAINS (3-5 YRS OLD)

LANGUAGE DEVELOPMENT



Expressive Language Activities

- Play “What’s in the mystery bag?” by asking yes or no questions.
- Pretend play with familiar roles and experiences (e.g., doctor, teacher, parent, restaurant, etc.)
- Play the rhyme game, “What rhymes with cat?”
- Show and tell—have the children bring an item from home and share a fact about the item
- Have the child retell you a familiar story in a book

Receptive Language Activities

- Play Freeze Dance or Simon Says to improve listening skills
- Scavenger hunt—practice listening skills by remembering oral instructions to find 3 items
- Play bingo with pictures to improve listening skills, attention, and focus
- Play a memory game to increase attention and focus
- Guess the nursery rhyme

SENSORY DEVELOPMENT



Sensory Activities

- Mud kitchen play—all the benefits of pretend play with a sensory component
- Pottery-making
- Make sand art in the sandbox using sand, glue, and cardboard
- Make playdough from scratch - a sensory experience with a math and science lesson
- Make musical instruments (e.g., empty paper towel roll and beans)

SOCIAL-EMOTIONAL DEVELOPMENT



Social-Emotional Activities

- Play emotion charades to develop identifying feelings through facial expressions
- Play games (e.g., board games) to encourage turn-taking
- Garden or care for a pet to increase empathy for the living world
- Role play a conflict from a book to brainstorm possible coping skills
- Encourage acts of community service (e.g., recycling, food drive, etc.)

COGNITIVE DEVELOPMENT



Cognitive Activities

- Offer interconnecting puzzles to develop problem-solving skills
- Play “What’s the Opposite Of...?”
- Read an unfamiliar book and have the child guess what they think will happen next
- Write a letter or draw a picture for a pen pal and mail it
- Create a map of your neighborhood

PHYSICAL DEVELOPMENT



Gross Motor Activities

- Build forts and add tunnels that encourage the children to crawl through
- Play soccer or kickball to improve coordination, balance, and muscle strength
- Set up an obstacle course to improve problem-solving, balance, and coordination
- Play games such as “freeze tag” to build endurance, balance, and coordination
- Play hopscotch

Fine Motor Activities

- Engage in cooking activities that include pouring, whisking, stirring, kneading, etc.
- Introduce sewing, weaving loom, or finger knitting.
- Practice observational drawing or painting (e.g., flower, self-portrait, etc.)
- Practice using scissors to cut pictures in a magazine and make a collage
- Use a spray bottle, sponge/brush, and soap to clean toys



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