

Activities to Build Your Child's Skills and Confidence



FINE MOTOR

developing muscles for handwriting

- Cutting – begin with free cutting, move on to drawing lines, and later shapes
- Painting – with a finger or a brush
- Playing with manipulatives like Legos, bead stringing, and blocks
- Write or draw in a shallow pan of cornmeal or sand
- Tracing – using worksheets or drawing lines, letters, and shapes with broken lines

GROSS MOTOR

large muscle groups that coordinate body movements

- Play catch – roll or bounce a ball
- Encourage your child to hop, skip, jump, and run
- Riding a tricycle or bicycle
- Give your child a series of directions to follow, for example touch your toes, turn around, and clap

LANGUAGE

- Encourage your child to speak in full sentences
- Name things whenever possible
- Play “I Spy” and encourage child to find things that start with certain letter, color, or sound
- Teach manner words like please, thank you, and excuse me.
- Require child’s language to be respectful.

MATH

- Count objects together like coins, beans, or buttons
- Write numbers on 3 x 5 cards or paper plates, put them on the floor and then say a number and have the child jump on that number or hide the numbers in the around the house and ask the child to find one number at a time

SOCIAL

managing emotions and having successful relationships with others

- Play preschool level games – have your child follow the rules, take turns, and say “good game” and shake hands when they win or lose
- Whenever a caregiver gives a direction have the child follow through. If the child does not listen, stay calm and repeat “The direction was to put away your trucks”. If child still does not comply have your child sit down until ready to listen to direction.
- Encourage your child to label their feelings. Role model by labeling your own feelings in your daily life. Teach your child how to take deep breaths to calm themselves when feeling sad or angry. When your child begins a task, have them complete it. This will help your child build perseverance and self-control.