



## Play Time

### Early Learning (Math, Cognitive)

**Cook** with your child. **Read the recipe aloud**, find the ingredients, measure, pour, stir, etc.

**Use open-ended questions** with your child. "What if...? What do you think ...? How do you think that...?"

**Engage your child in pretend play** (use a stick as a phone, a box as a car, a pencil as a magic wand).

**Help your child divide objects** equally among a group of people (pile of rocks, crayons).

**Play with time-keeping materials** and talk about their use (clocks, watches, timers, calendars).

### Fine/Gross Motor

**Create obstacle courses** that encourage your child to use a variety of muscles for strength, balance, agility, and control (jumping from pillow to pillow laid on the floor, balancing pillows on head when moving slow and fast).

With close supervision, provide opportunities for **exploring natural settings**, such as creeks, rocky surfaces, a garden, a beach, forests, tundra.

**Play card games** in which your child must hold, pick up, and turn over cards (*Go Fish*, *Crazy 8s*).

### Language/Literacy

**Play games** with your child that involve **following directions** (*Simon Says*, *Follow the Leader*, *Hokey Pokey*, *Red Light Green Light*).

Ask your child to **categorize** by naming things that are **alike or different**, such as types of clothing, foods, things used for transportation (bicycles, cars, four-wheelers, trucks, buses, snow machines).

**Talk** with your child about a memory of a past activity from a family, community, or cultural event. **Draw a picture** about the memory.

### Social/Emotional

Provide plenty of time and opportunities for your child to **play, explore, experiment**, and accomplish tasks.

**Talk** with your child about family rules, ways to **take turns**, and ideas for **solving problems**.

When you play with your child, **follow their lead** (ask if you can play, notice what your child is doing, talk about what they are doing).

Teach your **child feelings words** and **how to handle big emotions**. "We get disappointed when we have to wait. You look frustrated. Breathe with me."

### Self-Help

**Support** your child to check with an adult before changing a rule or routine. "Is it ok if we play a little longer?"

**Encourage** your child to **model care routines** with dolls or other toys (bathing and feeding the baby).

**Start a project** with your child like planting, growing, and harvesting a vegetable garden.