



Eastside Educational Center
At Home Activities for Toddlers

Day One

Build with blocks. Any size blocks will work. Encourage the child to build independently while offering some support. Talk about what is being built, color of blocks, and size of blocks.

This activity works on relationships with adults and fine motor skills.

Day Two

Sing an action song with your child. Some suggestions are Itsy bitsy spider or Wheels on the bus.

This activity works on communication skills

Day Three

Read a book to your child. Talk about the pictures in the book with your child. Point out shapes, colors, and animals in the book.

This activity promotes early literacy skills

Day Four

Toss a ball or roll it across the floor. Try different size balls and talk about how far they can be thrown or rolled.

This promotes logic and reasoning

Day Five

Play hide and seek. Make teams with the people in the house and help your child select hiding places and help them find who is hiding. Then have your child try hiding and seeking on their own without help.

This promotes memory and social skills

Day Six

Play dress up with your child. Do some role playing and talk about how your child is dressed. Example would be child is dressed as a police officer. Talk about what a police officer does and how they keep people safe.

This promotes fine motor skills and communication skills

Day Seven

Give one step instructions. Example 1. Put the cup on the table. 2. Sit on the floor. 3. Please put this toy away.

This promotes communication skills

Day Eight

Name body parts. Make it a game and have everyone in the house play.

This promotes communication skills

Day Nine

Blow bubbles. Take turns with your child blowing the bubbles and encourage your child to chase the bubbles.

This activity promotes relationships with adults, fine motor skills, and gross motor skills

Day Ten

Painting with water. You will need construction paper, cotton balls or a paint brush, cup of water. Have your child use the cotton ball or paint brush to paint with water on the construction paper.

This promotes fine motor skills and creativity

Day Eleven

Count things with your child. Fingers, toes, or toys anything will do.

This teaches counting and numbers

Day Twelve

Color inside with crayons or outside with sidewalk chalk. Talk about colors, shapes, and ask your child about what they are drawing.

This promotes fine motor skills and communication skills

Day Thirteen

Sing action songs with your child. Head and shoulders knees and toes or Baby shark.

This promotes communication skills

Day Fourteen

Toy wash. Set up a bucket or other container with water and have your child wash toys in the water. You could do this in a sink or bathtub if you prefer.

This develops science concepts and fine motor skills

Day Fifteen

Describe it to me. Put toys or other objects from around the house into a paper sack. Have your child pull objects from the sack and ask them questions like "what is it?" "what color is it?" "what sound does it make?".

This develops fine motor skills and communication