Activities for 2 Year Olds

Day 1:

**Do a Puzzle**

*Have your child try their best to complete the puzzle. You can talk about what is on the puzzle or where they might think a piece goes. This helps with using fine motor skills and hand eye coordination.*

Day 2:

**Read a Book**

*Pick your favorite book and read it as a family. Take some time to just sit and snuggle with your little one and enjoy the story. Reading a book will help with language development, as well as early reading and writing skills.*

Day 3:

**Color A Picture**

*You can either color a coloring page or just color on a piece of paper. Coloring works on fine motor skill and helps with creativity as well. Have fun with it and color with you child.*

Day 4:

**Build a Tower**

*This can be done with blocks or other items you have at hom,.you can use boxed and/or canned goods. Talk about the different shapes you use, see how high you can build it. Have fun with it. This helps with problem solving, shape awareness, and imagination.*

Day 5:

**Hide and Seek**

*Take a 1 to 3 items and hide them. Have your child go and look for these items. Keep the items and hiding places simple. This helps with memory, gross motor skills and fun to do.*

Day 6:

**Simon Says**

*When we play this game we usually just do the Simon says for everything and leave out the part of Simon not saying it. We work on different parts of our body, jumping up and down, hoping on one foot, etc. This helps them with developing self-awareness as well as gross motor skills and helping develop muscle strength.*

Day 7:

**Explore Nature**

*Explore your back yard! Talk about what you see; animals, bugs, trees, grass, and flowers. This helps them become aware of the things around them, learn new words.*

Day 8

**Draw your Family**

*Use whatever materials you have around the house and make a picture of you family. You can include your pets as well. You can do this as a family and work together to make the picture. This helps with social/emotional development fine motor skills and creative thinking.*

Day 9

**Blow Bubbles**

*Let your child chase the bubbles as you blow them. It’s a fun and easy way to let them run out that energy! And help them work on those Gross Motor skills.*

Day 10

**Go for Walk**

*Go for a walk as a family, you can walk around your house, block, down the driveway. This is a good way for you all to get out of the house. You can talk about the things that you see. This is a good way to work on language development. Also letting them run for a bit will help with their gross motor development.*

Day 11

**Ball Play**

*Use a ball to toss, roll, and kick back and forth. This activity helps with Gross Motor development and hand eye coordination.*

Day 12

**Sing a Song**

*Sing a Song such as: If You’re Happy and You Know It, Baby Shark, Wheels on the Bus, Old MacDonald, etc. Get Silly With it and do some hand motions. Singing Familiar songs helps with language and memory development.*

Day 13

**Draw/Write With Chalk**

*You can either go outside or you can use a dark piece of paper. Write your child’s name and have them trace it. Even scribbles are early writing development.*

Day 14

**Build an Obstacle Course**

*Use objects you have around the house to build an obstacle course. You can use pillows to jump or crawl over, broom stick to crawl under. Make a path to hop on. Get creative. This is a great way to work on different Gross Motor Skills.*

Day 15

**Paint with Water**

*Using a dark piece of paper, sidewalk, or fence let your child paint using just water, you can use paint brushes, cotton balls, q-tips, any matieral you might have. This works on fine motor development.*