

At Home Activities for Children 3 Years-Old

 <p>Let's Talk Language & Communication Activities</p>	<p>Listen to Pete the Cat on the Farm https://www.youtube.com/watch?v=oDfSaMXJ7BQ</p>	<p>Tell your child you would like to write down some of their daily activities. Use paper and marker to write down task. Ex. What did you do before going to school? What do you and your siblings do after school?</p>	<p>After listening to "Pete the Cat on the Farm" have your child discuss some animals in the book.</p>	<p>Provide a book highlighting animal sounds. Invite your child to read with you. As you read, imitate animal sounds. Ask your child to repeat the sound.</p>	<p>Place two phones in separate areas of the room, but close enough so you and child can hear each other. Begin the conversation by saying Hello and introducing yourself and ask your child to do the same (small talk).</p>
 <p>Brain Works Cognitive Development Activities</p>	<p>Fill a large container with water. Add small objects to water (small truck, rocks, or seashell). Ask them to notice if items sink or float.</p>	<p>Provide your child with toys that stack. (blocks or interlocking blocks). Invite them to stack their blocks. Encourage them to make several stacks and compare their heights.</p>	<p>Go on a shape hunt in the house or outside and practice identifying shapes.</p>	<p>Hold your child's hand as you move from one area of the room to another. Count together the number of steps you take.</p>	<p>Go on a color walk and practice identifying colors (red, orange, yellow, green, blue, purple, etc.)</p>
 <p>Body Works Physical Development Activities</p>	<p>Have your child join in a fingerplay. Sing the song, "Where is Thumbkin?" Model finger play and invite your child to follow along.</p>	<p>Move and freeze dance. https://www.youtube.com/watch?v=388Q44ReOWE&list=PLuISt4UReMuyTbCljhTqwzwTyPyt-vPfm</p>	<p>Get outside and move. Walk somewhere with your child. Talk about walking and how it moved your whole body.</p>	<p>Invite your child to dance with you. Encourage them to move to the beat of the music. Describe their movements with words (slide, jump, hop, leap, twirl, tiptoes, and wiggle).</p>	<p>Provide your child with any kind of musical instrument and noisemakers. Invite your child to sign the Alphabet song while they make as much "music" as they would like with the instruments.</p>
 <p>Friends & Feelings Social & Emotional Development Activities</p>	<p>Encourage your child to describe how they feel (happy, sad, or mad). Practice making happy, sad, surprised, or angry faces.</p>	<p>Ask your child to look into the mirror. Ask them to tell you what they see. Ask them to say something nice/positive about themselves.</p>	<p>Play Sesame Street Name that Emotion https://www.youtube.com/watch?v=ZxfJicfyCdg</p>	<p>When your child shows strong emotions, get down on their eye level and make eye contact. Offer a gentle touch to let them know you are listening. Name and explain their feelings into words, if possible.</p>	<p>With your child, make a list of things they can do. Ask your child how they feel when they are doing the activity.</p>