



## At Home Activities You Can Do With Your Three-Year-Old

When your three-year-old is at Growing Room we provide key experiences that focus on language development, physical development, cognitive development, social and emotional development, and self-expression. It is important that this learning and development continues. We want to help you continue to nurture your child's development by providing you with activities that you can do at home with your child. These activities will help your child master concepts needed in order to grow and develop.

Routines provide a sense of certainty and security, which is particularly important in early childhood. Children thrive on having structure and regular routines throughout their day. They need predictability. Below is a very simple daily schedule that you can follow at home.

### THREE-YEAR-OLD DAILY SCHEDULE

- 7:30am – Wake Up and Eat Breakfast
- 8:30am – Sing Songs and Storytime
- 8:45am – Music and Dancing
- 9:00am – Playtime
- 10:00am – Outdoor Play
- 11:00am – Activity Time (select from the activities below)
- 12:00pm – Lunch
- 12:30pm – Nap Time

### COLOR SORTING AND COUNTING



This activity will nurture your child's love for colors as he uses cognitive skills and hand-eye coordination. Gather a collection of similar items, such as blocks, Legos, cars, play food, etc. Have your child sort the items by color. Next, have him count how many items he has of each color. Then encourage him to put all the items back where they belong.

### LETTER DETECTIVE

Tell your child that he is going to pretend to be a detective and find the letter "Dd" in catalogs, newspapers, and/or magazines. Have him write the letter "Dd," uppercase and lowercase, on a piece of paper. Once you've given him a target, arm him with a set of old magazines, catalogs, and newspapers to hunt through, and a magnifying glass if you've got one to add to the Sherlock Holmes experience. As he finds the letter "Dd", he should highlight it. Once he is done highlighting the letter "Dd," encourage him to count how many letters he found.

## THE ALPHABET CHANT

Say the alphabet chant to your child and encourage your child to follow along and pronounce the sounds of each letter.

I can say the alphabet from A to Z,

so, come on now and listen to me.

A says a-a-a, apple, at

B says b-b-b, baseball bat

C says c-c-c, cake and candy

D says d-d-d, dinosaurs are dandy!

E says e-e-e, Eskimo

F says f-f-f, fee, fi, foe

G says g-g-g, gorillas are grand

H says h-h-h, a helping hand

I says i-i-i, inches, ill

J says j-j-j, Jack and Jill

K says k-k-k, let's fly a kite

L says l-l-l, turn on the light

M says m-m-m, mittens, mice

N says n-n-n, nuts are nice

O says o-o-o, octopi

P says p-p-p, a piece of pie

Q says q-q-q, queens are quiet

R says r-r-r, running is a riot

S says s-s-s, a silly sock

T says t-t-t, tick, tock

U says u-u-u, under the umbrella

V says v-v-v, a valentine fella

W says w-w-w, wiggly my way

X says x-x-x, x-ray

Y says y-y-y, I like you

Z says z-z-z, let's go to the zoo!

The alphabet is really great!

From A to Z the letters rate!



## SIMON SAYS

While the rules are simple, the options for movement are endless. Simon can have your child jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving his hands high over his head. With this activity, your child will learn to follow directions, use gross motor skills, and be receptive to language.

## RECYCLED BUILDING STEM ACTIVITY



One man's junk is another child's building supplies...I'm pretty sure that's how the saying goes. All you need are some recycled items that are appropriate for your child. Items such as: empty plastic bottles, toilet and/or paper towel rolls, empty boxes (cereal boxes, pasta boxes, etc.), egg cartons, milk jugs, etc. Recycled items like this invite so much creativity. You will be amazed as you watch your child tackle this activity. He may build a bridge, a road, a tunnel, or even some really tall towers. Through this activity your child will learn engineering and problem solving as he makes unique creations.

## MAKE HOMEMADE PLAYDOUGH THEN MOLD LETTERS & NUMBERS USING THE PLAYDOUGH

Invite your child to help you measure out the ingredients needed to make homemade playdough. This is so simple to make – no cooking required! Just mix all the ingredients together and in 5 minutes you have perfect playdough!

### Ingredients Needed:

- 1 1/2 cups of flour
- 1/2 cup of salt
- 2 tbs of cream of tartar
- 1 tbs of oil
- Food coloring
- 1 cup of boiling water (keep this out of the reach of your child)

### Directions

Have your child mix all ingredients, except the boiling water, together into a large mixing bowl. Add the boiling water and mix well. *Note: the food coloring will mix in better if added to the boiling water.* Stir well until the mixture is combined.

Then have your child mold the playdough into letters and numbers. Encourage him to identify the letters and numbers. You can even have him mold his name and age.



## WHAT'S NEXT?

Reread a story book that you have read before to your child. Before turning the page, ask him what he thinks, is going to happen next. If he needs help, give him a hint as to what happens next. If he still cannot remember, just tell him “Let’s find out” and turn the page, then talk about what happens next. You can also read a new book and make him guess what happens next in the story.



## OUTSIDE OBSTACLE COURSE

Mastering gross-motor skills, like running, jumping, kicking, and throwing, is an essential part of a child’s development, so this backyard obstacle course is just the ticket. Your child can do a set of challenges: kick a ball toward a fence, then jump on and off a step, hop one-footed along a garden path, and, finally, throw a ball into a bucket. The ideas are endless when planning an obstacle course, you can add in so many other skills of your choice.

## OUTDOOR SCAVENGER HUNT

Enjoy a scavenger hunt, outside, with your child. Give your child a bag or a basket to put his items in. Encourage him to find the following:

- Small Flowers
- Big Flowers
- Plants with no Flowers
- Something that Smells Good
- Something in his Favorite Color
- A Big Leaf
- A Leaf that has a Cool Shape
- Sticks



Once the scavenger hunt is over, talk with him about the items he found and ask him open-ended questions. Encourage him to count how many items he found, compare the items, etc.

## ICE WORLD

Your child will love the chance to explore with ice and water in this sensory ice tub. Use a bin filled with ice, water, and some animals, cars, or any other prop of your choice. Allow your child to explore with the items in the sensory bin. Ask him open ended questions as he explores. Questions such as: Is the ice hot or cold? How does the ice feel? Is the ice wet or dry? Etc. The amazing thing about sensory play is that it opens the door to so many wonderful learning opportunities such as imaginative play, language exploration, fine motor development for pre-writing skills, coordination, social interactions, and so much more.

## ADDITIONAL TECHNIQUES TO DEVELOP YOUR THREE-YEAR-OLD'S LANGUAGE SKILLS

- Speak clearly to your child. Model good speech.
- Repeat what your child says to show that you understand. Add on to what she says. Use words like, "Want juice? I have juice. I have apple juice. Do you want apple juice?"
- Help your child understand and ask questions. Play the yes–no game. Ask questions such as, "Are you Marty?" and "Can a pig fly?" Have your child make up questions and try to fool you.
- Ask questions that include a choice. "Do you want an apple or an orange?" "Do you want to wear your red shirt or your blue shirt?"
- Sing simple songs and say nursery rhymes. This helps your child learn the rhythm of speech.
- Show pictures of familiar people and places. Talk about who they are and what happened. Try making up new stories.
- Read, Read, Read to your child!

## ADDITIONAL TECHNIQUES TO DEVELOP YOUR THREE-YEAR-OLD'S MATH SKILLS

- When giving your child cookies or crackers, count them out to your child. Have your child count aloud with you.
- When you are outside, encourage your child to describe or compare shapes of leaves, colors of flowers or sizes of birds. Use words such as big, little, large, small, etc.
- Sing songs and read books that have numbers in them that repeat, rhyme and have rhythm. This will help your child understand patterns.
- Help your child to arrange her favorite toys in order from shortest to tallest.
- Race toy cars with your child and talk about which came first, second or third.
- Go for a nature walk and let your child gather a mix of leaves, sticks, pebbles and other natural items. Your child can sort them into groups based on size, color, shape or what they do. Have your child count the items, too.