

Developmental Activities (2 to 3 years)

FINE MOTOR ACTIVITIES

- Play and draw on vertical surfaces- window markers, shaving cream on the shower wall, etc.
- String large beads onto a shoelace.
- Use small tongs or tweezers to pick up cotton balls, pom-poms, blocks, etc.
- Tear paper into strips and crinkle into balls.
- Play with spray bottles to make designs or water the garden.
- Put together small pop beads or Legos with supervision.
- Make different colored water by squeezing food coloring through an eye dropper.
- Place coins in a piggy bank using the thumb and index/pointer finger.
- Use play dough tools (cutting wheel, plastic knife) to cut food or play dough.
- Make lines, shapes and letters with finger painting, painting with pudding or shaving cream, painting with water on the sidewalk or even with your fingers in the sand.
- Practice large buttons on dress up clothes in front of child (not on own body)
- Snip with scissors with supervision.
- Imitate vertical and horizontal strokes with writing tools.
- Color with small broken crayons or pieces of chalk.
- Engage in container play with different sized and shaped objects.
- Complete simple shape or animal puzzles.
- Stack blocks and encourage your child to copy simple block designs



Developmental Activities (2 to 3 years)

GROSS MOTOR ACTIVITIES

- Challenge their balance by having them walking sideways, backwards, or forward on a balance beam.
- Encourage your child to alternate their feet when walking up and down stairs. Be sure to stand in back of them as they go up, and in front of them when they go down.
- Throwing and catching a ball with both arms. Use a balloon to make it less challenging.
- Have your child chase you to practice running.
- Practice jumping. You can first practice by holding their hands while they jump off of a small bottom step of a stairwell. Progress to jumping off the ground with both feet.
- Create an obstacle course with soft furniture, pillows, boxes and blankets for climbing, balancing and jumping.
- Introduce a balance bike or pedaling a tricycle. Always wear a helmet!
- Practice briefly standing on one foot while kicking a ball or taking socks/shoes on and off.

