

ENGAGEMENT ACTIVITY CHOICE BOARD

<p>Scoop and transfer items from one container to another using a big spoon, rice, cotton balls, cereal, small toys, etc.) *try this activity in different positions. Sitting at a table, sitting on the floor, kneeling at the coffee table.</p>	<p>Draw 2-4 big shapes on paper (triangle, circle, square rectangle). Help your child find items around the house to match the shapes.</p>	<p>Play your child's favorite songs/music and have a dance party. Encourage and help your child imitate various movements and follow basic directions.</p>	<p>Make kites out of plastic grocery bags and string. Tie one end of the string to the handles of a plastic grocery bag. Watch your kite fly behind you as you run!</p>	<p>Go outside and close your eyes. See how many sounds you can hear. Listen for birds, cars, the wind, etc.</p>
<p>Play with shaving cream at the table. Draw lines, circles, letters, numbers, or pictures.</p>	<p>Make toilet paper tube binoculars, Tape or staple two empty toilet paper tubes together. Play "I Spy" inside or outside with your binoculars.</p>	<p>Big/Little: When folding laundry, have your child put all of the big socks in one pile and little socks in another.</p>	<p>Play Simon Says- Incorporate different body parts while you play.</p>	<p>When reading a story, point to different items to build vocabulary. Ask questions and answer them by pointing. ("Where's the red ball? I see it!")</p>
<p>Lay on your tummy and color or write with crayons or a pencil.</p>	<p>Go outside and lay down on the grass where you have a clear view of the sky. Look for different things in the clouds.</p>	<p>Make an edible necklace or bracelet. Put cheerios or fruit loops on a string or piece of yarn. Count how many pieces of cereal you put on.</p>	<p>Have your child give a baby doll a bath! Work on identifying body parts as you wash. "Wash her ear!" "Put bubbles on her toes!"</p>	<p>Color Hunt- Decide on a color and show your child one item as a model and walk around the house looking for items that are the same color.</p>
<p>Fill a bucket with water and "paint" the sidewalk, bricks, fence, etc. using a paintbrush, sponge, toothbrush, etc.</p>	<p>Make maracas out of empty water or juice bottles. Fill a bottle ½ full of small rocks, rice, beans, noodles, or beads. Put the lid back on and shake!</p>	<p>Count items as you play and/or eat a snack with your child. If able, have them repeat after you or count by themselves (toys, goldfish crackers, etc.).</p>	<p>Sink or Float: Fill up sink, bathtub, bucket, etc. with water. Gather items from around the house or from outside. Which will sink, which will float?</p>	<p>Gather rocks from outside in a variety of shapes, sizes, colors, etc. Bring them inside and rinse. Stack the flat ones to make a tower. Count. Sort rocks by color, size, shape, etc. Put numbers on rocks with crayon, marker, etc.</p>
<p>Play a group game as a family. Practice taking turns and say "my turn!" or "your turn!" when you switch.</p>	<p>Outside Color Walk: Look for green (grass, leaves), pink, red, purple (flowers), brown (tree trunks, sticks, leaves), yellow (dandelions, buttercups). Lie on back and look at the sky (blue), clouds (white).</p>	<p>Allow your child to help prepare a snack today! Model each step, using descriptive language and have them follow along. (Can be a simple one step snack or multiple steps)</p>	<p>Play your child's favorite music or song(s). Clap to the beat. Count up to 3 claps (or 2, 4, etc.). STOP. Or just clap and STOP. Repeat tapping with spoons, sticks, etc.</p>	<p>Count how many bugs you can find outside. Do they look the same or different?</p>

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<p>Pick a letter. Draw it on a sheet of paper. Have child trace the letter with index finger while repeating the letter name and sound. Look around the house or outside to find items starting with that letter.</p>	<p>Sensory Play! Allow your child to get their hands messy while squishing and scribbling/doodling in pudding, shaving cream, or any other squishy substance.</p>	<p>Work on the concept fast and slow. Get your child to complete different gross motor skills in different speeds according to your direction.</p>	<p>Use a deck of cards to encourage counting and number recognition (remove face cards).</p>	<p>Use two different kinds of items to practice creating alternating patterns (forks and spoons, rocks and grass, different foods, etc.)</p>
<p>Have your child help you water plants and/or grass using any household tools (water hose, watering can, cup, etc.)</p>	<p>Have your child rip, tear and/or cut paper of any kind. Model how to use pincer grip (thumbs and first fingers to tear).</p>	<p>Mystery Letter Bag: Gather items from around the house that start with a chosen letter. Put in bag. After looking at the letter (naming, tracing, saying letter sound) have your child reach into the bag to pull out each item that starts with the letter. Surprise!</p>	<p>Go on a Nature Walk: Find objects that are big and little (big rocks, little rocks, big leaves, little leaves!). When you get home, sort them into two piles.</p>	<p>On a cookie sheet or other flat tray, pour whatever extra is on hand such as flour, sugar, salt, beans, etc. Trace letter, shapes, name, lines, etc. Provide spoons, cups, sifters, for sensory play.</p>
<p>Go outside and have your child follow you as you WALK, RUN, HOP, SKIP in a Circle. Make a Square shape out of sticks, stones, chalk. Repeat.</p>	<p>Draw a shape or letter on paper and allow your child to put raisins or any small snack item on the outline, using their pincer grasp (thumb and pointer finger).</p>	<p>Put items from your home in a big bag. Have your child pull items out and identify them. You can give your child choices by pulling out an extra item and saying "Which one is the spoon?" Use hand-over-hand help when needed.</p>	<p>Have your child give a baby doll a bath! Work on identifying body parts as you wash. "Wash her ear!" "Put bubbles on her toes!"</p>	<p>Car Wash- fill the sink with soapy water and allow your kids to wash their toy cars, animals or any other toys in the sink.</p>
<p>Sharing Game: Pick a toy, game, or activity your child likes. Say, "Your turn!" Give your child 3 minutes using a visual timer on phone or use a 3 min. song. When time is up, say "My Turn!" Repeat if the child can tolerate. Stop if it's not fun.</p>	<p>Talk about the five senses and find things you can see, smell, hear, taste, and touch.</p>	<p>Laundry day! Have your child help match socks. Model how to match. Use hand-over-hand help when needed.</p>	<p>Find something that feels soft, rough, smooth and bumpy.</p>	<p>Set up an obstacle course inside or outside and play follow the leader using vocabulary (in, out, over, under, etc.). Allow them to be the leader too!</p>
<p>Make a sensory bin, box or bag. Fill it with a variety of textured household items for your child to explore (rice, cotton balls, crumpled paper, etc.)</p>	<p>Have a pretend animal parade: Crawl, gallop, and slither around the room. Make silly animal sounds!</p>	<p>Put on a play using stuffed animals or sock as puppets. Encourage imitation of sounds, words and/or allow your child to use their own jargon, words and/or sentences during puppet play.</p>	<p>Heavy work is good for me! Get canned foods and a laundry basket. Have your child pick up one can at a time and place it in the basket. Then have the child push the basket, preferably on carpet.</p>	<p>Music maker! Using pots, pans, floor, a spoon, stick, etc., have your child bang like a drum. See if they can imitate a simple pattern of sounds you make.</p>

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<p>Have a picnic outside. Allow your child to help gather items for the picnic as you ask questions a variety of questions to guide them. "What do we need to bring?"</p>	<p>Bath time! Blow bubbles and have child bat at them or pop them. Blow bubble suds off your hands</p>	<p>Play 'Freeze Dance' with your child's favorite song. Work on the concept of stop and go.</p>	<p>Build a tent by putting a sheet or blanket over a table or chairs.</p>	<p>Lay items out in front of your child and ask for their help to fill a grocery bag or basket of some sort. Ask for specific items at a time.</p>
<p>Using a spray bottle have your child spray flowers, bushes, or the grass to water it.</p>	<p>Roll up with books! Get a blanket and spread it out on the floor. Have your child roll up in the blanket like a hot dog with the head sticking out. Then read a couple of books to them.</p>	<p>Laundry day! Have your child help sort laundry. Start with sorting just 2 different items at a time (colors vs. Whites or wash clothes vs big towels, etc).</p>	<p>Have your child use their pincer grasp (thumb and pointer finger) to pick up small items (beads, cereal, raisins, goldfish crackers, etc.) and put them into a small neck bottle (ex. Water bottle).</p>	<p>Play with small toys at a low table. Encourage your child to knee walk around the table, to reach across the table and play in tall kneel while using both hands.</p>
<p>Play hide and seek with a toy. You can hide it and give your child clues with position words. "It's <u>under</u> the table." "It's <u>on top</u> of the book."</p>	<p>Cleaning day! Have your child help you with a simple household chore. (dusting, sweeping, picking up toys, etc.) Have them follow one- step directions.</p>	<p>Go outside and count how many flowers, rocks, cars you can find.</p>	<p>Sing songs with your child. Have your child fill in a word or action as you sing. For example, "Old McDonald." Words: with a _____ here, and a _____ there; Actions: with a moo moo (pointing) and a moo moo (pointing).</p>	<p>Color with a crayon (whatever tool is appropriate for your child) in each hand. Encourage your child to move both arms in circles, lines up and lines down.</p>
<p>Stand in front of a mirror with your child and get them to imitate oral motor movements. (open mouth, closed lips, tongue out, tongue up and down, tongue side to side, bubble cheeks, etc.)</p>	<p>Play 'What's Missing' game. Put three items in front of your child and verbally label them. Cover them with a blanket and take one item away. Ask your child what item is missing.</p>	<p>Take a walk around your neighborhood and talk about the different things you see together</p>	<p>Find a laundry basket or any type of box/bin. Have your child toss items into the basket from various distances (balls, soft toys, socks balled up, etc.)</p>	<p>Fill up a bathtub, sink, or large bucket with warm, soapy water. Play with the bubbles. Provide different size cups, containers to pour into and out of each other. If available, provide turkey baster, eye dropper, ladles, etc.</p>
<p>Go on a shape hunt inside or outside. Find all the circles you can. Another day find squares, rectangles or triangles.</p>	<p>Be an animal! Set up a path through the house. Have your child imitate various animal movements and/or sounds. Add turn taking by letting them choose an animal.</p>	<p>Go on a treasure hunt. Hide an item in your house and give your child clues to find it!</p>	<p>Turn off the lights in a room and use a flashlight or the flashlight on your cell phone to make shadows.</p>	<p>Put an item on a paper plate and challenge your child to bring it from one room to another without the item falling off!</p>