

Play Activities for Pre-School Children

INTRODUCTION

This leaflet contains advice and guidance about activities which you can do to promote play skills for Pre-School Children

1-2 Years

- Peek-a-boo games / hiding toys under blankets
- Encourage exploring and touching toys with different textures
- Banging bricks together / clapping hands
- Putting objects into containers and emptying—your child will enjoy repeating this activity and it improves hand-eye co-ordination
- Pouring and emptying containers in the bath
- Building towers with bricks / stacking toys such as rings over a cone, taking them on and off
- Simple shape form boards—square, circle, triangle—do not expect your child to be able to replace all three before the age of two years.
- Using crayons to start making a mark on paper be careful introducing if your child is still mouthing toys
- Rough and tumble play
- Pop-up toys with different switches
- Rolling a soft ball back and forward to one another
- Encourage your child to roll, crawl and also to play on their tummy as well as standing
- Encourage your child to help with dressing / undressing
- Simple pretend play having cups of tea / playing with dolls / teddies
- Ride on Toys



Play activities - Advice Sheet

- Jigsaws / inset boards / peg boards / threading small beads / dressing dolls / play-doh
- Building construction—building towers / making trains and other objects with bricks—playing with Duplo, Lego and other constructional toys
- Simple board games which involve turn-taking such as picture lotto/snap
- Painting / drawing: use a variety of tools such as crayons, pencils, paints, brushes and/or sponges.

2-3 Years

- Toys which encourage screwing / unscrewing bottle tops
- Posting boxes—jigsaws/in-set boards
- Encourage scribbling and drawing
- Rolling and squeezing play-doh—try using various rollers, cutters etc
- Pretend play with dolls / action men, dressing up / tea sets / shops / toy garage
- blowing bubbles
- Sit astride toys and tricycles
- Messy play with paints / sand and water
- Throwing and catching / kicking soft balls



3-5 Years

- Play Park—encourage your child to try a variety of equipment: swings / climbing frames / slides
- Ride on Toys/Bikes
- Swimming
- Indoor soft play/Adventure Areas
- Obstacle courses—outdoor or in-door if you have space—you do not need anything special for this—your obstacle course could consist of crawling through tunnels made from kitchen chairs / stepping stones made from cushions or Newspapers