



DISCOVER PLAY SCHOOL

Activity	Materials/Description	Area of Development
Climbing	A small indoor dome, creating an obstacle course with cushions, trees, stairs	Gross motor and movement
Posting	Boxes for shape sorting of various sizes, canister with slit cut in lid for posting large wooden discs, poker chips, or coins	Fine motor skills, hand-eye coordination, introduction to and naming geometric solids
Banana slicing/peeling	Banana is prepared by cutting a slit at the top, child can peel, slice with butter knife on small chopping board	Food preparation
Books	Reading out loud to your child, having books accessible and available for your child to explore on their own	Language
Mopping, sweeping, dusting	Toddlers may need a sweeping guide or a small square of tape placed on the ground to guide sweeping efforts. A child sized-mop or a flat mop with wash-cloth attached.	Care of environment
Rhythmic language	Poetry and songs with body movements that accompany them	Language
Playdough and clay	Plastic mat or table covering and tools to shape clay (butter knife for cutting, small rolling pin, one or two small cookie cutters)	Art and self-expression
Balancing	A balance beam, lines of tape on the floor, or simple plank of wood	Gross motor and movement
Pushing and pulling	A wheelbarrow for pushing and a wagon for pulling	Gross motor, movement, and maximum effort
Help unload dishwasher	Child can assist in unloading dishes and sorting silverware	Care of environment and practical life

Running	Tracks with arrows (chalk outside, painters tape inside), two baskets on either side of room with balls to be carried back and forth	Gross motor and movement
Carrying heavy objects	A plastic milk jug filled halfway with water. Seal lid with strong tape. Place two small mats, boxes, or baskets on opposite side of room or yard as "landing places" for the jug to be carried back and forth	Gross motor, movement, and maximum effort
Dish washing and water play	Child can carry dishes to sink, accessible by step stool, and rinse dishes (or fruit or veggies). If child is craving water play, fill large bowl(s) with warm and cold water or add ice and a sieve to your water table	Sensorial, practical life
Sorting objects	Three small bowls and different found objects (shells, acorns, dried beans) to sort into each bowl	Sensorial and classification
Watercolor painting	An underlay or tray to protect the table, small watercolor paints (you can cut one or two colors from a the watercolor "strip" of paints), a paintbrush, small dish of water, cloth or sponge for wiping up. Show your child how to dip the brush into water first, then paint and how to press and sweep brush on paper.	Art and self-expression
Helping with baking or make your own play dough	Child can measure and mix ingredients, help stir, and help sweep and clean up afterwards.	Food preparation
Puzzles	Choose chunky wooden or knobbed puzzles, place all pieces in basket for child to place back onto puzzle board.	Fine motor, sensorial
Collecting	Provide the child with a small basket for collecting objects outside or inside your home. Help your child describe and sort all of the objects they have collected.	Sensorial, gross motor movement, language

Opening and closing	A basket filled with small bottles, empty spice containers, zipper pouch for your child to explore opening and closing	Sensorial, fine motor
Cleaning windows	A spray bottle filled with water (vinegar optional), a squeegee, and a small cloth	Care of environment
So much free play and outdoor play	Allow time every day for your child to be outdoors and have unstructured play time	Gross motor, fine motor, sensorial, language, self-expression