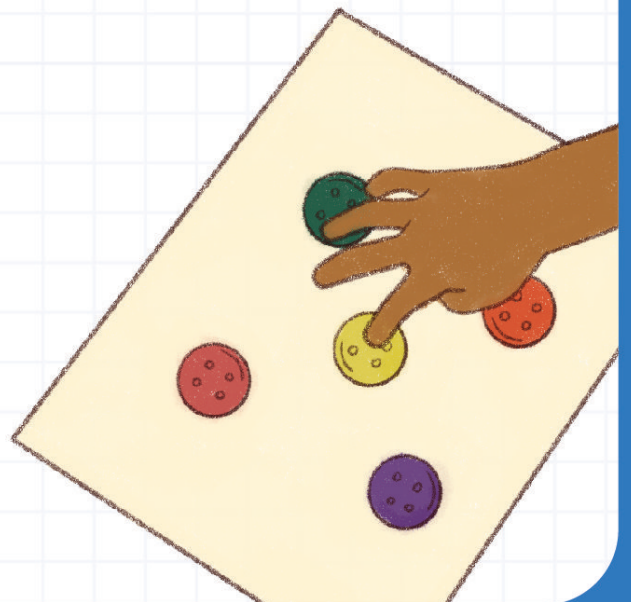
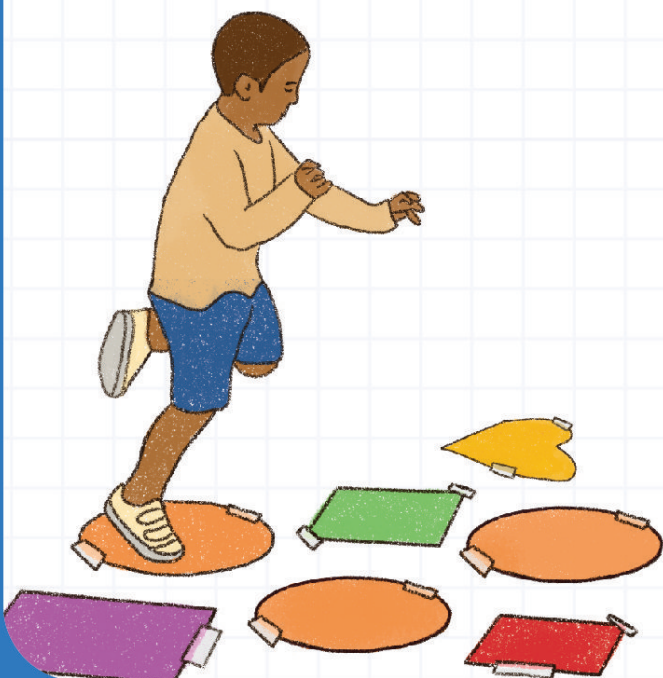
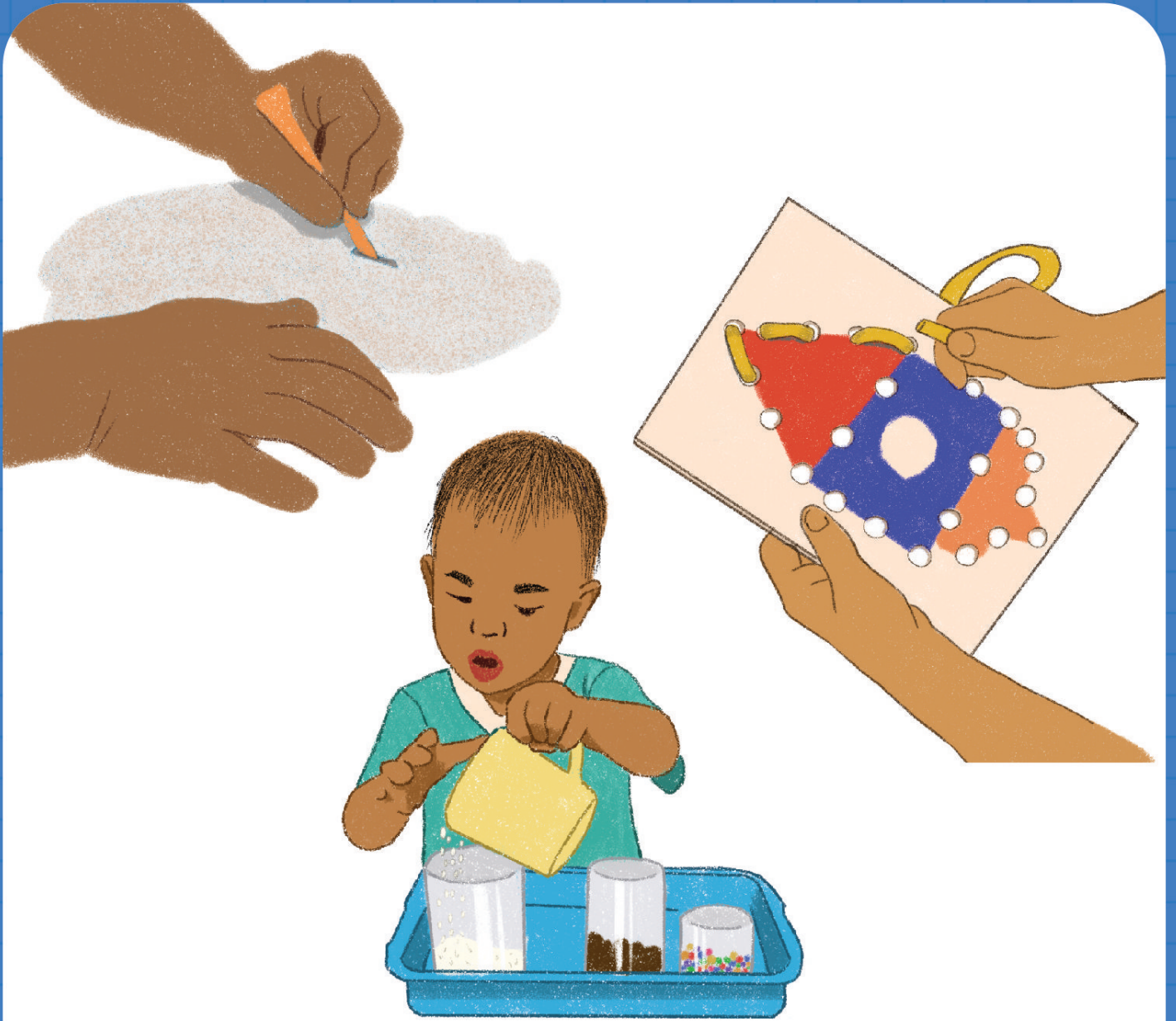


Activities for 3- to 4-Year-Old Children





PRE-WRITING ACTIVITIES

These activities help develop your child's hand and finger strength, hand dominance, and object manipulation which are important prerequisite skills to writing.

Activity 1:

Sensory Tracing Tray

Materials:

- Sand/ pulverized eggshells
- Flat tray
- Sticks, twigs, pencil
- Pictures of different line patterns, shapes, letters and numbers



Procedure:

1. Pour the sand/ pulverized eggshells onto a flat tray.
2. Ask your child to touch, feel and explore it.
3. After your child is used to the texture/sensation of the material used, let him/her make strokes freely using his/her fingers or with the other materials available.

For 3 years old:

Ask your child to draw/write freely on the tray with his/her fingers and other materials. Ask your child to tell a story on what he/she is drawing.

For 4 years old:

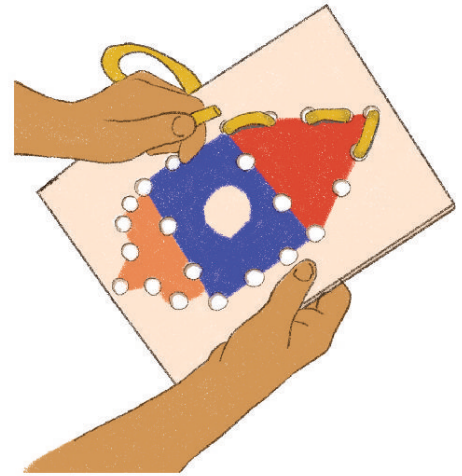
Provide a picture of letter, number, shape, or line patterns for your child to copy. You can also allow him/her to draw freely and/or play a guessing game by asking each other what you draw alternately. You can also let your child use other materials such as pencil, stick or twigs when writing.

Activity 2:

Picture Pattern Lacing

Materials:

- Old magazines/calendars
- Puncher/ sharp materials to make holes
- Yarn/shoelace/string/ribbon



Procedure:

1. Cut out pictures from old magazines/ calendars your child is interested in.
2. Paste the picture to cardboard to make it sturdy.
3. Make holes along the borders of the picture using a puncher or any sharp material.
4. Tie a yarn or shoelace on one of the holes.
5. Ask your child to thread the other end of the yarn through the holes following an “in-out-pull” motion.

For 3 years old:

Make holes bigger and farther from each other so your child will be able to insert the yarn or shoelace easily. Ask your child to insert the strings in all the holes without any order.

For 4 years old:

Write numbers/letters beside the holes on the picture and ask your child to insert the string in these holes by following the order of the numbers/letters. For added challenge, you can make the holes smaller and nearer to each other.

Activity 3:

Pouring Activity

Materials:

- Containers with different sizes (jar, cup, glass, pitcher, dipper, pail, basin)
- Sand/ seeds/beans/ flour/ water/ rice
- Basin/ Tray



Procedure:

1. Place the cup and jars and/or other materials on a basin/tray.
2. Fill up a cup with sand/seeds and ask your child to pour it into a jar. You may demonstrate it to show how it is done if needed.
3. Let your child pour the sand/seeds from the jar back to the cup after.
4. You may also let your child explore which containers and items to use in the pouring activity.

For 3 years old:

Use containers with smaller openings for transferring items to containers with wider openings to lessen spills. Place containers close to each other so that your child will be able to transfer them easily without the need to hold and balance items for a long time.

NOTE: Use items such as seeds/ sand/ rice/ beans before introducing liquid items that are hard/ unpredictable to control when pouring.

For 4 years old:

Put lines as markers on the containers to show up to where your child should fill them with the items available. If you are using jars with lids, you may also ask your child to open and close them on their own.



PHYSICAL ACTIVITIES

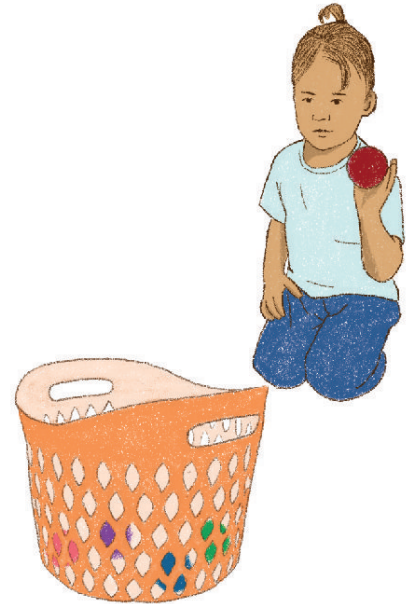
These activities help develop skills that require the use of large muscles in the arms, legs, and torso, and promotes body awareness, speed reaction, balance, and strength.

Activity 1:

Shoot the Ball

Materials:

- Basket/ box/ bag
- Ball or any items that are safe for your child to throw or toss



Procedure:

1. Give your child a ball by directly handing or rolling it.
2. Ask your child to throw or toss the ball in the basket/box.
3. If your child is able to shoot it, hand it back to him/her to shoot again. If your child missed it, you may ask him/her to pick it up and try to shoot again.

For 3 years old:

Ask your child to shoot the ball into the basket/box with a distance of around 2 to 3 feet away. You may increase the distance of the basket as needed.

For 4 years old:

Position the basket anywhere in the room and ask your child to stand 5-6 feet away from it. Give your child the ball and ask him/her to shoot it in the basket. You can also move the basket farther or higher for additional challenges.

Activity 2:

Color Run

Materials:

- Colored papers/colored chalk
- Scotch or masking tape



Procedure:

1. Create a path on the floor by sticking different colored papers or drawing of shapes using different colored chinks.
2. Ask your child to stand on one end of the path and go to the other end by stepping on the same colors following the path.
3. Once your child reaches the course, ask your child to name the color he/she followed or stepped on.

For 3 years old:

Ask your child to walk or run on the same colored paper shapes until he/she reaches the end of the course.

For 4 years old:

Ask your child to follow the path of the same colored paper shapes by hopping or jumping forward until he/she reaches the end of the course.

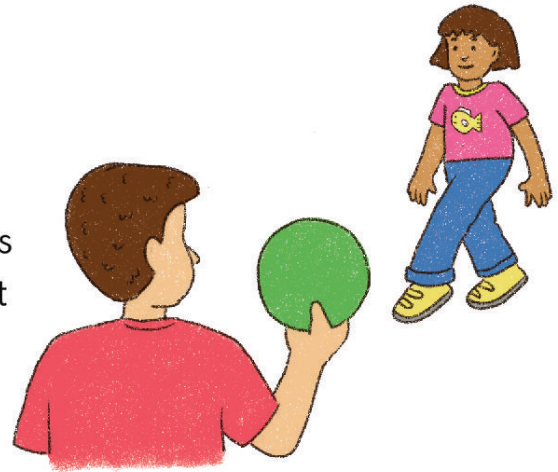
NOTE: This activity can be done individually or as a group game. The children can also suggest other movements they want to do such as crawling, walking on their knees, moving sideways or backwards.

Activity 3:

Stop, Slow Down, and Go!

Materials:

- Yellow, red, and green colored papers (Cloth/towel if colored papers are not available)
- Tables, chairs, boxes, etc



Procedure:

1. Cut red, yellow, and green colored papers into circles to represent the colors of a traffic light.
2. Talk with your child about traffic lights and what they know about it. Tell him/her that the red light means “stop”, yellow light means “slow down”, and green light means “go”.
3. Tell your child that you are going to play a game where he/she will respond depending on the traffic light or colored paper you show. If you show green, your child has to run. If you show yellow, your child has to walk. And if you show red, your child has to stop.

For 3 years old:

Ask your child to stand on one end of the room/area while you stand on the other end. Tell him/ her that he/she needs to run, walk or stop until he/ she reaches the area where you are standing.

For 4 years old:

Create a small obstacle course for your child to accomplish before reaching the end marker or the area where you are standing. Place the tables and chairs along the path which your child needs to avoid by following directions such as “left”, “right”, “up”, “down”, forward, and “backward” to accomplish the course.

NOTE: This activity can be done individually or as a group game.



PRE-READING ACTIVITIES

These activities help in developing your child's literacy skills including familiarization and recognition of letter names and sounds which are prerequisite skills to reading.

Activity 1:

Matching Pictures and Objects

Materials:

- Pictures or drawing of items at home
- Toys (blocks, balls, dolls, puzzles, etc.)



Procedure:

1. Show pictures of toys or other items found at home.
2. Ask your child to look for and get the items shown in the picture.
3. Place the correct object on top of the picture that matches with it.

For 3 years old:

You can stick the pictures to the toy shelves to show where the child should keep these items.

For 4 years old:

Provide name labels with pictures and ask your child to match them to the items provided. You may ask your child to sound the first letter of the label or object.

Activity 2:

Letters of my Name

Materials:

- Plain white/colored paper
- Seeds/ flower/ leaves/ buttons/ beads
- Markers
- Glue



Procedure:

1. Write or print the letters of your child's first name or nickname.
2. Cut them into small cards together with other letters.
3. Provide a plain white or colored paper and ask your child to arrange the letters to form his/her name.

For 3 years old:

Provide a name guide to your child where he/she can stick the letter cards from the pile of letters you made. Ask your child to look for the letters of his/ her name by copying the letters written on the paper. Let your child decorate his/her work by using the decorative materials provided.

For 4 years old:

Provide a plain white or colored paper to your child. Show the cut-out letter cards of your child's name and ask your child to arrange it properly. You may guide him/ her by sounding out the letters according to its order. Ask your child to decorate his/her work by using the decorative materials provided.

Activity 3:

Reading a Story

Materials:

- Your child's favorite book / drawings from a story book / magazines



Procedure:

1. Show a picture book to your child.
2. Flip the pages from left to right as you browse the book with your child.
3. Read the story to him/her.

For 3 years old:

Point to the pictures of familiar objects seen in the book and ask your child to name them. You may also let your child flip the book pages one-by-one from left to right.

For 4 years old:

While reading the story to your child, pause from time to time and ask what he/she thinks will happen next. You can also ask your child to retell what you read after.



ACTIVITIES ON NUMERACY

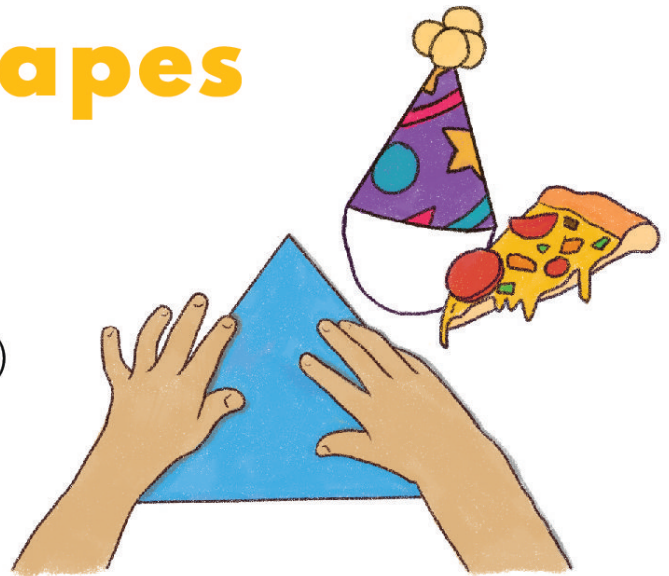
These activities help your child develop important life skills such as problem solving, understanding and use of shapes and numbers, and developing his/her own spatial awareness.

Activity 1:

All About Shapes

Materials:

- Basic shape drawing or print-outs (circle, square, triangle, rectangle)
- Crayons/ colored markers



Procedure:

1. Draw or print basic shapes (circle, square, triangle, rectangle) and then lay them on the table/floor.
2. Let your child touch or feel the outline or sides of the shapes.
3. Introduce the shapes and their names one-by-one.
4. Look around the house for objects which have the same shape shown.

For 3 years old:

Ask your child to point or touch items that have the same shape shown. You can also ask your child which objects have the same shape or let him/her place these items on the corresponding shape print-out provided.

For 4 years old:

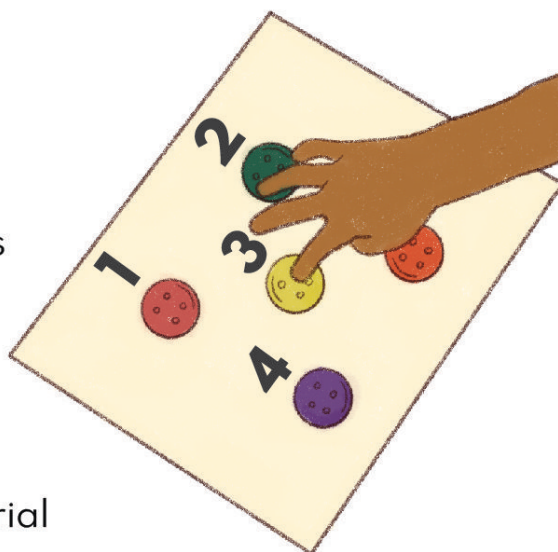
Ask your child to gather objects that have the same shape shown. Ask your child to count the number of sides of the object. You may also ask him/her to write it on a paper or table to tally the number of sides of every object he/she gathered.

Activity 2:

Let's Count!

Materials:

- Paper with written or printed numbers
- Stones/ buttons/ seeds/ pebbles



Procedure:

1. Lay down 5-10 pieces of any material available at home to count.
2. Count the materials one-by-one while pointing it.
3. Ask your child to count it with you.
4. Let your child count it while pointing.

For 3 years old:

Lay down 3 to 5 pieces of any material to count on. You may add depending on the need or if your child is able to count all of it with one-to-one correspondence.

For 4 years old:

Lay down 7 to 10 pieces of any material to count on. You may add more as needed. You may ask your child to write it on a piece of paper or trace it if needed.

Activity 3:

I Know My Sizes

Materials:

- Objects with different sizes (small, medium and large)



Procedure:

1. Present objects with different sizes seen around your house (e.g., shoes, shirts, boxes)
2. Introduce big and small objects.
3. Point out the differences of these items in terms of their sizes.

For 3 years old:

Ask your child to identify among two objects which are big or small. You may also ask him/her to describe one object according to its size.

For 4 years old:

Ask your child to describe three same objects with different sizes. You can also ask your child to arrange them from small to large or vice versa.