



FIRST YEARS OF LIFE

PRESCHOOLERS DEVELOPMENT TOOL KIT



Pre-schoolers: 3-6 Years

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About

“Children at the age of 3-6 represent one of the most rapid periods of growth” (Lagattuta, et al, 2015)¹. It is also called the preoperational stage, which indicates that children are at the point of learning and developing their language skills, use of memory, and imagination (Vatavu, Cramariuc & Schipor, 2015)². They are egocentric and concrete in their thinking and are still unable to see things from another’s perspective.

A child’s development is often monitored by comparing their development to associated developmental milestones. There are five key areas regarding development these include a child’s:

1. Fine Motor Skills,
2. Gross Motor Skills,
3. Language and Speech Skills,
4. Social and Emotional Skills,
5. Cognitive Skillsⁱ.

These key areas are broken down into milestones which are expected activities that most children will perform at a certain age, such as crawling, walking and talking. Developmental milestones provide information about the “normal” range in which a child accomplishes a milestoneⁱⁱ. However, an atypical developing child demonstrates that they are:

- no longer progressing through the milestones;
- not achieving milestones within a recommended time frame;
- losing skills that they once had demonstrated over several months.

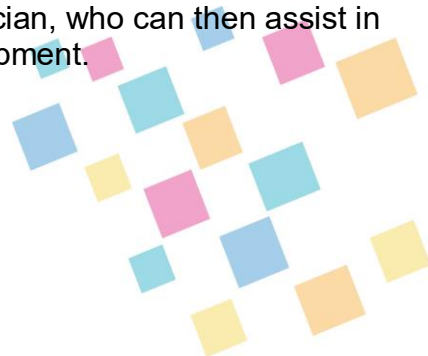
Therefore, milestones help identify a child’s progression. It is important to note that each child develops at their own rate, so it is perfectly normal for variations in each stage. Watch for progress not deadlines.

Within this tool kit there are a collection of activities within each area of development. These activities have been selected to support parents, families and caregivers to continue to encourage typical growth and development, or to implement to support an atypical developing child.

However, if you or a family member are concerned about a child development discuss these concerns with a health professional, such as a GP or Paediatrician, who can then assist in taking the correct steps forwards to support your child’s development.

¹ doi: 10.1016/bs.acdb.2014.11.005

² doi: 10.1016/j.ijhcs.2014.10.00



Fine Motor Skills Development

Development

Fine motor skills are the ability to make small movements using the small muscles in our hands and wrists (Team, 2020). Pre-schoolers use fine motor skills to learn and do school-related tasks. For example, writing, drawing, holding a pen, using scissors and opening lunch boxes.

Milestones

Age (Years)	Development
3-4	<ul style="list-style-type: none"> Builds block towers of about 9 or 10 blocks Draw straight lines Copy circles and unbuttons clothes³
4-5	<ul style="list-style-type: none"> Draws a house and person Cuts on lines with scissors Forms crude shapes with clay Dresses self except for tying shoes⁴
5-6	<ul style="list-style-type: none"> Builds straight block towers Cutting out simple shapes Drawing basic pictures Dressing and undressing independently (excluding shoelaces) Using knife and fork for soft foods⁵

Table 1: (Physical Development in Children and Adolescents, 2019), (Admin, 2016), (Goyen & Lui, 2002)

³ <https://childdevelopmentinfo.com/child-development/physical-development-in-children-and-adolescents/#gs.5v1w1c>

⁴ <https://childdevelopment.com.au/resources/child-development-charts/fine-motor-developmental-checklist/>

⁵ doi: 10.1016/s0378-3782(02)00094-4

Activities

1. Finger puppet play

Parents and pre-schooler can make finger puppets together and then play with them.⁶ (Ebisujima, 2020)

- This activity can improve pre-schooler's hand manipulation and achieve wider finger range of motions by wiggling fingers to make puppets move.



Figure 1 <https://toriavey.com/home-garden/purim-finger-puppets/>



Figure 2 <https://www.howwemontessori.com/how-we-montessori/2012/04/diy-coin-box.html>

2. Putting coins into money box

Kids love listening to the noise it makes too. For younger kids, you can get them posting things into a cereal box. (Ebisujima, 2020)

- This activity helps develop pre-schooler's grasping ability and strengthening of small muscles in fingers that enables them to pick up a coin from a flat surface.



⁶ <https://jojobi.com/50-fine-motor-skills-activities/>

Pre-schoolers: 3-6 Years

3. Sorting small objects

Choose objects that can be divided by shape, size or colour and put them all into a bowl. Provide a tray or smaller bowls to sort them into. (Ebisujima, 2020)

- This activity improves pre-schoolers' use of the intrinsic hand muscles and to develop blended grasping patterns.⁷ (Case-Smith, 1996)



Figure 3

<https://busytoddler.com/2015/12/8-simple-sorting-activities/>

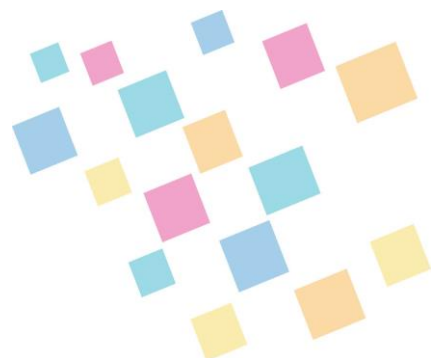


Figure 4 <https://ourwabisabilife.com/look-match-girl-doll/>

4. Dressing dolls and teddy bears

Instruct pre-schoolers to dress and undress their dolls and teddy bears.

- This activity can practice pre-schoolers' buttoning and unbuttoning skills, zipping skills and any other fine motor skills that are required to dress up or down. (Ebisujima, 2020)



⁷ doi: 10.5014/ajot.50.1.52

Pre-schoolers: 3-6 Years

5. Beads with bowls

Instruct pre-schoolers to use their thumb and forefinger to grasp one little bead from a bowl and place it in another bowl. Forceps or tweezers can be used instead of fingers to increase the difficulty level. (Cox, 2018)

- This activity helps develop pre-schoolers manual dexterity, in-hand manipulation and hand- eye coordination.



Figure 5 <https://www.learning4kids.net/2011/12/28/a-fun-game-for-building-fine-motor/>



Figure 6 <https://www.giftofcuriosity.com/put-the-numbers-on-the-clothesline-math-printables/>

6. Clothesline

Tie a piece of thick string to the back of two chairs to make the clothesline, and prepare mini clothes pegs (regular clothes pegs can also be used). Have pre-schoolers clip each piece of clothing to the clothesline. Barbie clothes or paper shirts/ pants cut out from paper can both be used. (Cox, 2018)

- Through this activity, children will use their fine motor muscles to squeeze the clothespins open, which can strengthen their fingers and hand small muscles.

Pre-schoolers: 3-6 Years

7. Stringing Cut Straws / Beads

Instruct pre-schoolers to cut plastic drinking straws into small pieces (about 1-inch). Have pre-schoolers string the straws onto the yarn or string then tie a knot when finished to make a necklace or bracelet⁸ (Cox, 2018). Same procedures can be repeated by using beads.

- This activity can strengthen pre-schoolers fine motor skills by holding small cut straws, beads and by tying knots and cutting straws. It will also improve their hand-eye coordination by stringing small objects on to the string or yarn.



Figure 7 <https://laughingkidslearn.com/diy-threaded-straw-necklace/>

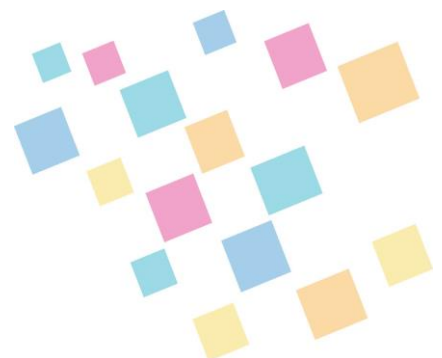


8. Plate Sewing

Tie yarn to plastic yarn needles and tie a knot at the end. Instruct pre-schoolers to push the needle in and out through the Styrofoam plate to 'sew' the yarn onto the plate. (Cox, 2018)

- This activity helps develop pre-schooler's strength to hold the small needle by small hands muscles and the ability to push needle in and out through the plate.

Figure 8 <https://www.pinterest.com/pin/2814818489858721/>



⁸ <https://www.prekinders.com/fine-motor-skills>

Gross Motor Skills Development

Development

Gross motor skills are also known as fundamental movement skills, which require skeletal muscles of the body and whole-body movements to support and perform activity, which would result in energy expenditure⁹ (Becker, McClelland, Loprinzi & Trost, 2013). For example, walking, jumping, climbing and running. In early childhood, motor skills enable children to participate in games and sport.

Milestones

Age (Years)	Development
3-4	<ul style="list-style-type: none"> • Start to develop their hopping • Develop skipping skills • Develop jumping skills • Develop running skills • Able to make sudden stops and starts • Walk on tiptoes • Ride a tricycle
4-5	<ul style="list-style-type: none"> • Hopping and climbing skills further mature • Able to hop several times in a row • Able to climb large play equipment • Able to jump forward using a forward arm action • Able to throw balls in an overhead position • Catch the ball with both hands\
5-6	<ul style="list-style-type: none"> • Able to balance on one foot for 10 seconds • Hang on bars • Able to turn • Able to jump up and down • Able to bounce a ball and catch the ball with their elbow in front of their body

Table 2: (Physical Development in Children and Adolescents, 2019)

⁹ doi: 10.1080/10409289.2013.780505

Pre-schoolers: 3-6 Years

Activities



Figure 9 <https://www.thespruce.com/flashlight-games-kids-can-play-indoors-or-out-3129284>

1. A Flashlight Scavenger Hunt

Parents hide some objects around the house (can be anything!), turn off the lights and then tell pre-schoolers to go find them with a flashlight ¹⁰(Hopkins, 2020).

- This activity helps develop gross motor skill such as walking, running, bending up and down and achieve a wider range of motion.

2. Tape Road

Tape a road throughout the house or room and let your pre-schooler walk along the road (Hopkins, 2020).

- During this activity, pre-schoolers will make sharp turns, walk in circles or in different shapes, which helps develop their walking and balancing skills.



Figure 10 <https://mumsgrapevine.com.au/2017/04/gross-motor-skill-games/>

¹⁰ <https://handsonaswegrow.com/gross-motor-activities-preschoolers/>



Pre-schoolers: 3-6 Years

3. Jump & Grab

Hang some objects such as toys, soft balls at an appropriate height for pre-schoolers to jump and grab (Hopkins, 2020).

- This activity can develop pre-schoolers' jumping and reaching skills, which is beneficial for their cardiovascular fitness as well their grabbing skills and hand-eye coordination. (Loprinzi, Cardinal, Loprinzi & Lee, 2012).



Figure 11 <https://handsonaswegrow.com/jump-grab-shapes/>

4. Painting with Wheels

Take the big wheels toy car outside and let pre-schoolers to roll the car across paint to cover the sidewalk/pavement or draw using their creativity (Hopkins, 2020).

- This activity is beneficial for developing pre-schoolers pushing, walking ability and creativity.



Figure 12 <https://www.pinterest.ch/pin/88031367693454651/>

Pre-schoolers: 3-6 Years



Figure 13 <https://handsonaswegrow.com/gross-motor-activities-preschoolers/>

5. Hop Skip & Jump

Set up paper plates on the floor around or outside the house and instruct pre-schoolers to jump from one to another one. Using different colour plates would make the game more fun and more stimulating (Hopkins, 2020).

- This activity helps develop pre-schoolers jumping and balancing skills and increase muscle endurance of their lower body¹¹(Stockman, 2007).

6. Newspaper Throwing

A little indoor 'newspaper basketball' game and see how far pre-schoolers can throw the newspaper balls (Hopkins, 2020).

- This activity can help develop their throwing ability and increase speed and strength of their upper body¹² (Flôres, Menezes & Katzer, 2016).



Figure 14 <https://frugalfun4boys.com/indoor-ball-games-kids/>

¹¹ doi: 10.1016/s0084-3954(08)70234-3

¹² doi: 10.4025/jphyseduc.v27i1.2706



Pre-schoolers: 3-6 Years

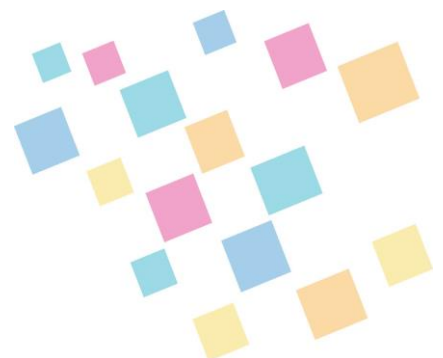


Figure 15 <https://childhood101.com/dont-jiggle-the-spiders-halloween-obstacle-course-fun-for-kids/>

7. Don't Ring the Bells Obstacle Course

Set up obstacles such as hula hoops, stick across two chairs to create a little children's tunnel. Then tie Christmas bells on top of them and have pre-schoolers cross the tunnel without ringing the bell¹³ (Burnett, 2018).

- This activity can improve pre-schoolers' flexibility and achieve a wider range of motion of their body



¹³ <https://childhood101.com/sensory-play-obstacle-course-ideas/>

Language and Speech (communication) Development

Development

Speech and language skills are also known as communication skills. It is the basis for learning to read and write. It supports children's ability to communicate, and express and understand feelings. It also helps develop thinking and problem-solving skills and develop and maintain interpersonal relationship¹⁴ (Language development in children: 0-8 years, 2017).

Milestones

Age (Years)	Development
3-4	<ul style="list-style-type: none"> • Able to follow 3-part instructions (e.g. point to the cat, the dog and the monkey) • Able to understand and ask "What", "Where" and "Who" questions • Use regular past tense • Use 3rd person singular • Demonstrate understanding of over and under.
4-5	<ul style="list-style-type: none"> • Able to understand longer, more complex sentences • Comprehend quantity concepts • Understand colours and shape words • Tells simple jokes • Using irregular plurals (e.g. mice, children, men)
5-6	<ul style="list-style-type: none"> • Able to comprehend time concepts (e.g. yesterday, tomorrow, morning, afternoon, later) • Sort objects into categories (e.g. animals, food), use adverbs • Mastered: f, v, sh, zh, th • Tell a connected story about a picture • Seeing relationships between objects and happenings¹⁵

Table 3: (Admin, 2016), (Chow & McBride, 2003).

¹⁴ <https://raisingchildren.net.au/babies/development/language-development/language-development-0-8>

¹⁵ doi: 10.1207/s15566935eed1402_6

Pre-schoolers: 3-6 Years

Activities

1. Play the Telephone Game

Give a pair of toy telephones to a pre-schooler and pretend that you are dialling their number to call them. Encourage them to pick up the phone and answer. Teach them how to say 'hello' and answer questions in complete sentences¹⁶ (Chitni, 2020).

- Doing this activity regularly can help pre-schoolers develop good phone etiquette and improve their communication and grammar skills.



Figure 16 <https://www.verywellhealth.com/how-to-teach-kids-to-call-911-1298361>

2. Join the Dots

Draw a dotted outline of the different letters of the alphabet. Then ask pre-schoolers to join these dots and identify the letter. Crayons or colour pencils can also be given to them to make the activity more colourful exciting for them (Chitni, 2020).

- This will enhance their fine motor skills and teach them to write better and recognise more letters.



Figure 17 <https://www.theschoolrun.com/writing-practice-how-help-your-struggling-child>



¹⁶ <https://parenting.firstcry.com/articles/top-10-language-development-activities-for-toddlers/>

Pre-schoolers: 3-6 Years

3. Intelligent Conversations

Start an intelligent conversation with pre-schoolers, even though they may not be able to immediately respond to you, they will be listening keenly. During the conversation, parents can ask for their opinions, thoughts, likes, and dislikes. Listen to them when they respond, then repeat what they said using coherent, grammatically correct sentences (Chitni, 2020).

- This activity can help pre-schoolers express themselves better and improve their articulation through conversation.



Figure 18 <https://psychologybenefits.org/2017/07/26/but-daddy-why-was-he-shot-how-to-talk-to-children-about-race-today/>



Figure 19 <https://www.familyeducation.com/fun/indoor-activities/indoor-obstacle-course>

4. Obstacle Course

Create a simple obstacle course around the house. Give pre-schoolers one instruction at a time. Give them some time to complete the activity. Instructions can also be written down on paper and place them around the house.

For example, parents can instruct them to sit inside the box and wait for them to follow through. Once they are in tune with the activity, parents can try giving them multiple instructions at a time and challenge them to complete it within a period of time (Chitni, 2020).

- This activity helps build the expression power of pre-schoolers. It can also help develop pre-schoolers understanding and reading skills.



Pre-schoolers: 3-6 Years

5. Guess the Object

Cut two holes in a box that is large enough for pre-schoolers hands. Place an object in the box. Have pre-schoolers describe what the object feels like and guess the object. Make sure that they understand that they are not allowed to peak into the hole¹⁷. (39 Communication Games and Activities for Kids, Teens, and Students, 2020).

- This game helps pre-schoolers to practice their description skills, and also expand their vocabulary bank by using different adjectives when describing the objects.

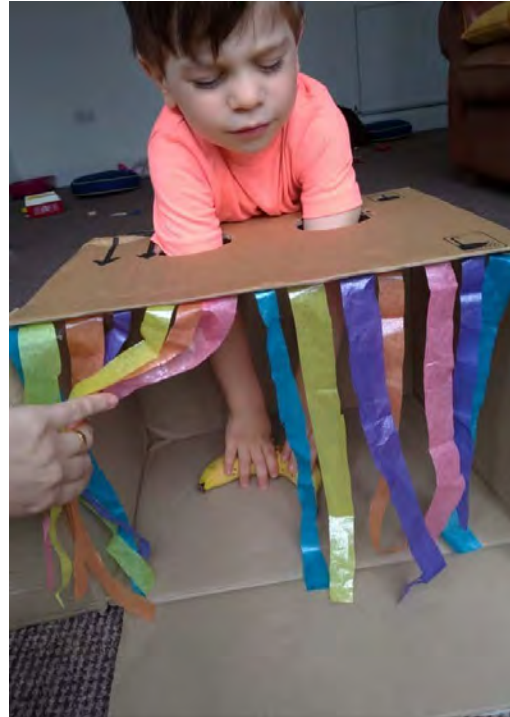


Figure 20 <https://handsonaswegrow.com/sensory-box-guessing-game/>



Figure 21 <https://novakdjokovicfoundation.org/raise-a-reader/>

6. Picture-Telling

Prepare a variety of pictures for pre-schoolers. Give each a time limit and let them try to tell a story or describe what they see (39 Communication Games and Activities for Kids, Teens, and Students, 2020).

- This exercise helps pre-schoolers develop skills of processing visual cues and make use of their ability to say them out. Listening skills can also be practiced through listening to their siblings.



¹⁷ <https://positivepsychology.com/communication-activities-adults-students/>

Pre-schoolers: 3-6 Years

7. Finish the Rhyme Story

Help pre-schoolers imagine and express alternative endings to nursery rhymes in a fun and creative way. (using the particular rhyme song that pre-schooler is familiar will make this activity more fun). Have pre-schoolers add to the shared ending and together develop alternative endings to different nursery rhyme stories.

- Pre-schoolers can also utilize their creativity to create the ending in a fun way. Also, this activity is a good way to practice their listening and communicating skills.



Figure 22 <https://www.ngala.com.au/article/sharing-books-with-toddlers/>



Social and Emotional Development

Development

Social-emotional development includes both interpersonal and intrapersonal relation of children. For example, the ability to identify and understand their own feelings, to accurately read and comprehend others' emotional states, to manage strong emotions and their expression in a positive manner, to regulate their own behaviour, to develop empathy for others, and to establish and maintain relationships ¹⁸(Social-Emotional Development Domain, n.d.).

Milestones

Age (Years)	Development
3-4	<ul style="list-style-type: none"> • Becomes less self-centred. • Is sunny and agreeable most of the time. • Displays feelings in a more acceptable manner. • Learn to take turns and share. • Expresses anger physically (hitting, biting and pushing) • Feeling shame when caught doing the wrong thing
4-5	<ul style="list-style-type: none"> • Struggles for independence • Is moody • Doesn't want to be told what to do • Feels strong attachment to family and home • Shares personal belongings. • Has difficulty in taking turns • Expresses anger more dramatically • Engaging in games with simple rules
5-6	<ul style="list-style-type: none"> • Is more cooperative and conscientious. • Desires support and approval • Prefers friends own age and gender • Has a strong desire to please • Is proud of and likes to assist parents • Forms sex-role identity • Negotiating during play

Table 4: (Admin, 2016)

¹⁸ <https://www.cde.ca.gov/sp/cd/re/itf09socemoddev.asp>

Pre-schoolers: 3-6 Years

Activities

1. Taking Turns Taking Charge

Start a tradition where one night a week you and pre-schooler (or the whole family) take turns planning a fun night. For example, choosing which food to eat, movie to watch or game to play. Or leave things wide open and let the person in charge pick. You can also make a chart with categories like “Waiting my turn” and “Staying calm when doing something I don’t like.”¹⁹ (Kelly, 2019)



Figure 23 <https://parade.com/65585/jmarquez/chopchops-sally-sampson-on-cooking-up-fun-with-kids/>

- This activity helps develop pre-schoolers self-awareness, decision making skills, and see things from people’s perspective.



Figure 24 <https://www.nm.org/healthbeat/healthy-tips/talking-to-your-child-about-cancer>

2. “Who I am right now?”

Get some index cards. Draw pictures of your child doing something positive on the cards, for example, being a good helper or being a good teacher. Brainstorm about other cards your child could make. (Kelly, 2019)

- This activity helps pre-schoolers notice what are positive behaviours: “You just offered to clean the floor for me. Let’s talk for a second about what kind of person you’re being right now.”

¹⁹ <https://www.understood.org/en/school-learning/learning-at-home/games-skillbuilders/social-emotional-activities-for-children>

Pre-schoolers: 3-6 Years

3. Emotion gauges

Make a picture of a thermometer. Draw faces with different emotion on it. Ask if pre-schoolers feel calm and happy or angry. When pre-schoolers are feeling over-energized, brainstorm together about ways to calm them down. For example, bouncing a ball or go for a run to help release some of that energy. (Kelly, 2019)

- This activity helps pre-schoolers notice how much energy they're feeling inside. When they know they have too much energy, they can either use their own way to calm themselves down or ask for help from parents.



Figure 25

<https://www.pinterest.com/pin/366339750936769034/>

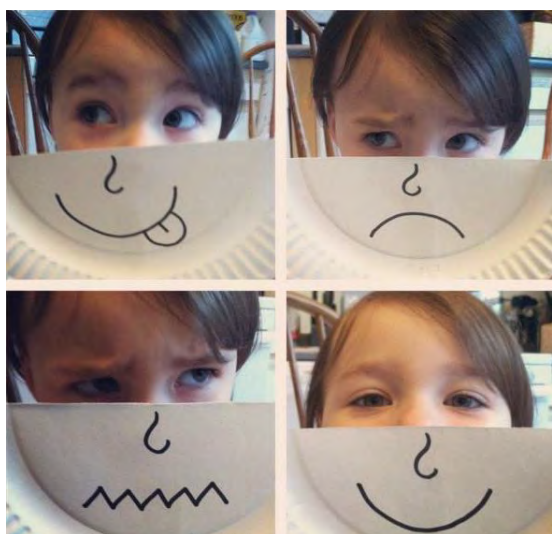
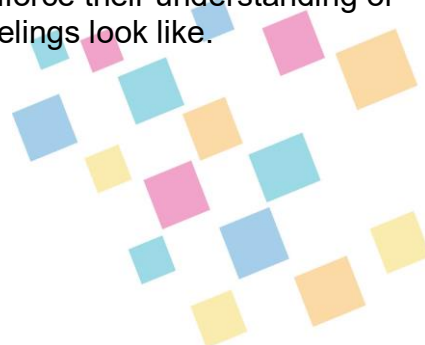


Figure 26 https://www.pinterest.ch/pin/AOOPhUYTuKug8JSdO1sNg-YJDq0wpCL25w8aQPSnh8jrFHU6QEH_X0g/

4. Paper emotional masks

Cut a stack of paper plates in half. Have pre-schoolers tape a stick to the back of each plate. Then, make a face and ask pre-schoolers to identify the emotion it represents. Once they identify it correctly, have them use the marker to draw that face on one of the plates. (Mulvahill, 2019)²⁰.

- This activity will focus on four emotions: happy, mad, sad, and silly. Making these masks are a good way for talking about feelings and reinforce their understanding of what different feelings look like.



²⁰ <https://www.weareteachers.com/social-emotional-activities-early-years/>

Pre-schoolers: 3-6 Years

5. Calm down corner

Set up an area where pre-schoolers can calm down, redirect their energy, and find their focus again. Make this place a comfy place to sit, put stuffed animals, books, anything that you think would help pre-schoolers to relax. (Mulvahill, 2019).

- This calm down corner can provide pre-schoolers a safe place to go to at home when they are very emotional or just need a break.



Figure 27 <https://hes-extraordinary.com/calm-down-corner>

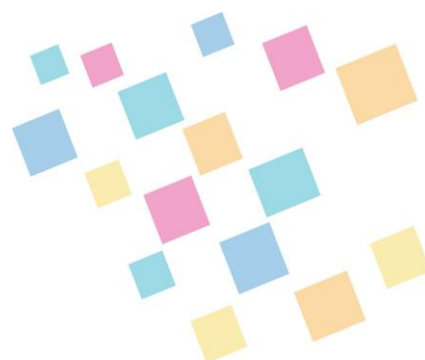


Figure 28
<https://www.pinterest.ca/pin/394698354835298742/>

6. Calm down toolkit

Stock a plastic bin with tools to help pre-schoolers manage their emotions. Include things such as strategy cards with breathing exercise, squeeze balls, fidget spinners, putty and noise-cancelling headphones. (Mulvahill, 2019).

- The toolkit can teach pre-schoolers self-regulation and can also promote better habits and make reflections on their behaviour.



Cognitive Development

Development

Cognitive development refers to how children think, explore and figure things out. It is the development of knowledge, skills, problem solving and dispositions, which enable children to think about and understand the world around them. Brain development is part of cognitive development ²¹(Help Me Grow MN, n.d.).

Milestones

Age (Years)	Development
3-4	<ul style="list-style-type: none"> • Is curious about how things work • Interested in size and shape. • Identifies colours. • Counts from one to ten • Enjoy doing things for self. • Develops a better understanding of cause and effect. • Distinguishes between fact and fiction • Demonstrate awareness of the past and present • Actively seeks answers to questions
4-5	<ul style="list-style-type: none"> • Able to Rhyme • Able to name and identify many colours • Able to draw the shape of a person • Can complete a 6-8 piece puzzle • Begins to understand time concepts • Understands seasons. • Forms logical conclusions. • Enjoys games that test abilities. • Recalls main details of a store • Knows birthday
5-6	<ul style="list-style-type: none"> • Learn right from wrong. • Accepts rules; but doesn't always understand reason. • Enjoys routines. • Understands terms like more than and less than • Asks a lot of questions, especially, "Why?"

²¹ <http://helpmegrowmn.org/HMG/HelpfulRes/Articles/WhatCognitiveDev/index.html>

Pre-schoolers: 3-6 Years

Activities

1. Memory Matching

Play memory matching games or simple card games. These allow pre-schoolers to intellectually work through a problem to find the answer or a solution

²²(Spreeuwenberg, Keshen, Choi, 2020).

For example:

- Identify an item or several items
 - Remember the item
 - Look for a matching item
 - Identify when a match is found
- This activity will also build up pre-schoolers self-esteem when they find matching pairs.



Figure 29 <https://www.parentlane.com/child/child-development/activities/mickey-memory-game-for-kids>



Figure 30
<https://www.learning4kids.net/2012/02/21/why-are-puzzles-so-good-for-kids-learning/>

2. Puzzles

Encourage children to continue searching for the right piece when they are playing puzzle when they begin to be impatient (Spreeuwenberg, Keshen, Choi, 2020).

- Figure out where pieces fit or don't provide pre-schoolers with opportunities to practice their problem-solving skills as they and teach pre-schoolers to think in a more logical way. Puzzle can also teach children how to be more patient since there is only one way to solve a puzzle (a piece either fits or it doesn't).



²² <https://blog.himama.com/preschool-activities-for-cognitive-development/>

Pre-schoolers: 3-6 Years

3. Sorting and Classifying

Choose objects that can be sorted into different shapes, colour, size and have pre-schoolers to classify them into different categories (Spreeuwenberg, Keshen, Choi, 2020).

- Through sorting, pre-schoolers begin to understand similarities and differences of different items. This type of logical thinking builds the foundation for future mathematical concepts and even everyday tasks.



Figure 31 <https://blog.himama.com/preschool-activities-for-cognitive-development/>

4. Chalkboard Connect the Dots

Using a chalk board and chalk (or you could use your sidewalk or driveway), draw some dots and number them, so when pre-schoolers connect the dots in ascending order, basic shapes such as circle, triangle will form. You can also do this on paper with markers. Have pre-schooler connect the dot and draw simple shapes²³ (Shonda & Shonda, 2017).

- This activity can work on pre-schooler's writing as well as his counting skills.



Figure 32 <https://handsonaswegrow.com/drawing-activity-chalkboard-connect-the-dots/>

²³ <https://handsonaswegrow.com/drawing-activity-chalkboard-connect-the-dots/>



Pre-schoolers: 3-6 Years

5. Make a Rocket with Rectangles and Triangles

Cut out rectangles and triangles of coloured paper. If you don't have coloured paper, you could use any kind of paper. Have pre-schoolers make a rocket using those cut out rectangles and triangles²⁴ (shapes Archives, n.d.).

- This activity familiarises pre-schoolers with different geometric shapes and better understanding of shapes can help pre-schoolers better recognize the numbers how they look, which is an early math skill them²⁵ (Forde, 2007).



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Figure 33
<https://www.projectsforpreschoolers.com/tag/shapes/>

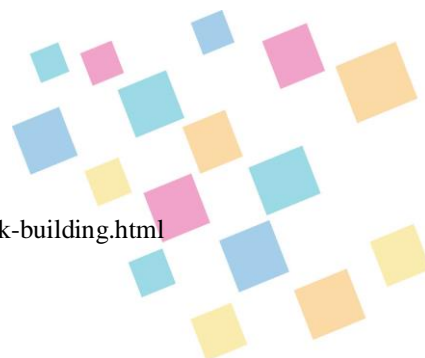


Figure 34 <https://www.learnwithplayathome.com/2015/01/mini-marshmallow-and-toothpick-building.html>

6. Construction activity

Prepare toothpicks and mini marshmallows, have pre-schoolers design and construct buildings or any architecture that they want. They can also construct architecture by copying pictures²⁶ (Learn with Play at Home, 2015).

- This activity enables pre-schoolers to use maths and science to think of a solution to problems that might arise with the construction of a building. It also helps them to gain knowledge of scientific and maths principles.



²⁴ <https://www.projectsforpreschoolers.com/tag/shapes/>

²⁵ <https://www.fuddydaddy.ie/blogs/news/the-importance-of-learning-shapes>

²⁶ <https://www.learnwithplayathome.com/2015/01/mini-marshmallow-and-toothpick-building.html>

Recommended Resources

Children's Book List

Books About Fear:

1. There Might Be Lobsters by Carolyn Crimi
2. Jabari Jumps by Gaia Cornwall
3. The Dark by Lemony Snicket
4. Don't Think About Purple Elephants by Susanne Merritt
5. Too Shy for Show-and-Tell by Beth Bracken

Books about Risk-Taking:

1. The Book of Mistakes by Corinna Luyken
2. Everyone Can Learn to Ride a Bicycle by Chris Raschka
3. The Girl Who Never Made Mistakes by Mark Pett
4. The Dot by Peter H. Reynolds

Books about Friendship:

1. Rulers of the Playground by Joseph Kuefler
2. Enemy Pie by Derek Munson
3. A Sick Day for Amos McGee by Philip C. Stead
4. The Invisible Boy by Trudy Ludwig

Books about Identity

1. I'm a Girl! by Yasmeen Ismail
2. Last Stop on Market Street by Matt de la Peña
3. Those Shoes by Maribeth Boelts
4. My Very Own Space by Pippa Goodhart
5. The Crayon Box that Talked by Shane Derolf

Books about Kindness

1. Ordinary Mary's Extraordinary Deed by Emily Pearson
2. Because Amelia Smiled by David Ezra Stein
3. Pass It On by Sophy Henn
4. We're All Wonders by R. J. Palacio



Pre-schoolers: 3-6 Years

Services to assist child development

Links to further information about childhood development / Occupational therapist near me

Kids in Motion Occupational Therapy

Website: <https://kidsinmotionclinic.com.au/>

Phone number: (02) 4647 9995

Therapy Point

Website: <http://www.therapypoint.com.au/>

Phone number: (02) 4604 5049

Real Therapy Solutions

Websites: <https://realtherapysolutions.com.au/>

Phone number: 1300 856 617



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