

# Personal - Social

These activities allow children to practice daily living skills such as feeding, dressing, and grooming. Activities encourage children to learn about their environment as well as develop a sense of body awareness.



## Silly face play

This activity is designed for babies 1-4 months of age

### *What you need:*

- A blanket or changing table

### *What you do:*

- Place your baby on his back on the blanket or changing table
- Make different faces with your baby such as sticking out your tongue, puckering your lips, or making a kiss noise. You can also make an “oh” face or make fish lips.
- Hold each expression on your face and see if your baby will make noises or imitate the face back to you.
- Let your baby know that you like it when they imitate you by smiling at them when they do.



### *How it helps:*

- Helps your baby learn to imitate facial expressions.
- Helps your baby and you to create a social connection.

# Personal - Social

0-12 months

## Feeding fun

This activity is designed for babies 4-8 months of age

### *What you need:*

- A highchair
- Two baby spoons
- Baby food

### *What you do:*

- Place your baby in their highchair.
- Give them a plastic baby spoon to hold.
- As you feed your baby their food, pretend to take a bite off of their spoon and then feed them a bite.



## Tickle tickle, kiss kiss

This activity is designed for children 8-12 months of age

### *What you need:*

- Your baby during your bedtime routine

### *What you do:*

- Say “goodnight” to different body parts (Example: “goodnight little nose”) with a kiss.
- After you say goodnight to each body part, give a “goodnight tickle.”
- Ask your baby what part of their body needs a goodnight kiss or tickle.



### *How it helps:*

- Helps your baby learn the names of different body parts.
- Helps create a social routine with you and your baby.

# Personal - Social

12-24 months

## Clean up, clean up

This activity is designed for babies 12-16 months of age

### *What you need:*

- A bin or box
- Baby's toys

### *What you do:*

- Ask baby to help you clean-up their toys.
- Show them how to pick up each toy and put it in the bin.
- You can encourage your baby to help you by singing a song such as “clean-up, clean-up, everybody everywhere, clean-up, clean-up everybody do your share.” A song should grab their attention.
- Be sure to praise your child when they put a toy away.



### *How it helps:*

- Encourages your baby to help others.
- Helps your baby learn that cleaning up after playing is important.

## Little helper

This activity is designed for babies 16-20 months of age

### *What you need:*

- Sponge or washcloth.

### *What you do:*

- Give your baby a damp sponge.
- Let your baby wipe the table, chairs, floor, walls and doors - whatever they can reach.
- Your baby will enjoy doing this while you are getting his dinner.
- Tell your baby, “Thank you for helping.”



### *How it helps:*

- Encourages your baby to be proud of doing things “just like mommy.”
- Encourages independence.

# Personal - Social

12-24 months

## Baby beds

This activity is designed for children 20-24 months of age

### *What you need:*

- A doll or stuffed animal
- A box
- Dish cloth or towel

### *What you do:*

- Help your child make a bed for their favorite stuffed animal.
- Use a shoebox for the bed with a dish cloth or towel for a pillow and blanket.
- Your child can help their “baby” go to bed at night. They can read a story or tuck them in.
- Don't forget a kiss!

### *How it helps:*

- Helps your child imitate their routine.



## Dressing self

This activity is designed for children 24-30 months of age

### *What you need:*

- Loose fitting clothing including clothing with an elastic waist.

### *What you do:*

- Have your child sit on the floor.
- Help them put both legs in the holes of the pants or shorts.
- Stand them up and let them pull up their pants themselves.
- For shirts, help them see the holes where their head and arms go.
- Lay the shirt on the floor with the front of the shirt face down.
- Show your child how the tag in the shirt goes on their back.
- Help them get their head and arms through each hole.
- Once dressed, have them look in the mirror at themselves and cheer them on for being so big and dressing themselves.
- With practice, dressing on their own will get easier for children.



### *How it helps:*

- This will help your child feel important and will boost their self-esteem.
- Your child will begin to become more independent with dressing and other self-care activities.

### *Extension to activity:*

- Lay out two outfits for your child and have them pick one that they would like to wear that day. Then help them, as needed, with putting their clothing on.



# Personal - Social

24-36 months

## Being a little parent

This activity is designed for children 24-30 months of age

### *What you need:*

- Plastic dishes, such as a cup, spoon, plate and fork
- Baby blanket
- Hairbrush
- Plastic baby doll or stuffed animal



### *What you do:*

- Show your child how they can use the spoon or fork to feed the baby doll.
- Show your child how to use the brush to “brush” the doll’s hair.
- Your child can use a baby blanket to cover the baby doll during “nap time.”

### *How it helps:*

- Your child will practice pretend play skills using real life objects with the dishes and doll.
- Your child’s imagination will grow with more pretend play opportunities during regular playtime.

### *Extension to activity:*

- As your child gets more practice from pretend play, ask your child questions to further their thinking. Example: “What should your baby have to eat today?” or “What do you think your baby wants to do today?”

## Cooking together

This activity is designed for children 30-36 months of age

### *What you need:*

- Mixing bowls, spoons, dishes, silverware, food

### *What you do:*

- When you are preparing a meal, have your child set the table for you. They can put out the silverware, cups, plates and napkins.
- Have your child help you stir things in a bowl, tear lettuce, pour things or throw things away.
- Tell your child they are a great helper.



### *How it helps:*

- Your child will feel important when they help you.
- Your child will start to learn how to help others prepare for meals.

### *Extension to activity:*

- Have your child help you choose meals to have on your weekly menu. Have your child help you prepare the meals on the menu and give them special tasks they can help you with.

# Personal -Social

36-48 months

## Counting with taking turns

This activity is designed for children 36-42 months of age

### *What you need:*

- A basketball or other plastic ball
- Basketball hoop or another container to throw a ball into

### *What you do:*

- Tell your child that you are going to count with them while they shoot hoops.
- When you count to 10, tell your child that it's their sibling's turn or your turn to shoot hoops.
- Repeat counting and taking turns as long as your child is interested.



### *How it helps:*

- Your child will practice their counting skills.
- Helps your child understand how long to wait their turn.
- Your child will learn how to take turns with others when you are not around.

### *Extension to activity:*

- Have your child count to 20 while their sibling takes two turns in a row. Switch taking turns with each child. You can keep building this up by tens as your child masters each set of counting.

## Playing dress-up

This activity is designed for children 42-48 months of age

### *What you need:*

- Hats
- Scarves
- Oversized shirts
- Shoes
- Skirts

### *What you do:*

- Children love to copy what others do. By providing dress-up clothes, children are able to pretend and to role-play with others.
- Help your child get into the dress-up clothes.
- Put on hats and items of clothing yourself and play along with your child.



### *How it helps:*

- This activity will help your child practice their pretend play skills.
- Your child will enjoy doing this activity with you and learn different roles to play.

### *Extension to activity:*

- Encourage your child's imagination by asking them questions such as, "Are you going to a fancy party?" or "Where are you going now?"

# Personal - Social

36-48 months

## Pouring practice

This activity is designed for children 42-48 months of age

### *What you need:*

- Small plastic pitcher
- Cups
- Water or another beverage
- Measuring Cup (optional)
- Napkins



### *What you do:*

- Give your child a small plastic pitcher (you can also use a measuring cup to start with) with a small amount of water in it.
- Show your child how to slowly pour the water into a cup.
- Let your child practice doing this at mealtimes.

### *How it helps:*

- Your child will learn how to control their hand while pouring the water into the cup.
- When you cheer your child on, they will feel very important and will become a great helper to the family.
- If there is a mess, this is a good time to teach your child how to clean it up.

### *Extension to activity:*

- Once your child is able to pour into a cup well, try making it more difficult by pouring into a water bottle or other object that has a skinnier opening than a regular cup.

## Clean faces

This activity is designed for children 48-54 months of age

### *What you need:*

- A washcloth
- Step stool
- Hand towel
- Toothbrush

### *What you do:*

- Keep a special washcloth, towel and step stool for your child in the bathroom.
- Show your child in the mirror how to wash and dry their face.
- You can show your child how to brush their teeth too, if they don't already know how.
- Praise your child when they wash their face or brushes their teeth on their own.



### *How it helps:*

- Your child will feel proud when you notice them washing their face.
- This activity can lead your child to washing and drying themselves when they take a bath.

### *Extension to activity:*

- Practice having your child wash their different body parts with a washcloth. You can turn it into a game and act silly by naming the wrong name on each of your child's body parts. See if they can tell you the correct name of each body part instead.

# Personal - Social

48-60 months

## Flower walk

This activity is designed for children 54-60 months of age

### *What you need:*

- Small flowers, real or fake
- Elmer's glue
- Paper towel sheets
- A heavy book (such as a phone book)
- Plain paper



### *What you do:*

- Take your child on a walk in your neighborhood, park or yard.
- Help your child pick small flowers and bring them home.
- Place your flowers on paper towels in between pages of a heavy book. This will ensure that the flowers get flattened. Leave them in there for a few days to dry out and flatten.
- Then take the flowers and have your child glue them on paper.
- You can use it to make a notecard or a letter.

### *How it helps:*

- This activity encourages children's creativity when making a notecard for someone while using real-life items.
- This activity also promotes early literacy skills when practicing writing in the notecard.

### *Extension to activity:*

- Your child can mail the notecard or letter to a family member or friend. Your child can help you address the letter and add a stamp to it too.

## Role plays

This activity is designed for children 54-60 months of age

### *What you need:*

- Pad of paper
- Pencils
- Play food
- Play money

### *What you do:*

- Collect some items that your child can use to create a pretend restaurant or doctor's office or another setting.
- Have your child take turns playing different roles with another person.



### *How it helps:*

- This activity encourages your child to make decisions and solve problems with others.
- This activity promotes creativity in your child when using pretend play items.

### *Extension to activity:*

- When role playing with your child, ask them more questions to help them think further about their role. For example, when playing restaurant, say to your child things like, "I really like French fries. Can I get some French fries with ketchup?" or "Does this restaurant have milkshakes? What kind of milkshakes do you have?"