





**THE FULL LIST OF ACTIVITIES
FOR AT HOME
FOR BABIES, TODDLERS, AND
PRESCHOOLERS**

ACTIVITIES LIST FOR BABIES, TODDLERS AND PRESCHOOLERS

Ages are to give an indication only. Follow your child. See which activities keep their attention, remove those that are too hard or too easy. These are




BABIES UP TO 6 MONTHS


Age	Activity name	Description	Area of development	
All ages	Music/dance/movement/singing	<ul style="list-style-type: none"> • Playing musical instruments • Listening to beautiful music (preferably not as background music but turn on to listen) • Dance - for example, held by adult • Movement - from birth on a mat with mirror lengthways; time to move, stretch, explore the body • Singing - from birth 	<ul style="list-style-type: none"> • Music and movement 	
All ages	Books	<ul style="list-style-type: none"> • Collection of realistic books of interest to a young child - want to relate to life young child is living • One picture per page for infant THEN one picture with one word THEN a picture with a sentence THEN build to simple stories THEN more complex stories • Arranged so that children can see their fronts and access them easily, eg, small basket for a few books, small bookshelf • Start with board books and move onto hardcover and paperback 	<ul style="list-style-type: none"> • Language 	




All ages	Rhythmic Language	<ul style="list-style-type: none"> • Poetry, songs, rhyming ditties • Need to be simple • Should not be too long - if it is too long, it is overwhelming for the child • Be fairly realistic • Finger and body movements that go along with them or can create your own • Can make a poem that is basically a song • Examples: action rhymes, finger rhymes, Haiku (Japan), pat-a-cake • Can continue as the child gets older and older 	<ul style="list-style-type: none"> • Language 	
From shortly after birth	Self expression	<ul style="list-style-type: none"> • Odd moments during the day, when the child wants to share something with the adult • For a non-verbal child it can be making sounds, expressions or poking out their tongue • A verbal child will use words, then phrases and sentences • The adult needs to get down to his eye level, maintain eye contact (if culturally appropriate) and be present • We can restate what he has said; sometimes all she can say is "really. oh my goodness. wow. amazing." • Through body language and language the adult transmits that she is very interested in what he is sharing. 	<ul style="list-style-type: none"> • Language 	





Newborn	Munari mobile	<ul style="list-style-type: none"> • black and white mobile • hang at baby's focussing distance, not more than 30cm away (from birth they can generally focus the distance to their parent's face when held) 	<ul style="list-style-type: none"> • Visual development 	See image here
From 2 or 3+ weeks old	Music box	<ul style="list-style-type: none"> • A music box that hangs and adult/child pulls string to activate (or with a crank suitable for an older child) • Plays classical piece of music • Initially adult starts music box for baby; once the child is sitting, the music box can be attached to a wall and child can be shown how to pull cord to make it play • Can also become a post natal point of reference if used as part of a routine, eg, nappy changing 	<ul style="list-style-type: none"> • Auditory materials 	
Around 2+ months	Octahedron mobile	<ul style="list-style-type: none"> • 3 different colours, light reflects on reflective paper • introducing primary colours 	<ul style="list-style-type: none"> • Visual development 	See image here
Around 2+ months	Interlocking circles	<ul style="list-style-type: none"> • One full circle and one with slot card half the diameter of the circle • Initially place in baby's hand using their reflexive grasp • As reflexive grasp changes to intentional grasp, the baby will reach and grasp with whole hand, a finger etc. • An older baby will do hand to hand transfer, roll along ground etc. 	<ul style="list-style-type: none"> • Grasping materials 	




Around 2 to 3 months	Gobbi mobile	<ul style="list-style-type: none"> • a colour gradation of 5 or 7 balls • may use any colour, eg, purple, orange, green • arranged from lightest to darkest in increasing lengths of cotton or coming to lowest point in the middle • Thread used for hanging each ball is the same colour thread as used for the ball 	<ul style="list-style-type: none"> • Visual development 	See image here
Around 3+ months	Stylised paper figures, eg, reflective paper dancers	<ul style="list-style-type: none"> • Some kind of figure made of reflective paper which would realistically move, eg, dancers, fish, pinwheels 	<ul style="list-style-type: none"> • Visual development 	See image here
Around 3+ months	Other mobiles	<ul style="list-style-type: none"> • Using an embroidery hoop, can hang elements off the hoop and three strings then hang the hoop parallel to ground • Examples, cut a picture of a face and hang in the hoop; reflective paper or leaves from strings 	<ul style="list-style-type: none"> • Visual development 	
Around 3+ months	Stylised wooden figures	<ul style="list-style-type: none"> • Different elements suspended made of wood that has realistic movement, eg, dolphins, birds, waves • Use of attractive colour to attract attention • 3 to 7 elements 	<ul style="list-style-type: none"> • Visual development • Stimulation for reaching, grasping and batting 	See image here

<p>Around 3+ months</p>	<p>Rubber ball with protrusions</p>	<ul style="list-style-type: none"> • Non-toxic rubber, vinyl or plastic sphere than has any number of protrusions • Initially placed in baby's hands - the child manipulates it and sucks on nipples. Relatively easy to grasp. • An older child will do hand to hand transfer, banging and explore different ways of using it 	<ul style="list-style-type: none"> • Grasping materials 	
<p>Around 3+ months</p>	<p>Sphere or toy with little balls</p>	<ul style="list-style-type: none"> • Place within baby's reach for reaching, grasping, manipulating 	<ul style="list-style-type: none"> • Grasping materials 	
<p>Around 3 to 3½+ months</p>	<p>Three coloured spheres - red, blue, yellow</p>	<ul style="list-style-type: none"> • Three coloured balls suspended at an angle or in a triangle with the longest thread in the middle • The three colours may be red, blue, yellow or another colour combination; darkest colour hangs lowest • Size of ball should allow the baby to place hand around it but not too small to be a choking hazard 	<ul style="list-style-type: none"> • Visual development • offer a stimulation for reaching and grasping and batting 	<p>See image here</p>
<p>Between 3 and 4+ months</p>	<p>Grasping beads</p>	<ul style="list-style-type: none"> • Five wooden beads threaded and knotted onto raw hide • Baby holds, manipulates and mouths 	<ul style="list-style-type: none"> • Grasping materials 	

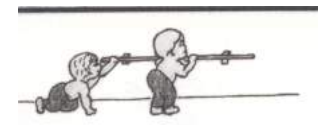
<p>Around 4+ months</p>	<p>Bell on a ribbon</p>	<ul style="list-style-type: none"> • Hanging a bell threaded onto a ribbon with elastic on top to allow baby to pull bell to him 	<ul style="list-style-type: none"> • auditory development • Visual development • offer a stimulation for reaching and grasping and batting 	<p>See image here</p>
<p>Around 4+ months</p>	<p>Ring/bangle on a ribbon</p>	<ul style="list-style-type: none"> • Ring/bangle can be made from bamboo, metal, wood and suspended on a ribbon with elastic at the top • The ring should be big enough for baby's hand to fit through and grasp 	<ul style="list-style-type: none"> • Visual development • offer a stimulation for reaching and grasping and batting 	<p>See image here</p>
<p>Around 4+ months</p>	<p>Interlocking rings</p>	<ul style="list-style-type: none"> • Three or four rings which interlock • Made of metal or wood - different materials produce a different sound • Place within baby's reach for reaching, grasping, manipulating 	<ul style="list-style-type: none"> • Grasping materials 	


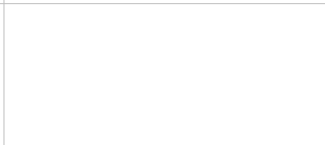
<p>Around 4+ months</p>	<p>Home objects</p>	<ul style="list-style-type: none"> • Examples include: <ul style="list-style-type: none"> • Honey dipper (handle cut shorter and sanded) • Wooden 'dolly' clothes peg • Salt scoop with bell • Spoon • Belt buckle • Bangles • Keys • To provide grasping and manipulating experiences from objects found around the home. Explores use of their hands. • Check for safety, eg, choking hazards or sharp edges 	<ul style="list-style-type: none"> • Grasping materials 	
<p>Around 4+ months</p>	<p>Bamboo cylinder rattle</p>	<ul style="list-style-type: none"> • Rice, tiny pebbles, or grains placed inside bamboo and then the ends are plugged with wood putty • The baby holds it, shakes it and experiences the sound it makes 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
<p>Around 4+ months (or earlier with reflexive grasp)</p>	<p>Cylinder rattle with bells</p>	<ul style="list-style-type: none"> • Piece of doweling sanded smooth and a bell attached to each end or hollow with wire to hold bell at each end • Check for sharp bits which may cut the baby • The baby holds it, shakes it and experiences the sound it makes 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	




<p>Around 4+ months (or earlier with reflexive grasp)</p>	<p>Commercial rattles</p>	<ul style="list-style-type: none"> • Look for rattles that are wooden or natural materials • Ones that are easily grasped and not too big so the baby can hold it to make a sound • For shaking and experiencing sound and tactile experiences 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
<p>Around 4+ months</p>	<p>Cube with bell</p>	<ul style="list-style-type: none"> • Hollow cube with rounded corners and bell inside • For shaking and experiencing sound 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
<p>Around 4+ months (or earlier with reflexive grasp)</p>	<p>Bells on leather strap</p>	<ul style="list-style-type: none"> • Three bells attached to leather • Tiny baby can place in hands, older baby can grasp it and manipulate 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
<p>Around 4+ months (or earlier with reflexive grasp)</p>	<p>Silver rattle</p>	<ul style="list-style-type: none"> • Lightweight silver rattle • Adult can place in hands of tiny baby; an older baby can grasp it and manipulate it 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	
<p>Around 5+ months</p>	<p>Other - for example, musical instruments and gourds</p>	<ul style="list-style-type: none"> • For shaking and experiencing sound 	<ul style="list-style-type: none"> • Auditory materials • tactile experiences 	




OLDER BABY FROM 6 MONTHS TO 14/16 MONTHS				
Activity name	Age	Description	Area of development	
Toy on a suction cup base	Around 5+ months or once sitting	<ul style="list-style-type: none"> • Material on a suction cup base that will rock when it is hit • eg, a clear ball filled with lots of tiny balls on a rubber suction stand • Child bats, reaches and attempts intentional grasping without material moving away 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Basket with Known Objects	5 or 6 months +	<ul style="list-style-type: none"> • 2 or 3 of the child's toys which are very familiar to him, in a small soft basket • Change objects as favourite ones change • Baby lies or sits and chooses one of the aids • To offer a beginning choice 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Knitted or crocheted ball	5 to 7 months +	<ul style="list-style-type: none"> • Pliable soft knitted or crocheted ball • When child grabs it, can get fingers into it • Placed near baby to encourage movement 	<ul style="list-style-type: none"> • Activities for gross motor movement 	



Cylinder with Bell	Around 6 to 8 months +	<ul style="list-style-type: none"> Placed near baby to encourage movement 	<ul style="list-style-type: none"> Activities for gross motor movement Auditory stimulation is used as an incentive stimulus
Ottoman	Once baby starts to pull up, from 7 months +	<ul style="list-style-type: none"> Heavy, stable ottoman so it does not tip when baby pulls to standing The height of the ottoman should be stomach height for the baby 	<ul style="list-style-type: none"> Activities for gross motor movement Offers independent means for pulling to standing and cruising
Bar on wall	Once baby starts to pull up, from 7 months +	<ul style="list-style-type: none"> Bar secured safely to the wall to enable baby to pull up and cruise 2 or 3 cm from wall to allow the hand to wrap around the bar At chest height for the child Could put mirror behind bar 	<ul style="list-style-type: none"> Activities for gross motor movement Offers independent means for pulling to standing and cruising
Egg in an egg cup/Cup with ball	Between 7 and 9 months +	<ul style="list-style-type: none"> Wooden egg cup with a wooden egg inside OR a large egg in a cup To practice removing and releasing an object into a container 	<ul style="list-style-type: none"> Activities for eye-hand coordination











<p>Box with cube</p>	<p>Between 7 and 9 months +</p>	<ul style="list-style-type: none"> • A wooden cube that fits into a handmade box • To practice removing and releasing an object into a container 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
<p>Box with Tray and Ball</p>	<p>Around 8 months +</p>	<ul style="list-style-type: none"> • Rectangular shape box with tray attached with a hole in the top of the box for posting the ball • Ball may be made of various materials - should have a nice sound to it, eg, wood, table tennis ball • To practise posting and to intentionally release an object • To help child understand object permanence • You can observe grasp on ball, eg, whole hand, four finger grasp, two finger grasp 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
<p>Basket of balls</p>	<p>Once child is creeping, around 8/9 months +</p>	<ul style="list-style-type: none"> • A collection of balls of different size and texture • Examples, rattan ball, nipple ball, mini football • Can kick the balls, roll them, chase them, manipulate them, feel them with hands 	<ul style="list-style-type: none"> • Activities for gross motor movement 	
<p>Stair</p>	<p>From creeping until walking well, around 8/9 months +</p>	<ul style="list-style-type: none"> • Three stairs up to bridge and three stairs down from bridge with railing to hold onto • Stairs are broad but not very high 	<ul style="list-style-type: none"> • Activities for gross motor movement 	




Tracker	From creeping, around 8 to 10 months +	<ul style="list-style-type: none"> • A series of ramps in a frame with a small ball • A hole at top left for posting the ball and there is a hole at the end of each ramp for the ball to drop onto the next ramp 	<ul style="list-style-type: none"> • Activities for gross motor movement • Visual tracking • Auditory tracking from sound of ball in tracker 	
Low Heavy Table	When child pulls to standing, around 8 to 10 months +	<ul style="list-style-type: none"> • Low table made of very heavy wood 	<ul style="list-style-type: none"> • Activities for gross motor movement 	
Rings and Peg on Rocking Base	Once child is able to sit stable, around 8 - 11 months	<ul style="list-style-type: none"> • Old fisher-price toy, smaller 5 ring model, with rocking base • Initially use with the largest ring only • A rocking base is used so that the base rocks rather than falls over 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Rings/Peg on Stable Base	8 to 12 months + (depends on skill level of previous activity)	<ul style="list-style-type: none"> • A wooden base with a peg and a ring • Initially the ring should have a very large opening 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	

Top	Around 8 to 12 months +	<ul style="list-style-type: none"> • A spinning top which moves 	<ul style="list-style-type: none"> • Activities for gross motor movement 	
Box with Drawer and Ball	Between 9 and 11 months +	<ul style="list-style-type: none"> • Box with drawer that opens with a hole on top for posting ball • To practise posting and to intentionally release an object • To help child understand object permanence 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Box with Knitted Ball	Between 9 to 12 months +	<ul style="list-style-type: none"> • Square shaped box with drawer that opens with knitted ball slightly bigger than hole • To practise posting and to intentionally release an object • To help child understand object permanence 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Box with Balls to Push	Around 10 months +	<ul style="list-style-type: none"> • Closed rectangular shape box with three holes and balls on top • To practise posting and to intentionally release an object • To help child understand object permanence 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	

<p>Furniture with Keys</p>	<p>From 10 months +</p>	<ul style="list-style-type: none"> • Any piece of furniture with a lock and key that the child could work to open • Attach key with string 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
<p>The wagon</p>	<p>10 to 12 months +</p>	<ul style="list-style-type: none"> • A wagon that is weighted with either a sandbag or in its construction - needs to be heavy enough so it does not tip as child pulls up on it 	<ul style="list-style-type: none"> • Activities for gross motor movement 	
<p>Cabinet Doors and Drawers</p>	<p>10 to 12 months +</p>	<ul style="list-style-type: none"> • Cabinet doors and drawers in the kitchen, bathroom vanity cupboards, drawers in vanity • The adult places things for the child to find, eg, plastic items and pots and pans in kitchen cupboard or a drawer in bathroom with hairbrushes, clips etc 	<ul style="list-style-type: none"> • Activities for gross motor movement 	

Basket with Rings and Peg	10 to 12 months +	<ul style="list-style-type: none"> • 2 or 3 rings in a basket and a base with peg • Thickness of rings can be the same or varied for additional challenge 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Spindle with Napkin Rings	11 to 12 months +	<ul style="list-style-type: none"> • Spindle with 2 or 3 round napkin rings of identical size (rings may be metal or wooden) • On shelf, rings sit on the spindle OR could be on a tray with a basket for the rings 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Scribbling	12 months +	<ul style="list-style-type: none"> • A block crayon or thick chunky pencil (like Stabilo 3-in-1 pencil) • Paper - different sizes, colours, textures • An underlay - protects table, either covering whole table or small table mat size 	<ul style="list-style-type: none"> • Art/Self expression 	
Easel - chalk	12 months +	<ul style="list-style-type: none"> • A chalkboard - eg, <ol style="list-style-type: none"> 1. On the other side of a painting easel; 2. A very large piece of plywood with chalkboard paint wall mounted low to ground; and/or 3. A small chalkboard that sits on a shelf in the classroom • Chalk - start with white and gradually introduce colours and different types of chalk • Small eraser 	<ul style="list-style-type: none"> • Art/Self expression 	

Easel - paint	Able to stand unaided	<ul style="list-style-type: none"> • An easel • Paper cut to completely cover surface of easel • Start with one colour of (quite thick) paint in a paint pot. Gradually introduce other colours one by one. Can use two or more pots for an older child. • A chunky paint brush with short handle • A painting smock/apron • A cup hook to hang smock/apron • Paper rolled in bin • A wet cloth to wipe up spills 	<ul style="list-style-type: none"> • Art/Self expression 	
Base with Rings of Dimensional Gradation	12 months +	<ul style="list-style-type: none"> • Base with spindle and 4 or 5 rings of varying gradation, ideally alternating colour • Bottom ring should not be bigger than child's hand span 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Nuts and bolts	12 months +	<ul style="list-style-type: none"> • One or two bolts with a shape for their end and a corresponding nut of the same shape • Have the nut on the bolt to start 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	
Opening and closing	12 months +	<ul style="list-style-type: none"> • Basket with 2 or 3 common household objects for opening and closing, eg, Chinese box, tin, purse with a press stud, make up pots, powder compact, lipstick cases, toothbrush holder 	<ul style="list-style-type: none"> • Activities for eye-hand coordination 	

Vocabulary objects	12 months +	<ul style="list-style-type: none"> Classified real or replica objects, 3-6 objects Examples: fruits, vegetables, clothing, zoo animals, farm animals, pets, insects, mammals, birds, vertebrates, invertebrates etc 	<ul style="list-style-type: none"> Aids language development Expands vocabulary 	
Peg box	12 months +	<ul style="list-style-type: none"> Wooden box with 6 holes along back and an inset tray area for placing pegs removed from holes 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and grasp 	
Cubes on a vertical dowel	12 months +	<ul style="list-style-type: none"> Base with three cubes on dowel - cubes in basket or on dowel Preparation for bead stringing 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and grasp 	
12 to 14 months +	Puzzles	<ul style="list-style-type: none"> A collection of puzzles starting with one piece knobbed puzzles progressing through greater and greater difficulty Kinds of subject matter depicted on puzzle need to be realistic and appealing, eg, animals, construction vehicles 	<ul style="list-style-type: none"> Refinement of eye-hand coordination and pincer grasp Develops the ability to recognise a background shape 	