

**Peekskill City School District
Committee on Preschool Special Education (CPSE)
Early Childhood (Ages 3-5)
Tips & Activities for Families**



March 2020

Occupational Therapy Activities and Tips for Early Childhood (Ages 3-5)

- Sensory/Total Body Strengthening:

- Swimming classes
- Playground (swings, slide)
- Rice bucket
- Sand table
- Children's yoga

- Fine Motor/Upper Body Strengthening:

- Play-Doh (cut, roll, squeeze, pinch)
- Painting
- Legos (big or small)
- Encourage “tummy time” while engage in an activity (to build shoulder stability and core/neck strength)
- Coloring/writing on vertical surface such as wall to develop shoulder strength
- Crumpling up paper with one hand
- Cooking helper (stirring, pouring, opening packages)
- Encourage independence (feeding, dressing)
- Hole punch activity using cardstock (will encourage cutting skills, plastic hole punchers are easier for children)
- Tweezers, tongs (make a game out of picking up small items off floor or table)
- Hiding/finding small items inside model magic/playdoh (ie; beads, gems..Make a treasure hunt out of it)
- Ripping paper into tiny pieces
- Squirt bottles/Eye droppers (will encourage cutting skills)

- Visual Motor Skills:

- Inset puzzles (shapes, animals)
- Shape sorters
- Play I Spy (around the house, outside)
- Laundry helper (sort by color/item)
- Cause and effect toys

Physical Therapy Activities and Tips For Early Childhood (Ages 3-5)

1. General Motor Activities / Community Based
 - a. Swimming
 - b. Gym and movement classes
 - c. Martial Arts
 - d. Yoga classes
2. Outdoor Play
 - a. Neighborhood Walks
 - b. Playground
 - c. Hikes in the Woods
 - d. Looking for Leaves; birds, squirrels.
3. Simple Motor Activities for Whole Body
 - a. Family Dance Parties
 - b. Scavenger Hunts around the house -
 - Look for letters
 - Count objects
 - Look for predetermined objects
 - Put “paw” prints aka Blues Clues
 - c. Put string or yarn around furniture
 - Crawl under
 - Step over
 - d. Put paper plates or mats on floor
 - i. - play “the floor is lava” , jump, step from each object without touching the floor.
 - e. Animal Movements
 - i. - move like animals
 - f. Animal Walks
 - i. - walk like animals

4. Jumping Activities

- a. Trampoline
- b. Painters tape on floor to jump over
- c. Small items (soft blocks) on floor to jump over
- d. Place numbers / letters/ shapes high on wall to jump to
- e. Jumping down from low step stools to targets on the floor.

5. Standing on One Leg

- a. Make towers of soft blocks, kick them down
- b. Using numbers, letter and shapes low on wall to kick to
- c. Kicking balloons

6.. Stairs

- a. Stepping up and down small stools.
- b. Stepping up over small obstacles, switching feet as you step.

7. Balance Activities

- a. Painters tape on the floor in various patterns; walking on tape and over obstacles
- b. Paper plates on the floor and “skate” on the plates.

Speech and Language Activities and Tips For Early Childhood (Ages 3-5)

Ways to Encourage Language Development

Parents play a critical role in a child's language development. Studies have shown that children who are read to and spoken with a great deal during early childhood will have larger vocabularies and better grammar than those who aren't. Here are some simple ways to nurture your Child's language development.

- **1. Talk, talk, talk.** Narrate the day as it evolves. Tell your child, for instance, "Now we're going to take a bath. Can you feel the warm water on your belly? When we dry off, we'll get dressed and take a walk."
- **2. Read, read, read.** It's never too early to read to your baby. One good predictor of future reading success is the amount of time parents spend reading with their child. Parents can start with simple board books and graduate to picture books and longer stories as their child gets older. Storytimes at the local library/ Field Library, or bookstore can also help a preschooler develop a love of books.
- **3. Enjoy music together.** Young children love music and movement. When they listen to lively songs, like "Old McDonald Had a Farm," they learn about the world around them and the rhythm of language.
- **4. Tell stories.** Make up elaborate stories with characters, conflict, adventure, and a happy ending. Be sure that the stories fit your child's interests and aren't too scary for her liking.
- **5. Follow your child's lead.** If your little one seems interested in a particular picture in a book, keep talking about it. If she seems intrigued by a boat, show her more boats and talk about them, too. You can even try recording your child on a tape recorder and playing it back.
- **6. Never criticize your child's articulation or speech patterns.** Instead, repeat his statements back to him with the correct pronunciation of word usage. Give your child lots of praise for his efforts.

- **7. Use television and computers sparingly.** The American Academy of Pediatrics recommends that children younger than 2 not watch television at all, and that children 2 and older view no more than two hours of quality programming a day. While some educational programs can be beneficial to kids, TV shows don't interact with or respond to children, which are the two catalysts kids need to learn language. Computer games are interactive, but they aren't responsive to a child's ideas.
- **8. Treat ear infections thoroughly.** Children in group child-care situations are more prone to ear infections, which can put them at risk for hearing loss and, consequently, language delays. If your pediatrician prescribes an antibiotic to treat an infection, make sure your child takes the correct dosage each day and uses it for the full prescribed time. When your child finishes the prescription, schedule a follow-up visit with your pediatrician to make sure the infection has cleared.
- **9. Go on field trips.** A trip to the zoo, the aquarium, or a children's museum will open up a whole new world for your child. As an added bonus, she'll want to learn the names of all those fascinating creatures and fun activities she experienced.

<https://www.cdc.gov/ncbddd/actearly/freematerials.html>

Center Based Agencies for Early Childhood Services

www.acds.org

**963 Scarsdale Road
Scarsdale, NY 10583
914-810-2237 Ext.120**

www.creativewonderstherapy.com

**470 Mamaroneck Avenue, Suite 204
White Plains, NY 10605**

**10 South Bedford Road, Suite 404
Mt. Kisco, NY 10549
914-421-8270, ext. 2
914-373-6823, ext. 3**

Center Based Agencies for Private Insurance

[Donald R. Reed Speech and Hearing Center](#)

**Tarrytown NY 10591
914-366-3010**

[Elizabeth Seton Rehabilitation Center](#)

**317 North Street
White Plains NY 10605
914-597-4106**