



# Activities

AGE 2

## HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 2-year-old—a great way to have fun together and encourage your child's healthy development.

Action is an important part of a child's life. Play a game with a ball where you **give directions** and your child does the actions, such as "Roll the ball." Kick, throw, push, bounce, and catch are other good actions. Take turns giving the directions.

Children can find endless uses for **boxes**. A box big enough for your child to fit in can become a car. An appliance box with holes cut for windows and a door can become your child's playhouse. Decorating the boxes with crayons, markers, or paints can be a fun activity to do together.

Take time to **draw** with your child when she wants to get out paper and crayons. Draw large shapes and let your child color them in. Take turns.

Play "**Follow the Leader.**" Walk on tiptoes, walk backward, and walk slow or fast with big steps and little steps.

Enhance listening skills by playing both slow and fast music. Songs with speed changes are great. Show your child how to move fast or slow with the **music**.

Children at this age love to **pretend** and really enjoy it when you can pretend with them. Pretend you are different animals, like a dog or cat. Make animal sounds and actions. Let your child be the pet owner who pets and feeds you.

Add actions to your child's favorite **nursery rhymes**. Easy action rhymes include "Here We Go 'Round the Mulberry Bush," "Jack Be Nimble," "This Is the Way We Wash Our Clothes," "Ring Around the Rosy," and "London Bridge."





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## FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 2-year-old—a great way to have fun together and support your child's social-emotional development.

**Play Parade or Follow the Leader** with your toddler. Your child will love to copy you—and be the leader!

Try to have **set routines** during the day, and let your child know what will be happening next. Say, "Remember, after we brush your hair, we get dressed."

Have a special **reading time** every day with your toddler. Snuggle up and get close. Before bedtime or naptime is a great time to read together.

**Give your toddler choices**, but keep them simple. Let her choose a red or a blue shirt while dressing. Let her choose milk or juice at lunch.

**Encourage your child to pretend play.** Put a few small chairs in a row to make a "bus." Cut up some paper "money" to pay the driver. Ask, "Where will we go today?"

Teach your child simple songs and finger plays, such as "The Itsy-Bitsy Spider."

Your toddler is learning **all about emotions.** Help him label his feelings when he is mad, sad, happy, or silly. Say, "You are really happy" or "You seem really mad."

**Get down on the floor** and play with your child. Try to follow your child's lead by playing with toys he chooses and trying his ideas.

