

Helpful Learning Activities for Children 48-60 Months Old

Focus on: *Gross Motor Development*

A Homemade Beanbag.

Make a beanbag to catch and throw. Fill the toe of an old sock or pantyhose with 3/4 cup dry beans. Sew the remaining side or tie off with a rubber band. Play "hot potato" or simply play catch. Encourage your child to throw the ball overhand and underhand.

Nature Collection.

Go on a walk and pick up things you find. Bring the items home and help your child sort them into groups. For example, groups can include rocks, bark, or leaves. Encourage your child to start a collection of special things. Find a box or special place where he can display the collection.

Playing "Bucket Hoops."

Have your child stand about 6 feet away and throw a medium-size ball at a large bucket or trashcan. For fun outdoors on a summer day, fill the bucket with water.

