

# Helpful Learning Activities for Children 60-66 Months Old

## Focus on: *Gross Motor Development*



### Play Simple Ball Games.

Play simple ball games such as kickball. Use a large (8"-12") ball, and slowly roll it toward your child. See if your child can kick the ball and run to "first base."

### Obstacle Course.

Make an obstacle course either inside or outside your home. You can use cardboard boxes for jumping over or climbing through, broomsticks for laying between chairs for "limbo" (going under), and pillows for walking around. Let your child help lay out the course. After a couple of practice tries, have him complete the obstacle course as quickly as possible. Then try hopping or jumping the course.

## Focus on: *Fine Motor Development*

### Practice Writing.

Practice writing first names of friends, toys, and relatives. Your child may need to trace the letters of these names at first. Be sure to write in large print letters.



### Simple Cooking Tasks.

Let your child help you with simple cooking tasks such as mashing potatoes, making cheese sandwiches, and fixing a bowl of cereal. Afterward, see if he can tell you the order that you followed to cook and mash the potatoes or to get the bread out of the cupboard and put the cheese on it. Supervise carefully when your child is near a hot stove.

### Writing without Pen or Paper.

After washing hands, practice writing letters and numbers in pudding or thinned mashed potatoes spread on a cookie sheet or cutting board. Licking fingers is allowed!