

FEB
2024

SMART START JUNIOR MONTHLY FAMILY ACTIVITY GUIDE FOR TODDLERS

Note:

These activities are designed for families with toddlers aged 1-3 years. Use these ideas to invite your child to play with you as their teacher. One way to set up an activity is to have it ready when your child wakes up in the morning or from a nap.

Sensory Play

Oobleck is great for messy play. Use a ratio of 2:1 cornstarch to water (add a drop of food coloring for added fun!). Prep for mess: Put down a towel or use a sensory tray. Add some plastic toys or plastic kitchen utensils & have fun!

ART

Ask your child to draw a picture of "happy." Then, have them draw a picture of "angry." Talk to your child about the differences in effort or colors in each of their pieces.

Gross Motor

Get outside! Draw a heart shaped hopscotch to celebrate Valentines Day and American Heart Month.

Communication

Sing toddler "love" songs with your child and see if they can fill in a word that you leave out.
Ex: Skidamarink, a dink, a dink, skidamarink a doo, I love (you)!

Social Emotional

Play "Feelings Charades" - Act out a feeling and have your child guess what it is. If your child is non-verbal, tell them an emotion to act out in their most dramatic way. Ex: Show me your silliest face!

Fine Motor

Draw a heart on a piece of paper. Have your child peel and stick stickers along the lines of the heart. TIP: Peel the edges around the stickers to make peeling stickers easier for tiny hands.

Dream