

# Toddlers Bloom and Grow

## Sensory Activities

### Seek mastery of their body and the environment

**Touching** develops awareness of size and shape, soft-hard, rough-smooth, hot- cold, big-little, etc

Playdoh squeezing, pulling, poking, pounding

**Movement** develops the sense of space and time.

Crawling over, under, around. Climbing up and down

Bouncing and falling on soft old cushions

Making pretend houses with cushions and blankets.

Swinging, rolling, sliding, somersaulting, alligator walking

Water play

Spatial awareness also relates to **visual awareness**

**Visual Awareness develops with crawling and creeping.**

Do activity in a position when head and eyes are not vertical.

Stack blocks till they fall down, repeat, repeat

## Movement, Muscles, Memory

### Seek mastery with challenges to their balance

Walk in grass, ramps, over objects, dance (Bounce to music),

Stand/stoop, carry big and little objects, and climb

Walk/run/"STOP"/"Turn around"

Kick balls, toss, and roll. Catch balloons

Push toys, riding toys, floor play: tussling gently

## Body Awareness

**Directionality** comes at 18 months: backward, sidestep,

Rotation movements should be practiced

Reaching across midline should be a goal for hands

Moving eyes to look across midline should be a goal

from 2-3 years of age. If child moves whole head to look R.

or L, practice this when he is lying on his tummy

## Social Interaction and Communication

**Focus** first is joint interest with pointing and babbles

Next is partner play or some form of action/reaction

Offering a toy is only a gesture to **communicate**.

This is the beginning of learning "mine".

No sense of sharing until a solid awareness of mine

1-2 word sentences to gather information

Repeating words, playing with sounds, names

2 years-- Developing a sense of "mine", beginning to

negotiate

*Without communication of wants and needs, a child will display agitation, anxiety, and anger. Biting is a form of communication. Teaching a child some simple signs increases their ability to communicate and decreases their frustration.*

## Emotions and feelings

### Promote gestures of the heart

Visible concern for the welfare of another child

Animated dialogue, Body language: glee and sadness

Empathy and willingness to help

Wave bye, hugs

Set up scenes: puppet play, dolly tea parties,  
Animal rescue with toys and trucks

## **Rhythm and tone**

### **Builds a sense of time and sound and movement**

#### **Helps the Right brain hemisphere develop**

Excellent way to develop memory

Songs or rhymes to teach body parts, movement patterns, body in space (Ring a round the Rosie)

High pitch tones denote high in air or small

Low pitch tones denote down or big

Reading books at child's level. They will ask for more of the same book as they are processing the content.

## **Independence in personal care**

### **Independence builds self confidence**

Let the child pick out their own clothes for most occasions.

Establish chores such as picking up one game before starting another.

At first an adult will need to "do it together".

Tea parties, dress up games, dolly care all teach personal care.

Helping in the kitchen can be fun and family centered.

**Be prepared to repeat play motions over and over again. A child learns through repetition.**

## **Positive, spontaneous play builds an attitude of**

**I can do it**

**I am ok**

**I am secure and loved**

**I belong**

**I can learn!**

**I am divinely wonderful and**

**I CAN SUCCEED!**

**We can all learn much by seeing the world through the eyes of a child.**

## **Disclaimer:**

Discipline is also very important to teach a child boundaries. None of the above activities should be unsupervised or unauthorized, i.e. Jumping on the sofa or climbing on furniture. At this age, i.e., they need some adult intervention to teach them how to dress and pretend-feed the stuffed animals.