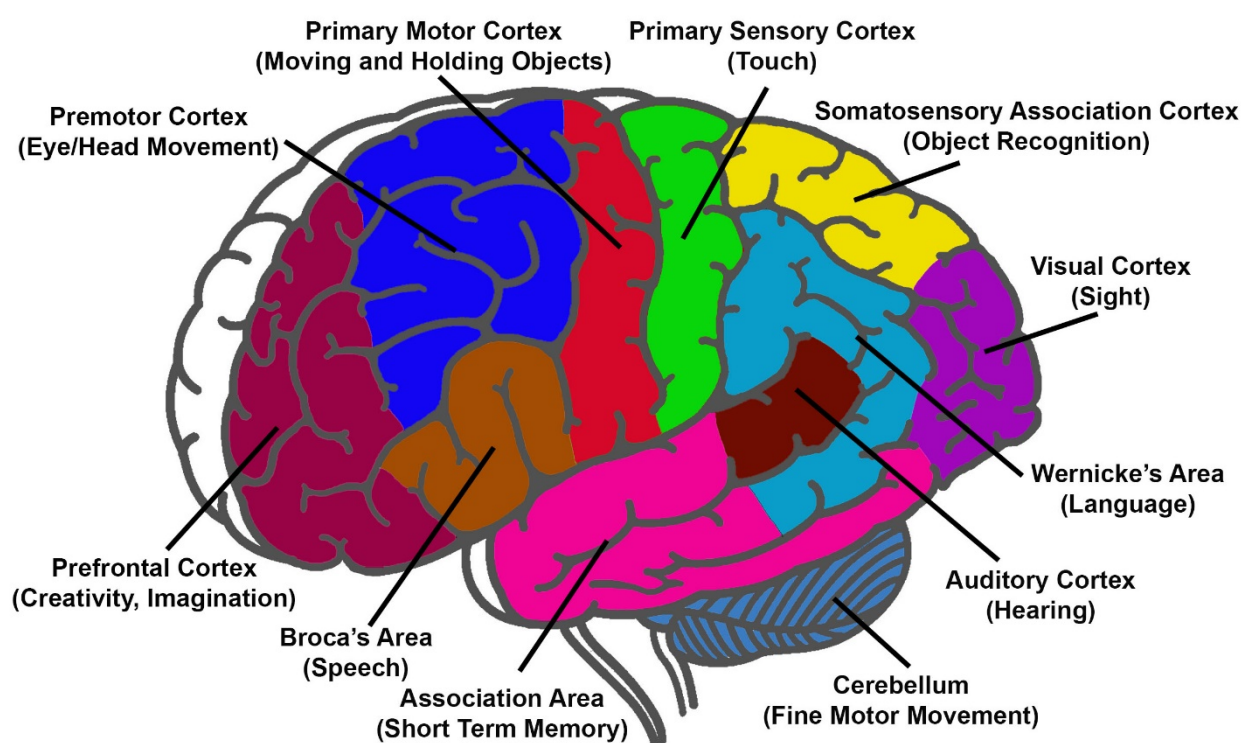


Activities for children

19 to 24 months

On the next pages you will find suggestions of activities to do with a child **19** to **24** months old. Don't worry about using the specific toys/items suggested, use whatever is available to you. The goal of these activities is to encourage parents and caregivers to play with their children and foster brain development. After the suggested activities you will find a sheet containing pictures of the brain and the parts that are activated when doing each activity. Below is a picture of a brain with all of the parts labeled.



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These activities are brought to you through a collaboration between [Hillsboro Area Hospital](http://www.hillsboroareahospital.org/) (<http://www.hillsboroareahospital.org/>), [Hillsboro Community Child Development Center](https://hccdc.edublogs.org/) (<https://hccdc.edublogs.org/>) and [Southern Illinois University School of Medicine Department of Population Science and Policy](http://www.siumed.edu/popscipolicy) (www.siumed.edu/popscipolicy).

Please contact PSP@SIUmed.edu with any questions.



Activities for children 19 to 24 months

Bag D: 19-24 months

Colander

Take a colander into the bathtub or to a sand box. Add ping pong ball in the bath or add rocks in the sand box. Talk to your toddler about what items stay in the colander and which ones flow through the holes. Have your toddler use the colander as a basket to carry toys.



Bag D: 19-24 months

Crayon & Egg Carton

Encourage your toddler to play with the crayon and egg carton. Your toddler may want to pick up the crayon or dump it out of the carton. Show how to move the crayon from one egg compartment to another. Get a piece of paper and let your toddler scribble a picture. Talk about the color your toddler is using and name other items around the room that are of the same color.



Bag D: 19-24 months

First Book of Coloring

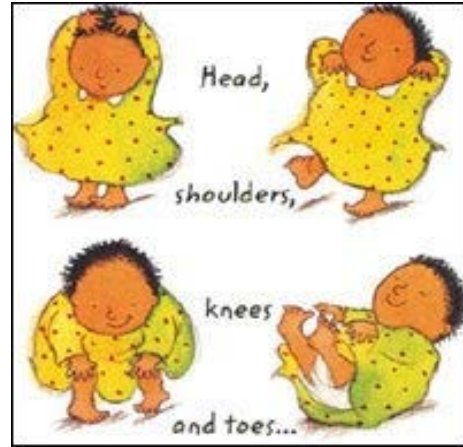
Join your toddler in coloring. Describe what you see your child do, such as "I see you're using the red crayon." or "I like that you're working hard to color the cat." Name any shape, animal, or object in each picture. Ask questions about the pictures like "Can you find the pig?" and "What does a pig say?" Give time for your child to answer. Display your child's finished work.



Bag D: 19-24 months

“Head, Shoulders, Knees, and Toes”

Read the book to your toddler. Name each part of the body and have your toddler point to the picture. Have your toddler name a body part, and then you point. Next, point with your child and name your head, shoulder, knees, and toes. Sing this song and do the actions with your toddler. Sing other songs and rhymes with your child.



Bag D: 19-24 months

Ping Pong Ball & Container

Have your toddler drop or throw a ping pong ball into a laundry basket. If you don't want the ball to bounce out, put a towel in the bottom of the basket. Your toddler can put the ball in the container and then take it out again. The ping pong ball is great for your toddler's bath. Show your toddler how the ball pops back up when you hold it under the water and let it go.



Bag D: 19-24 months

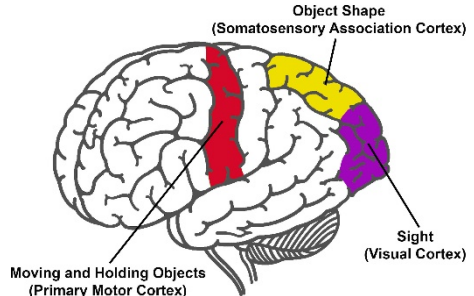
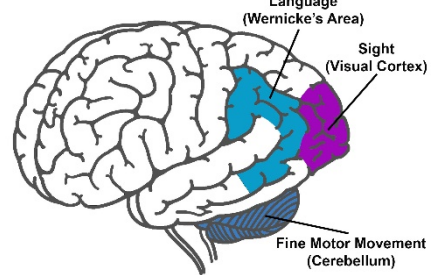
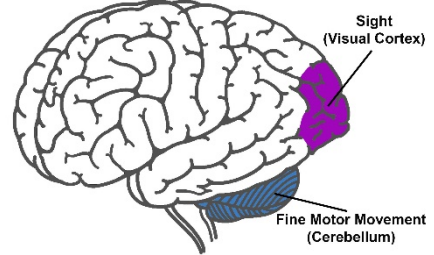
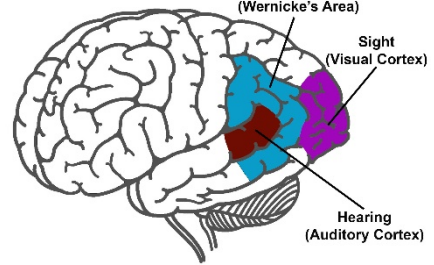
Shovel Set

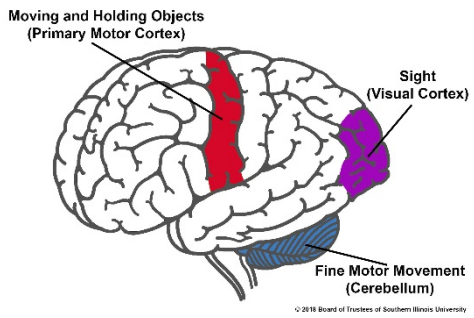
These tools are great to use in the yard, a park, or a sandbox. Show your toddler how each tool makes a different mark in the sand or dirt. Use the bucket to collect leaves or flowers when you play outside. Indoors, your toddler can rake or scoop paper cups, blocks, or other toys. Your toddler can also take the toys into the bath to scoop and pour water.

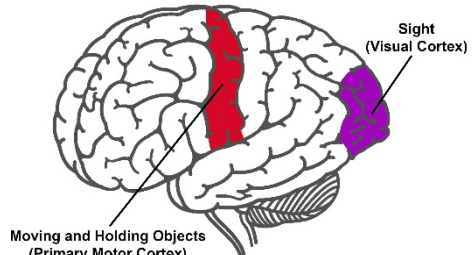


Activities for children 19 to 24 months

Brain activity

| | |
|---------------------------------------|--|
| <p>Colander</p> |  <p>Object Shape (Somatosensory Association Cortex)</p> <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p> |
| <p>Crayons and Egg Carton</p> |  <p>Language (Wernicke's Area)</p> <p>Sight (Visual Cortex)</p> <p>Fine Motor Movement (Cerebellum)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p> |
| <p>First Coloring Book</p> |  <p>Sight (Visual Cortex)</p> <p>Fine Motor Movement (Cerebellum)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p> |
| <p>Head, Shoulder, Knees and Toes</p> |  <p>Language (Wernicke's Area)</p> <p>Sight (Visual Cortex)</p> <p>Hearing (Auditory Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p> |

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| <p>Ping Pong Ball and Container</p> |  <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Sight (Visual Cortex)</p> <p>Fine Motor Movement (Cerebellum)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p> |
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|-------------------|---|
| <p>Shovel Set</p> |  <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p> |
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