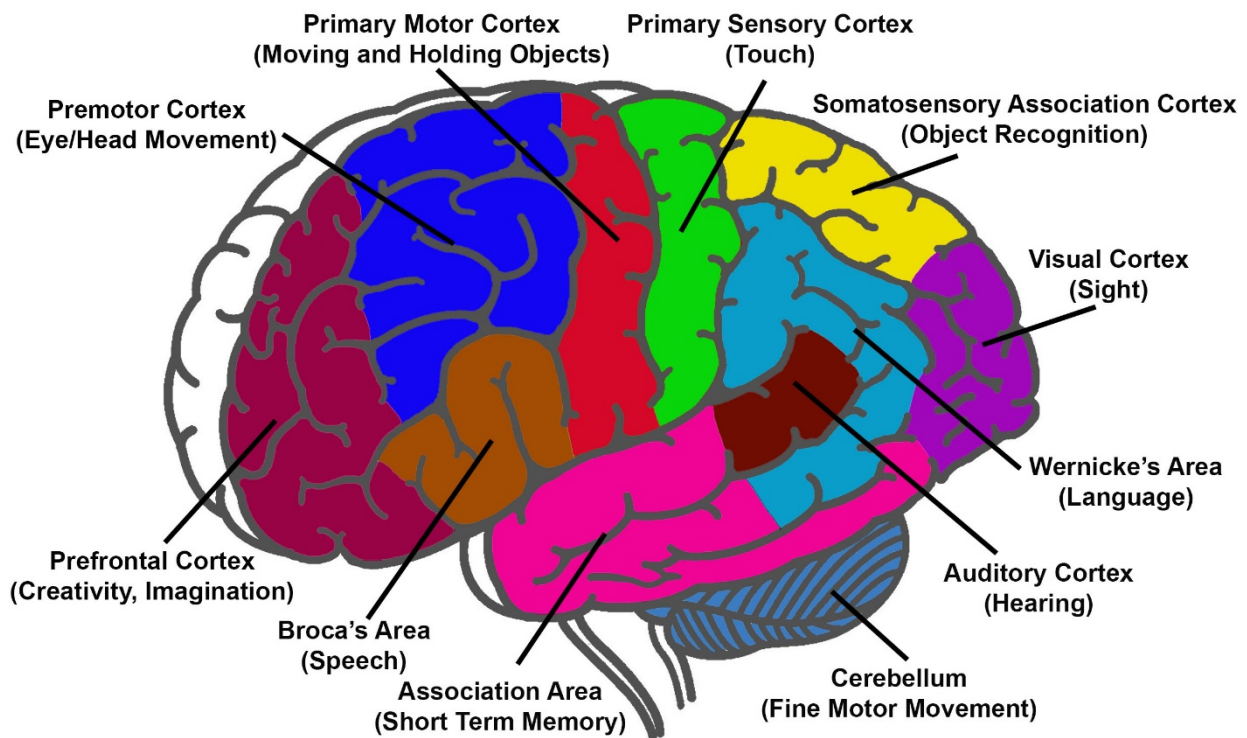


Activities for children

3 to 3.5 years

On the next pages you will find suggestions of activities to do with a child **3 to 3.5 years** 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.



Counting Bears

Bag G: 3-3.5 years

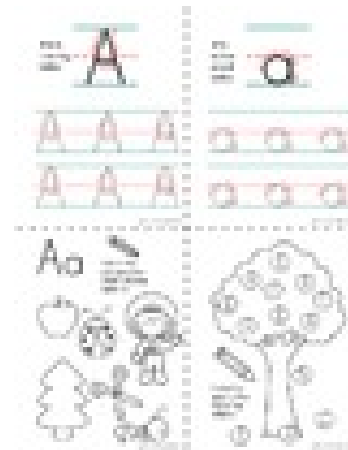
Teach your child how to count using the bears. Have your child make piles of 1, 2, or 3. Also, questions like "How old are you?" or "How many people are in our family?" will help your child understand number concepts. Put two different colored bears on the table and cover each with a napkin or cup. Say one of the colors and ask your child to show you where that bear is hiding. Take turns and let your child tell you the correct cup.



Letter Activity

Bag G: 3-3.5 years

Pick a page to color together. Talk about the sound the letter makes. Have your child practice saying the name and making the sound. Name as many things as you can (people, animals, objects) that start with the letter's sound. List them on the back of the page. Use the stencils to make the letter on a separate piece of paper. Display the pages.



Muffin Tin

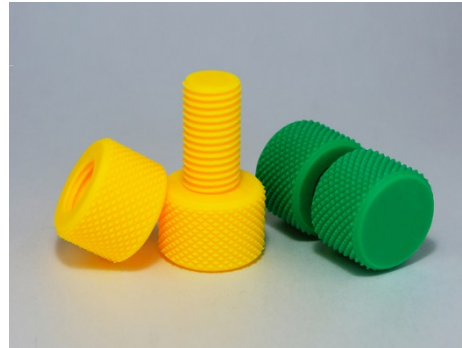
Bag G: 3-3.5 years

Count out loud with your child the number of bears that match the muffin cup label. Put a different colored bear in several cups and ask your child to match it. Find other toys that can be placed in the muffin tin. Practice counting objects each time you fill the tin.



Nuts & Bolts

Give your child time to touch and look at the toys. Your child might put the nuts and bolts together or you can show them how. Talk about things you use that have nuts and bolts like drawer handles or car tires. Put tape around the end of a piece of yarn and have your child slide the nuts onto the yarn.



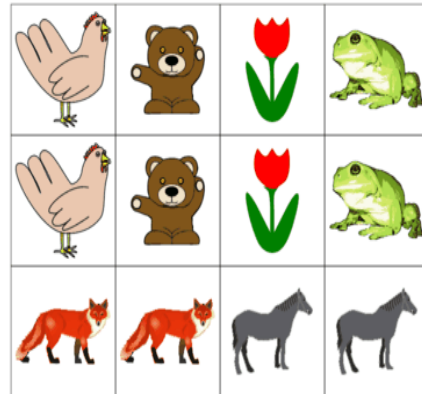
Playground Cones

Let your child set the cones in an open space. Then, decide on an action to do together, such as jump over, skip around, or crawl between. Have a race and practice counting by timing each other. Explain the positional words to your child. Use the cones to make a goal to kick a ball or run through and have fun!



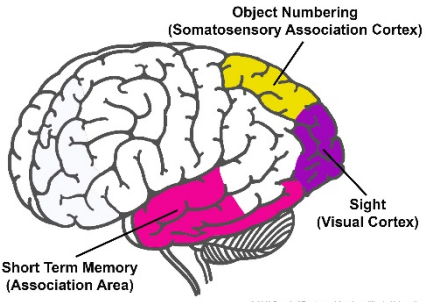
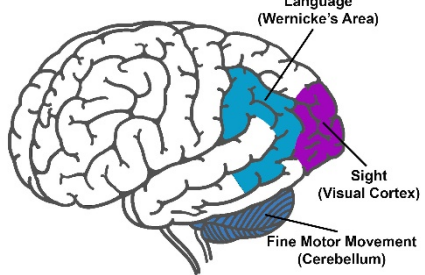
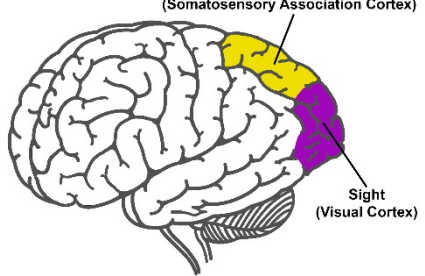
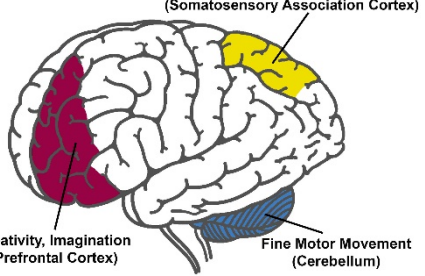
Shapes MEMORY Game

Look through the cards and talk about the different shapes. Ask your child to match pairs. Mix up the cards and place them picture-side down. Take turns flipping cards to find a match. Using the cards to sort shapes is another way to play. Divide several cards between players and take turns asking "Do you have a circle I can have?" or "I am looking for a square. Can you help?"



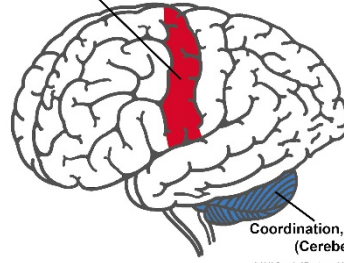
Activities for children at 3 to 3.5 years

Brain activity

<p>Counting Bears</p>	 <p>Object Numbering (Somatosensory Association Cortex)</p> <p>Sight (Visual Cortex)</p> <p>Short Term Memory (Association Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Letter Activity</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>Muffin Tin</p>	 <p>Object Shape (Somatosensory Association Cortex)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Nuts & Bolts</p>	 <p>Object Shape (Somatosensory Association Cortex)</p> <p>Creativity, Imagination (Prefrontal Cortex)</p> <p>Fine Motor Movement (Cerebellum)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>

Play Cones

Moving and Holding Objects
(Primary Motor Cortex)

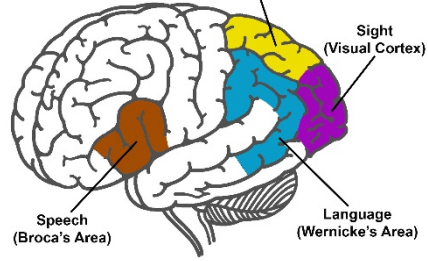


Coordination, Equilibrium
(Cerebellum)

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Shapes Memory Game

Object Numbering
(Somatosensory Association Cortex)



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