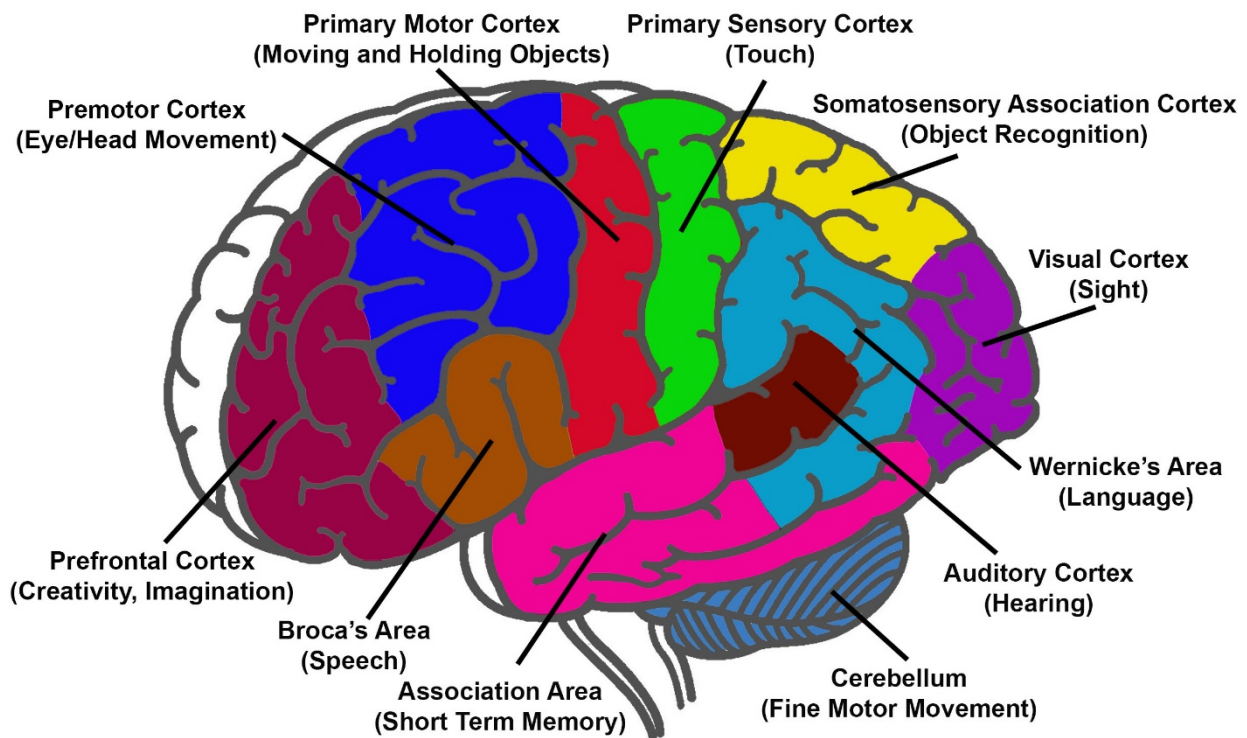


Activities for children

5 to 5.5 years

On the next pages you will find suggestions of activities to do with a child **5 to 5.5 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.



Bag K: 5-5.5 years

Ball Balance

Have your child set the three buckets on the floor about one foot away from each other. Give your child a spoon and place a ping pong ball on the spoon. You do the same. Carefully balance the spoon and walk the ball to the bucket. Also, playing toss with the small ball will help your child's hand eye coordination.



Bag K: 5-5.5 years

Ball Toss

Have your child set the three buckets on the floor a foot away from each other. Try to toss the ping pong balls into the buckets. Have your child take a step away to make the task more difficult. Count the number of times your child is able to hit the target.



Bag K: 5-5.5 years

Bug Catcher

Go with your child to collect bugs, leaves, pebbles, and small sticks and place them in the catcher. Let your child glue the sticks, pebbles, and leaves to a piece of cardboard (empty cereal or cracker box). Take a trip to the library or search online to find out about the items you collected. Help your child learn about what bugs eat, how bugs breathe, which bugs bite, etc.



Cloth Puppet

Use the fabric marker to create a face on the cloth puppet. Turn a coffee table or card table on its side to create a stage. Have your child put on a puppet show while you are the audience. Clap and give a standing ovation. Take a turn and give a show for your child. Be as funny as you can.



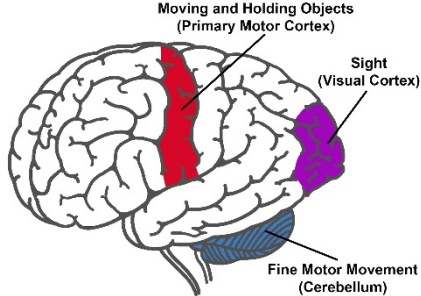
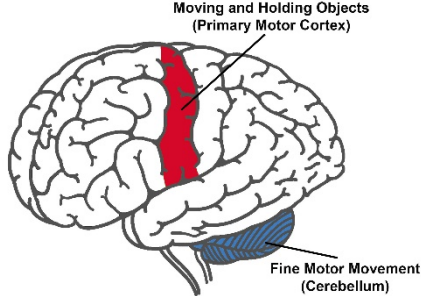
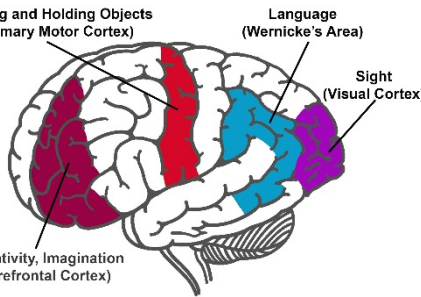
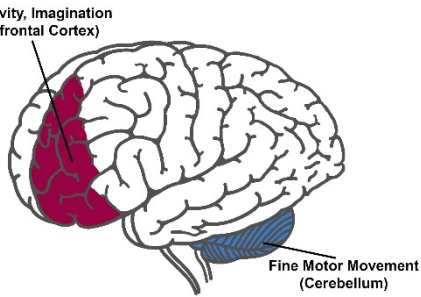
Shapes & Scarf

Set the shapes out for your child to see and touch. Describe each of them, for example "The square has four equal sides." Then, place one shape under the scarf so your child cannot see it. Encourage your child to carefully feel the shape so he/she can name it. Give hints when help is needed like "Do you feel 3 sides? What shape could that be?" Repeat the game letting your child take the lead.



Activities for children at 5 to 5.5 years

Brain activity

<p>Ball Balance</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>
<p>Ball Toss</p>	 <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Fine Motor Movement (Cerebellum)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Bug Catcher</p>	 <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Language (Wernicke's Area)</p> <p>Sight (Visual Cortex)</p> <p>Creativity, Imagination (Prefrontal Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Cloth Puppet</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>

Shapes & Scarf

