



# Activities You Can Do with Your Child at Home

## Movement Games

- Create dance choreographies with your children. Try to incorporate fundamental movement skills such as jumping, running, and kicking!
- Mirror game - Copy each other's movements, facial expressions, and sounds! Practice taking turns with your child being the leader and the mirror.
- Playing 'Simon says' is a fun way for your child to practice motor skills such as balancing. It can also help your child develop abilities in following multi-step instructions (e.g., "Simon says do jumping jacks, then sit down").

## Cognitive Games

- Playing 'Matching pairs' is a great way to nurture your child's concentration skills and attention to detail. Make it more fun by creating your own set of cards!
- Singing can help your child develop language skills. Make up songs about your child's favourite thing to do; add dance movements!

## Tell a Story

- Telling your child a story from your childhood is one of the best ways for you and your child to bond. You may also ask your child to tell you a story about themselves.
- Act out your child's favourite story or movie scene.
- Make up a new story together!