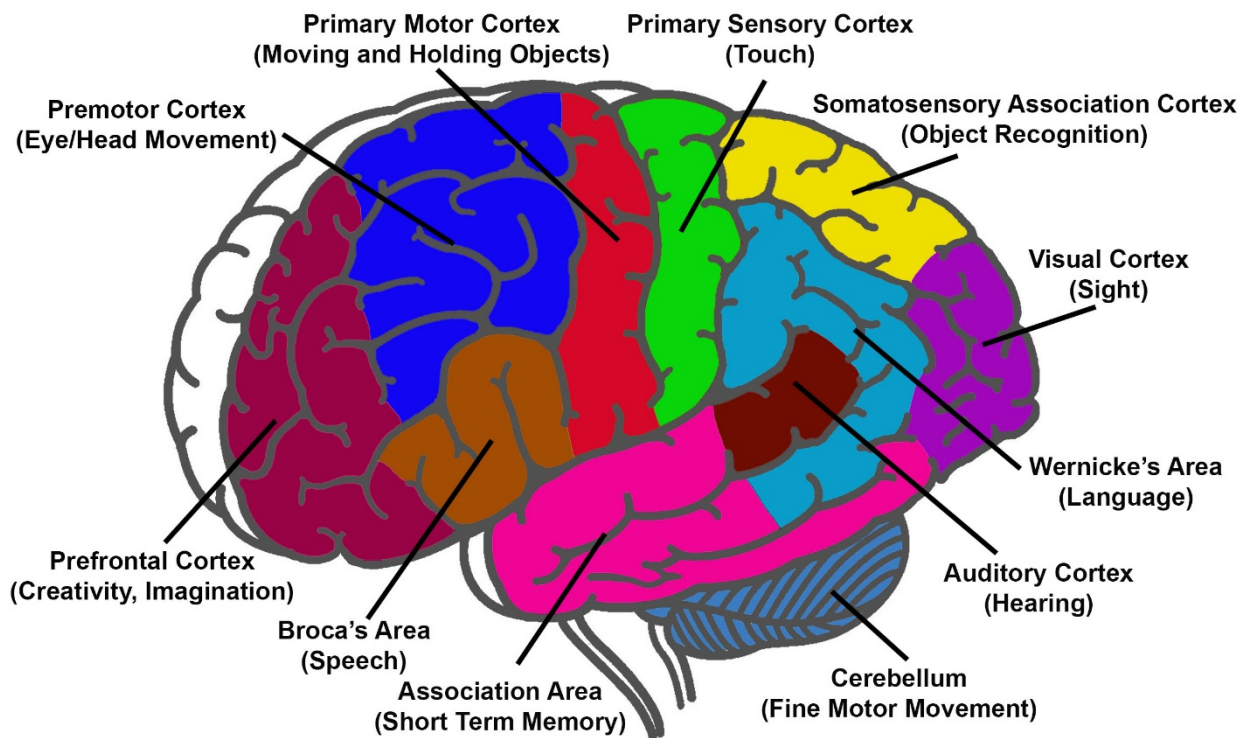


Activities for children

2.5 to 3 years

On the next pages you will find suggestions of activities to do with a child **2.5 to 3 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 F: 2.5-3 years

Dancing with Scarves

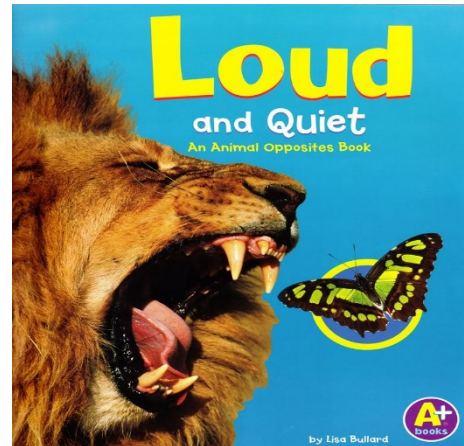
Let your toddler choose a scarf and you use the other. Use a phone, radio, or other source to play some music. Encourage your toddler to dance to the music. Model a slow dance to calm music and a crazy dance to a fast tempo. Later, let your child take the lead and you follow. Name and demonstrate different moves and styles.



Bag F: 2.5-3 years

Opposites Book

Continue to read to your child often. Ask your child to point to the pictures as you name them. Talk about how “opposites” are different in this book, in your home, and neighborhood. When your child starts to remember this book or another story, pause in each sentence and ask your child to fill in the next word.



Bag F: 2.5-3 years

Paint Brush & Paper

Give your toddler the paint brush and a small plastic cup of water. Let your toddler draw with the brush on the brown paper. Talk to your toddler while you watch. Take a turn and add to the drawing. Then, give the brush back and give your toddler another turn. Keep adding to the drawing. If outside, draw on the sidewalk and watch for the picture to disappear in the sun.



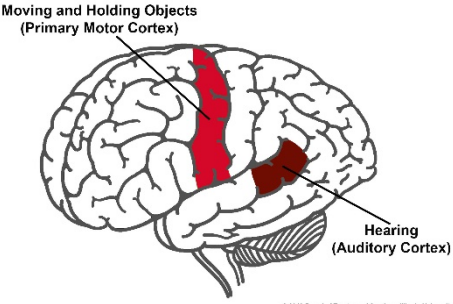
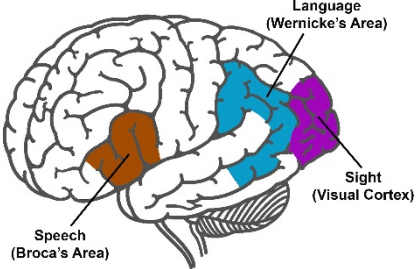
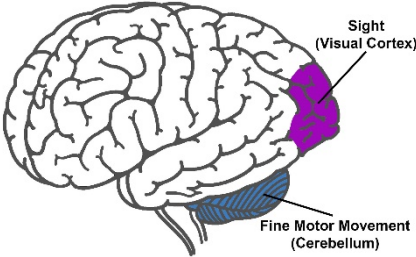
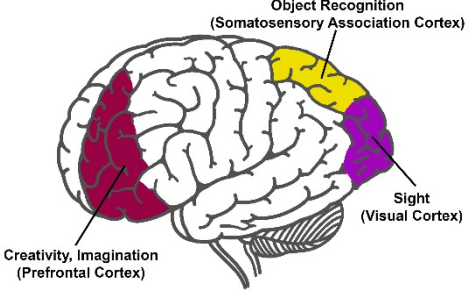
Simple Puzzle

Puzzles are fun for children. Help your toddler complete the puzzle. Show how to turn each piece so it fits. When finished, talk about the picture on the puzzle. Let your toddler take the puzzle apart while you count the pieces. Sort the pieces by color if possible. Make more puzzles by cutting pictures into 3-4 pieces and letting your child fit them together.



Activities for children at 2.5 to 3 years

Brain activity

<p>Dancing with Scarves</p>	 <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Hearing (Auditory Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Opposites Book</p>	 <p>Language (Wernicke's Area)</p> <p>Speech (Broca's Area)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Paint Brush & Paper</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>Simple Puzzle</p>	 <p>Object Recognition (Somatosensory Association Cortex)</p> <p>Sight (Visual Cortex)</p> <p>Creativity, Imagination (Prefrontal Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>