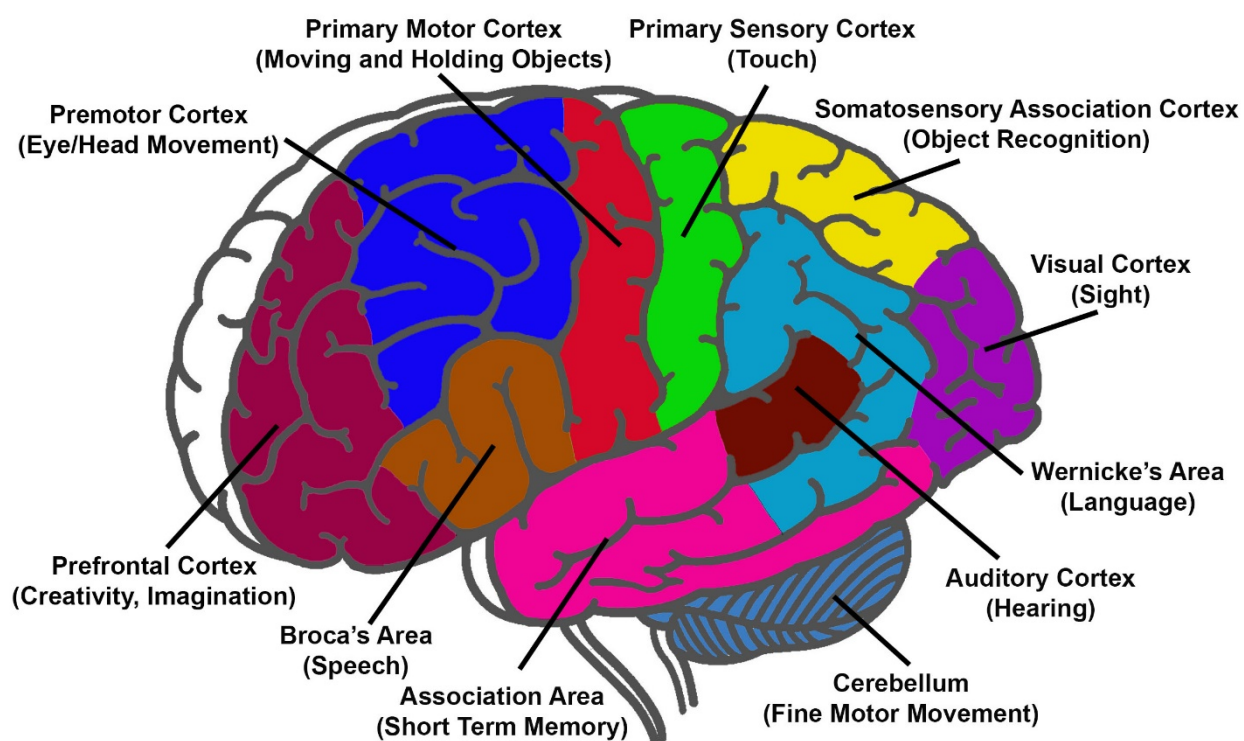


Activities for children

2 to 2.5 years

On the next pages you will find suggestions of activities to do with a child **2 to 2.5 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.



Cookie Cutters & Play Dough

Bag E: 2-2.5 years



Show your toddler how to flatten the play dough and cut out an animal using the cookie cutters. Name the animal, make its sound, and tell your child where it lives. "Wow! You just made a cow. It says "mooo" and lives on a farm" is one example. Encourage your toddler to repeat the animal sound. Use the play dough in free play too.



Jumbo Chalk & Stencils

Bag E: 2-2.5 years



First, allow your toddler to simply draw with the chalk and describe what is drawn. Drawing can be on newspaper, a paper sack from the store, or outside on the sidewalk. Then, show your toddler how to use the stencils. If playing outside, have your toddler lay down and trace him/her with the chalk. Let him/her trace around you too. Talk about the size differences.



Kitchen Utensils

Bag E: 2-2.5 years



Give your toddler the kitchen utensils and a plastic bowl to use while you are both in the kitchen. Show your toddler how to pretend to stir and cook. Use questions to describe the pretend play like "Are you using the spoon to stir?" or "What are you making in your bowl?" Sit down next to your toddler and "taste" the pretend food that was made.



Bag E: 2-2.5 years

“Sign & Sing Along Board Book”

Read the book to your toddler.
 Follow the words with your finger as you read. Describe the pictures you see.
 Make the signs the book shows. Help your toddler make the signs with his/her hands too.
 Sing the song with your toddler. Finally, stand up and dance while you sing the song again. Use the signs as you dance and sing. Be silly and make your toddler laugh.



Bag E: 2-2.5 years

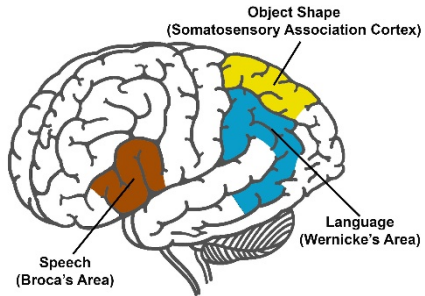
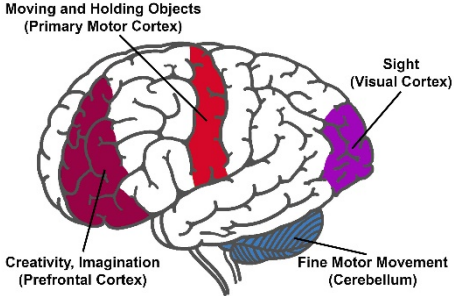
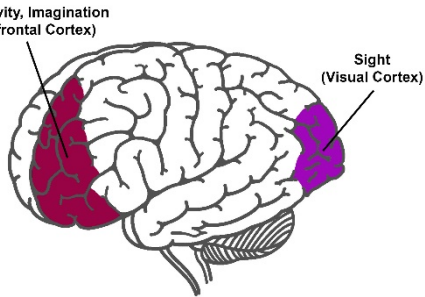
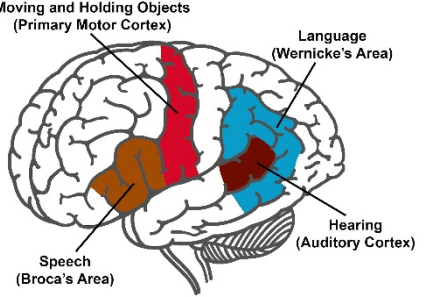
Spray Bottle

Fill the spray bottle with water and let your toddler practice spraying.
 If outside, play a game by asking your toddler to find and spray objects such as a tree, the car, etc. Spraying a design on the sidewalk or spraying each other are other outside options.
 Inside, your toddler can spray a design on a thick piece of paper or play with the bottle in the bathtub.



Activities for children at 2 to 2.5 years

Brain activity

<p>Cookie Cutters & Play Dough</p>	 <p>Object Shape (Somatosensory Association Cortex)</p> <p>Language (Wernicke's Area)</p> <p>Speech (Broca's Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Jumbo Chalk & Stencils</p>	 <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Sight (Visual 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>
<p>Kitchen Utensils</p>	 <p>Creativity, Imagination (Prefrontal Cortex)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Sing A Long Book</p>	 <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Language (Wernicke's Area)</p> <p>Hearing (Auditory Cortex)</p> <p>Speech (Broca's Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>

Spray Bottle

