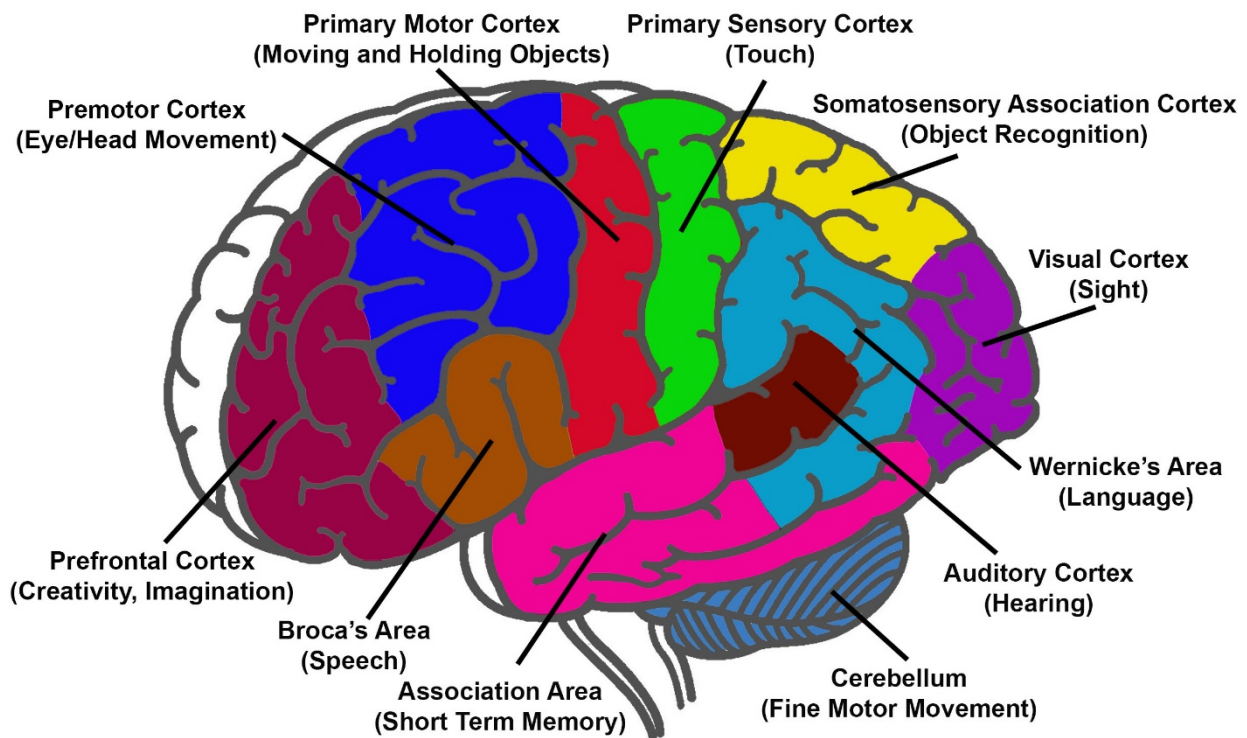


Activities for children

3.5 to 4 years

On the next pages you will find suggestions of activities to do with a child **3.5 to 4 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 H: 3.5-4 years

Alphabet Blocks

Show your child how to build one of the towers below with the blocks. Start with the easiest tower and leave yours standing as an example. After your child is able to use your tower as a guide, build a different tower but this time take it down before your child has a turn. Encourage him/her to build the tower from memory. Give hints and help when needed. Let your child take on the role of "teacher" and instruct you to build a tower.



Bag H: 3.5-4 years

Bubbles

Take the bubbles outside or use in the bathtub. Make one large bubble and then several small. Talk about the difference in size. Blow bubbles high into the air and have your child run to catch and pop the bubbles. Show your child how to gently blow through the small circle. Be patient and praise efforts as he/she tries. Count bubbles your child is able to make. Also, have your child practice counting as you blow bubbles.



Bag H: 3.5-4 years

Foam Beads

Here are a few ideas for using the foam beads: count the beads, sort the beads according to color, or put beads into piles of 1, 2, 3, and so on. Put the beads on the pipe cleaners, tie them shut, and use the numbers provided to label the number of beads on each. Then, use the bracelets you and your child created to practice counting.



Bag H: 3.5-4 years

Kinetic Sand & Beach Toys

Allow your child to play with the kinetic sand on a smooth surface. Practice making shapes with the sand. Show how to push the sand flat and use a finger to make a design. Find a small object and press it into the sand to see what happens. Use the beach toys provided with the sand. Kinetic sand is very heavy. Find other household items that could be compared to the sand like sugar or flour. Which is heavier?



Bag H: 3.5-4 years

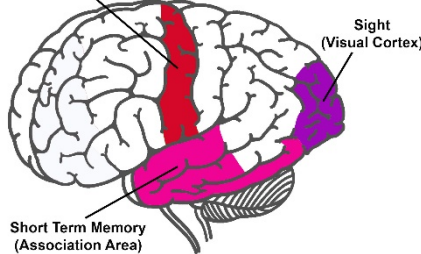
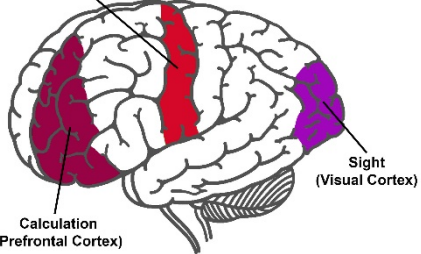
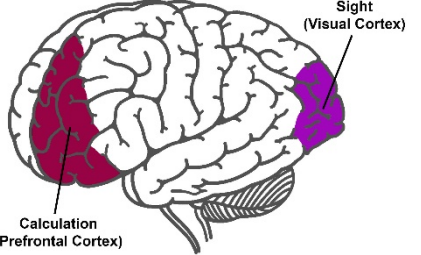
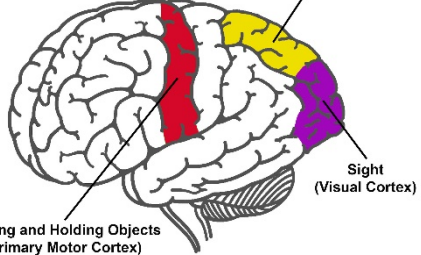
Lettering Stencils

Find some paper and a pencil for your child to use with the lettering stencil. Use the stencil to practice writing letters or even words like your child's name, "mom," or "dad." When you write individual letters, say the sound the letter makes and think of words that also begin with that letter. Display your child's work.

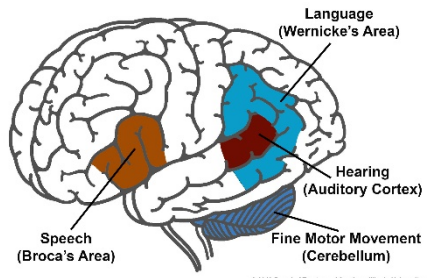


Activities for children at 3.5 to 4 years

Brain activity

<p>Alphabet Blocks</p>	<p>Moving and Holding Objects (Primary Motor Cortex)</p>  <p>Short Term Memory (Association Area)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Bubbles</p>	<p>Moving and Holding Objects (Primary Motor Cortex)</p>  <p>Calculation (Prefrontal Cortex)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Foam Beads</p>	 <p>Calculation (Prefrontal Cortex)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Kinetic Sand & Beach Toys</p>	<p>Object Shape (Somatosensory Association Cortex)</p>  <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>

Lettering Stencils



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