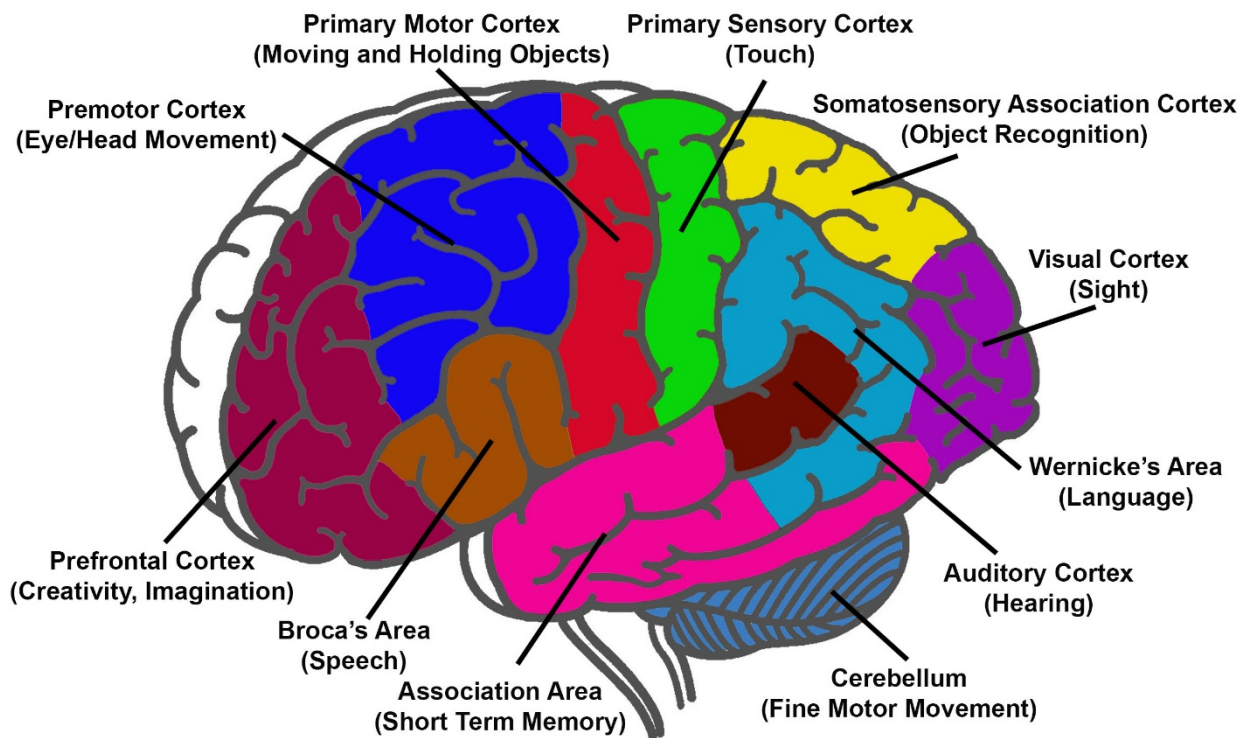


Activities for children

4.5 to 5 years

On the next pages you will find suggestions of activities to do with a child **4.5 to 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 J: 4.5-5 years

Cut-out Paper Doll

Using a pair of kid-friendly scissors, help your child cut out the paper doll. Encourage your child to use his/her imagination to make up a story for the doll. Ask questions such as "What is his/her name?" and "Where is he/she going today?" directly to the doll or have your child answer for it.



See attached template

Bag J: 4.5-5 years

Fitness Die

Children are full of energy. Physical activities that require high energy allow kids to burn off some of the energy while also developing muscles. Using glue or masking tape provided, put together the fitness die. Once complete, find an open place to play. Take turns with your child rolling the die to see what physical activity it lands on.



See attached template

Bag J: 4.5-5 years

Plastic Animals

Your child will probably enjoy telling you all he/she knows about the plastic animals. You can help the conversation along by asking questions about what each eats and where each lives. Use words like big, fast, etc. to describe the animals. With your child, pretend the animals are on a big adventure together. Let your child decide what they will see and do.



Plastic Food & Utensils

Have fun letting your child take the lead at a pretend meal time. Using the plates and play food let him/her serve you a meal. Finding a small pad of paper and a pencil can allow your child to take your order at your favorite restaurant. You can involve counting if you find a few coins to use for a bill and a tip. Use play time to talk about the different food groups (fruit, vegetable, etc.).



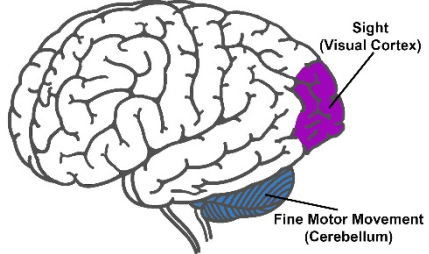
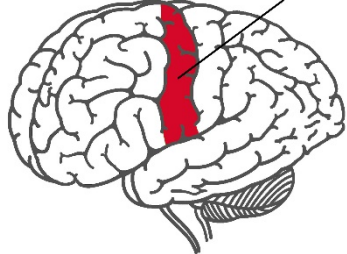
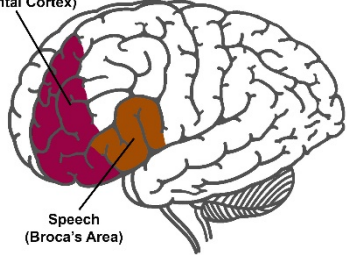
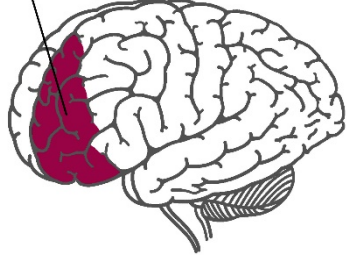
Sensory Bean Bags

Your child will enjoy squeezing the bean bag, tossing it into the air, and catching it. You can play a game of catch or "hot potato." Encourage your child to throw underhand, then overhand, with each hand. Give your child a large bucket or container to toss the bag into. You can also use masking tape to make tossing targets on the floor.

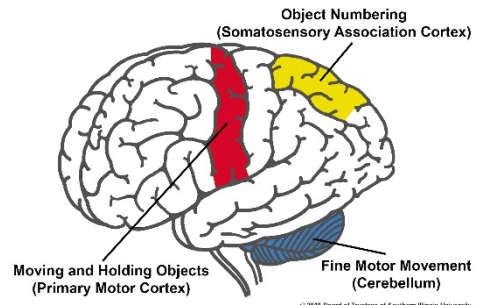


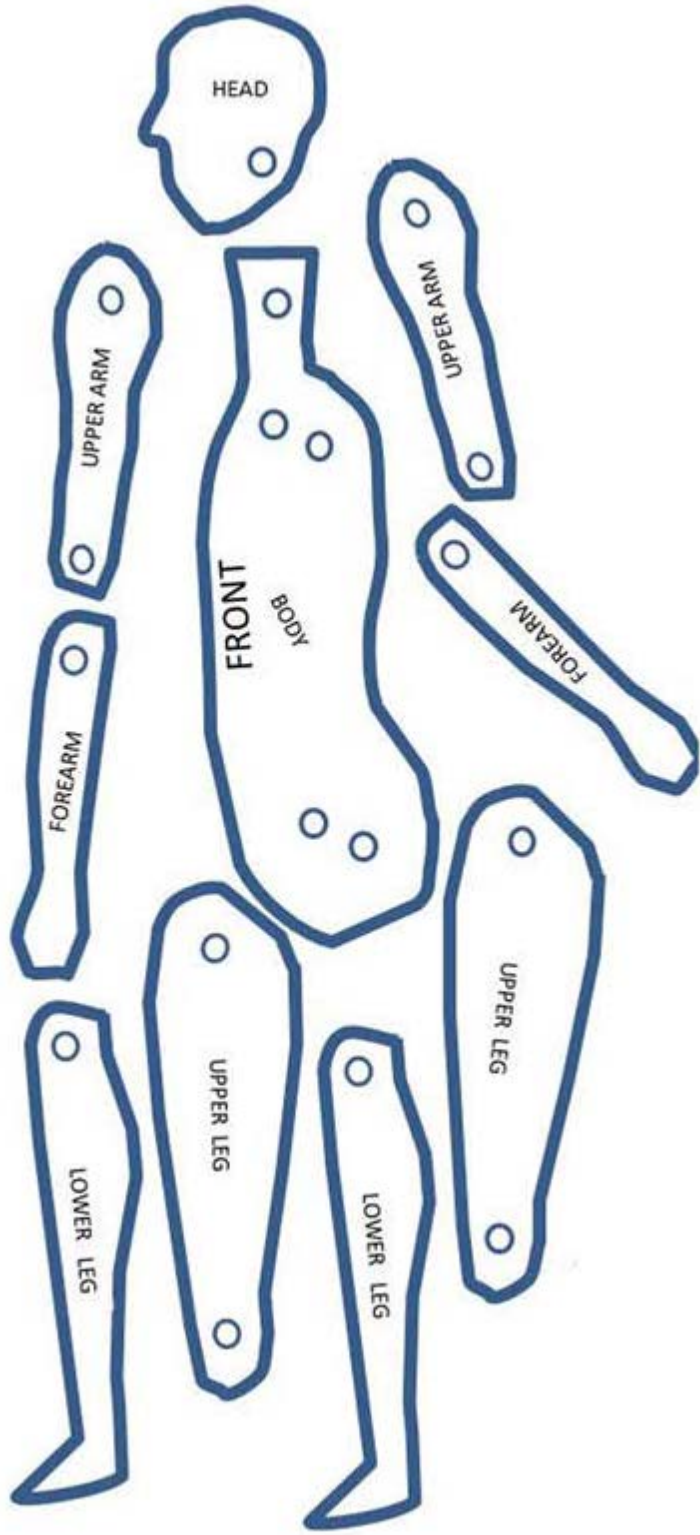
Activities for children at 4.5 to 5 years

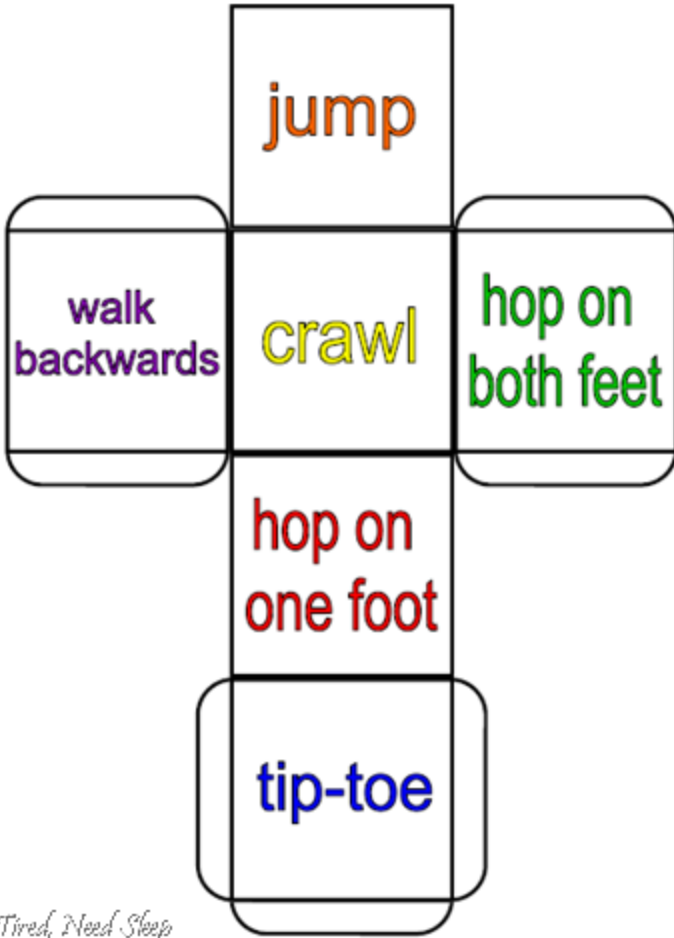
Brain activity

<p>Cut out Paper Doll</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>Fitness Die</p>	 <p>Movement (Primary Motor Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Plastic Animals</p>	 <p>Creativity (Prefrontal Cortex)</p> <p>Speech (Broca's Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Plastic Food & Utensils</p>	 <p>Creativity (Prefrontal Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>

Sensory Bean Bags







Tired, Need Sleep