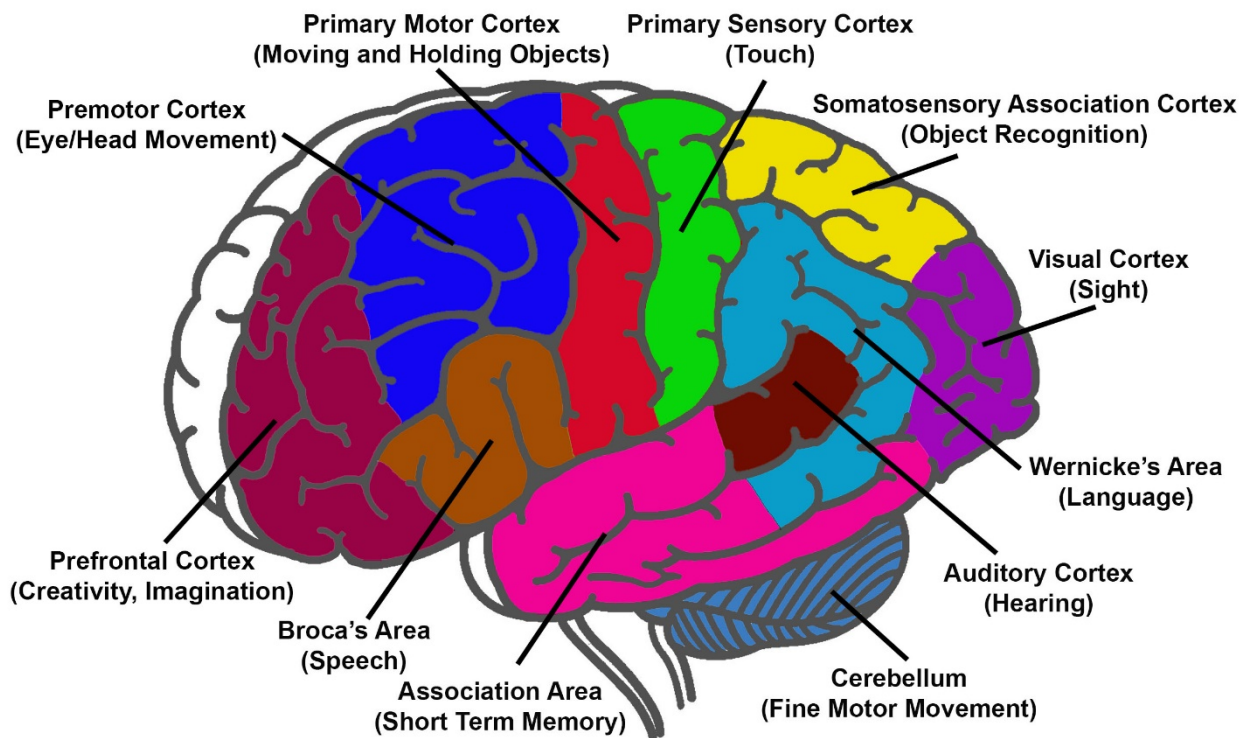


Activities for children

4 to 4.5 years

On the next pages you will find suggestions of activities to do with a child **4 to 4.5 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).

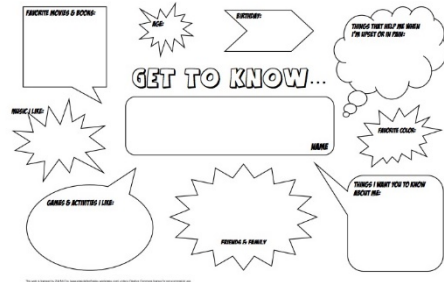
Please contact PSP@SIUmed.edu with any questions.



All About Me Poster

Bag 1: 4-4.5 years

Use the washable marker provided to fill out the All About Me poster with your child. Write the answers your child tells you. Even though they won't be recorded, share your own answers to the questions. Use the marker to color the poster together. Ask your child to help you find a place to display the poster in your home.



Alphabet Learning Wheel

Bag 1: 4-4.5 years

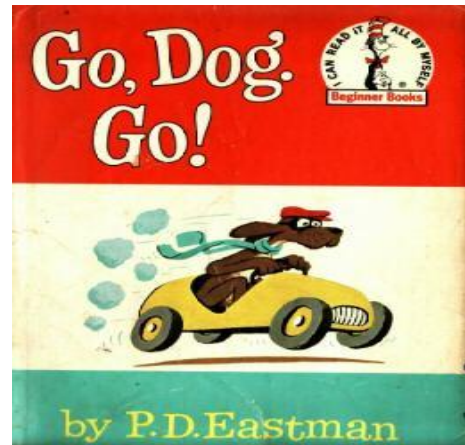
Show the alphabet learning wheel to your child. Ask him/her to explain what is seen. Then, point to an object and ask your child to recall the name of the object. Say the name slowly, emphasizing the beginning letter sound to see if your child can identify the letter. Help your child find and match up both the lower case and upper case letter that corresponds with the named object. Move on and repeat the process with another object.



Go Dog Go Book

Bag 1: 4-4.5 years

Enjoy reading time with this fun book. Follow the words with your finger and pause often to see if your child can guess the next word. Search the book together for words that repeat and point to each word. Your child will begin to recognize words thanks to repetition. Play a game where you take turns saying words that rhyme.



Lacing Cards

Show your child how to lace through the holes in the card. While your child is working, talk about the animal and sing "Old MacDonald." The card is also good for tracing an outline to color. Talk about the animal's body parts. Write your child's name on the art work and ask your child to trace, copy, and/or say the letters.



Laminated Letter Cards

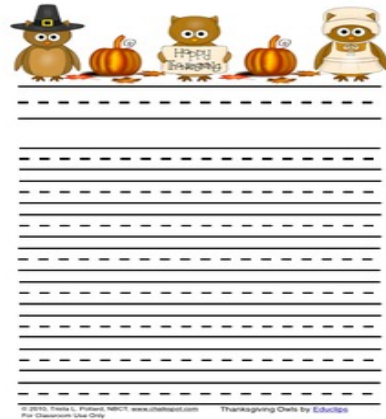
Use the dry erase marker and the laminated cards to practice writing letters. When you write letters, say the sound the letter makes and think of the words that also begin with that letter. You can also use the play dough to form letters and lay them on top of the cards. This activity will help your child learn the letters and their sounds.



See attached template

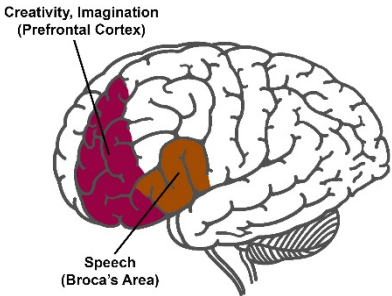
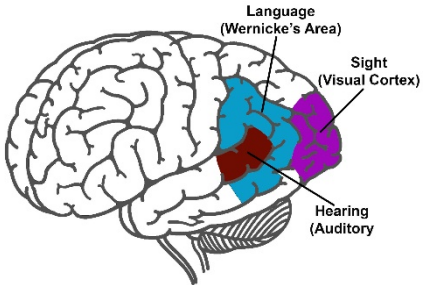
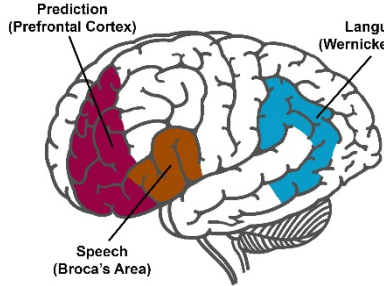
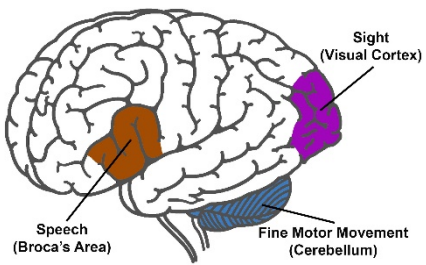
Write & Draw Paper

Use provided marker or a pencil with the Write & Draw paper. Encourage your child to draw a picture in the space at the top of the page. Have your child tell the story that goes with his/her drawing. Write your child's "story" on the lines below the picture. Lightly write your child's name on one of the lines and have your child trace it for practice.



Activities for children at 4 to 4.5 years

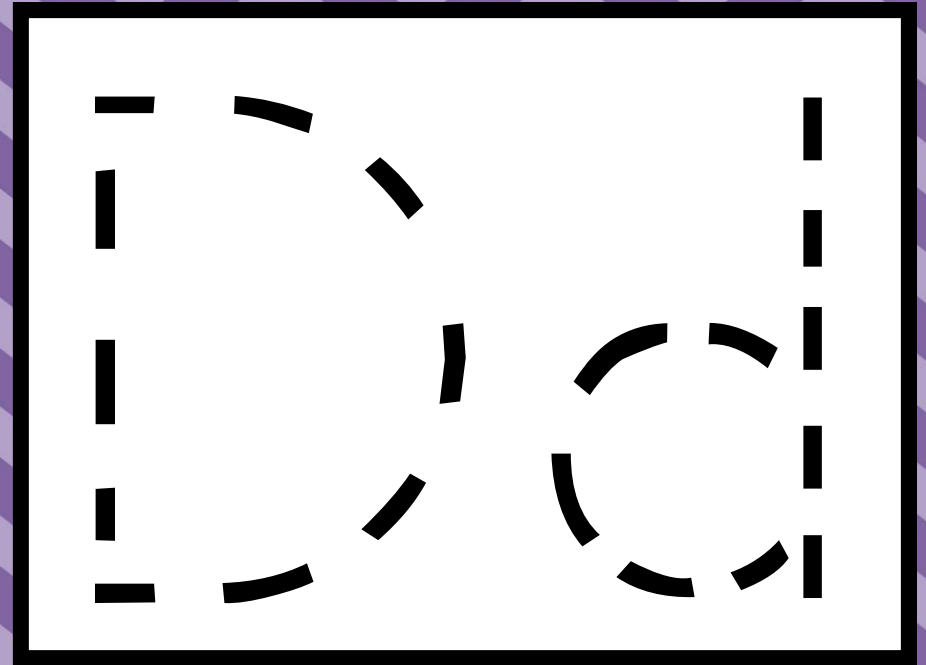
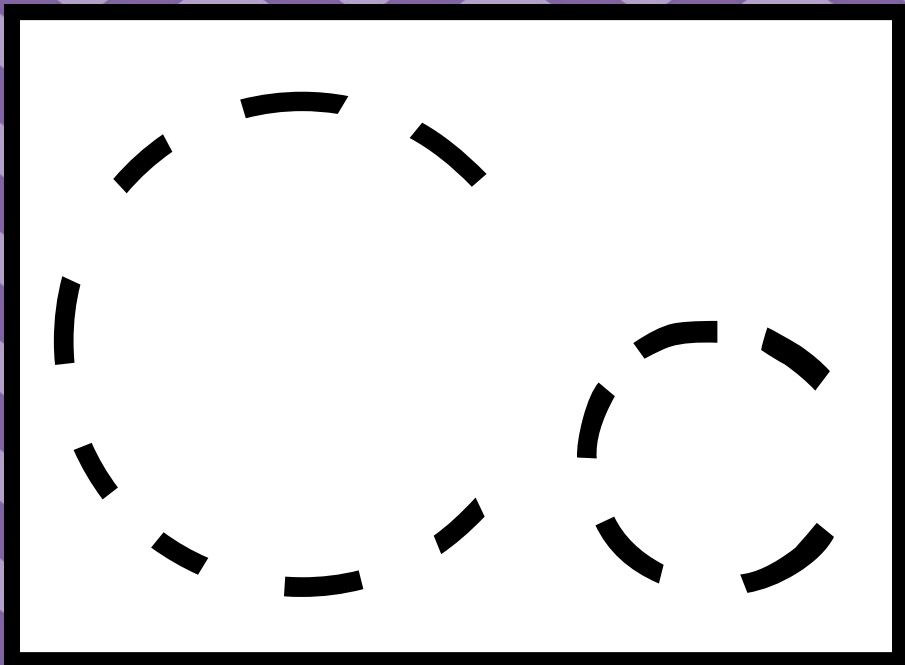
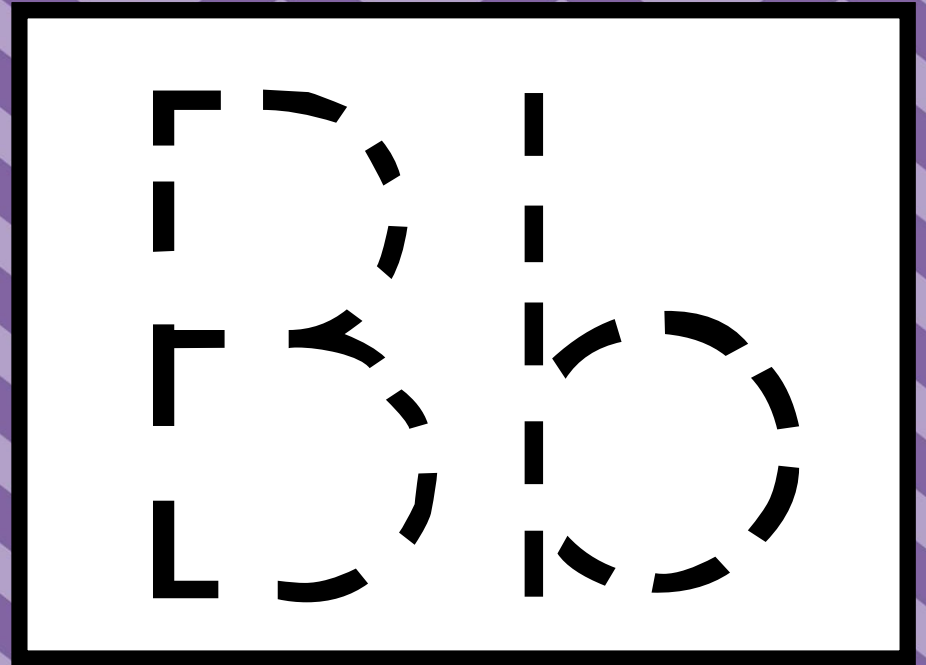
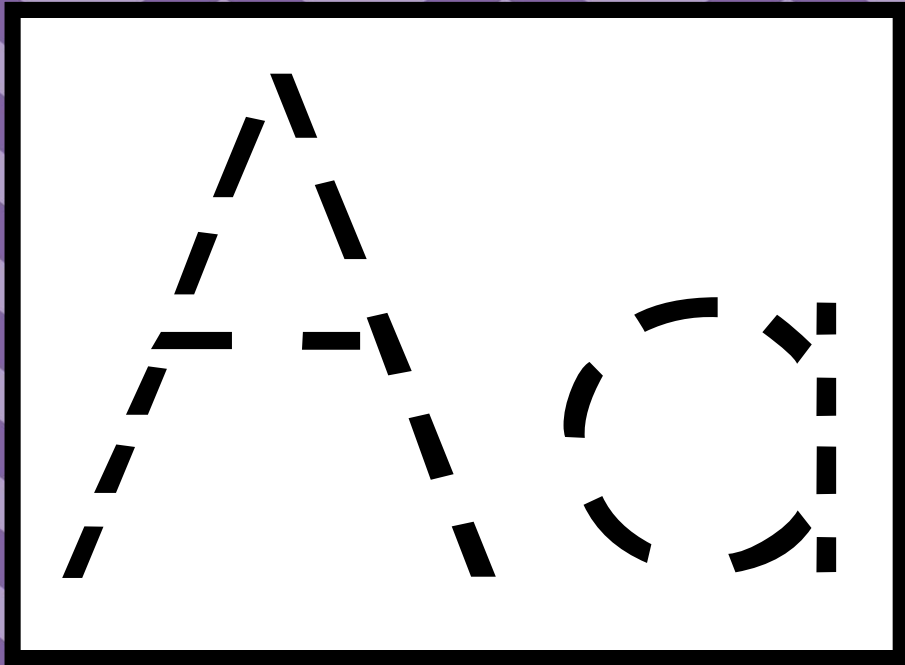
Brain activity

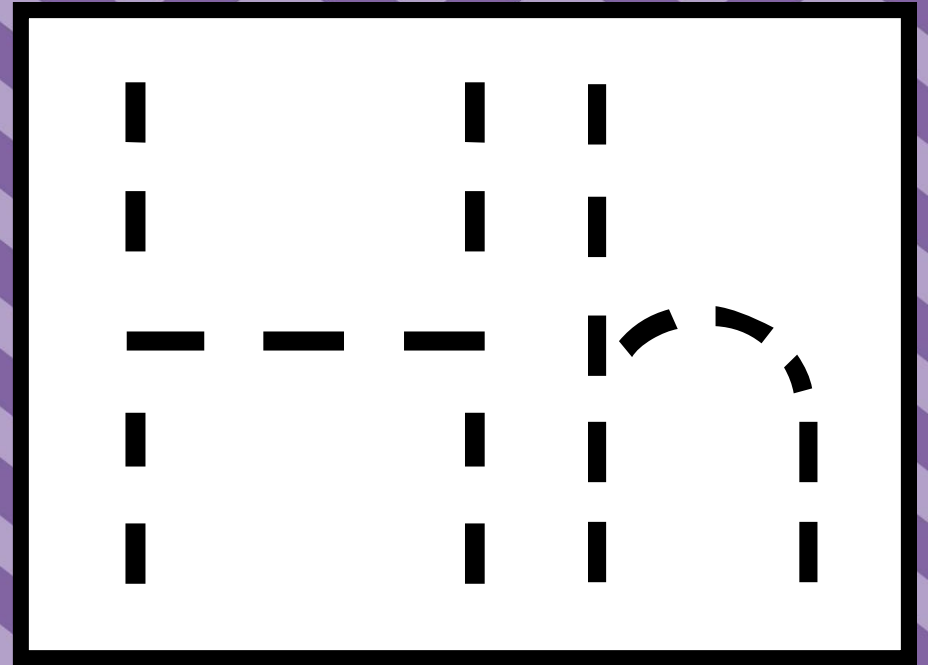
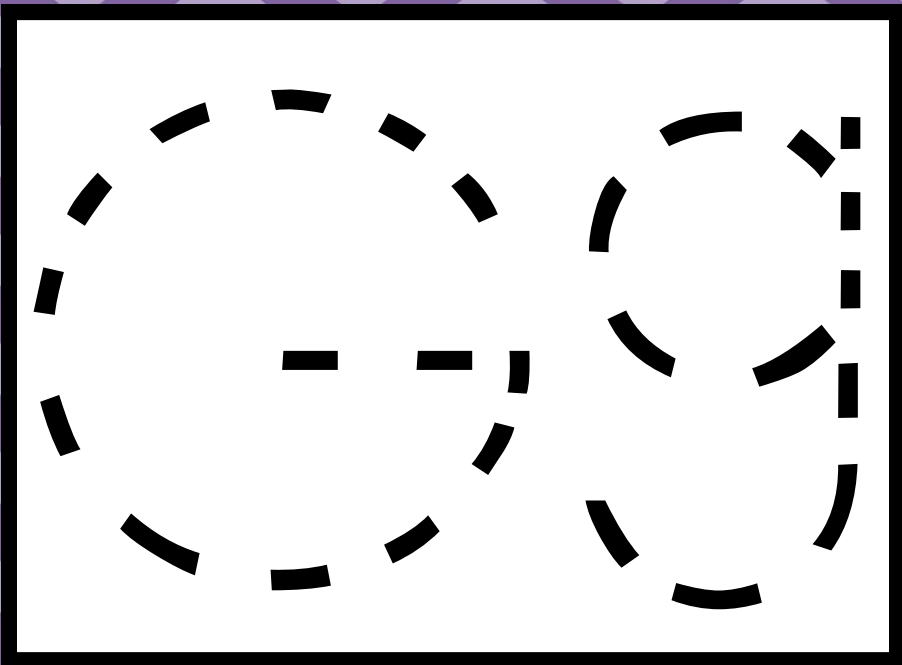
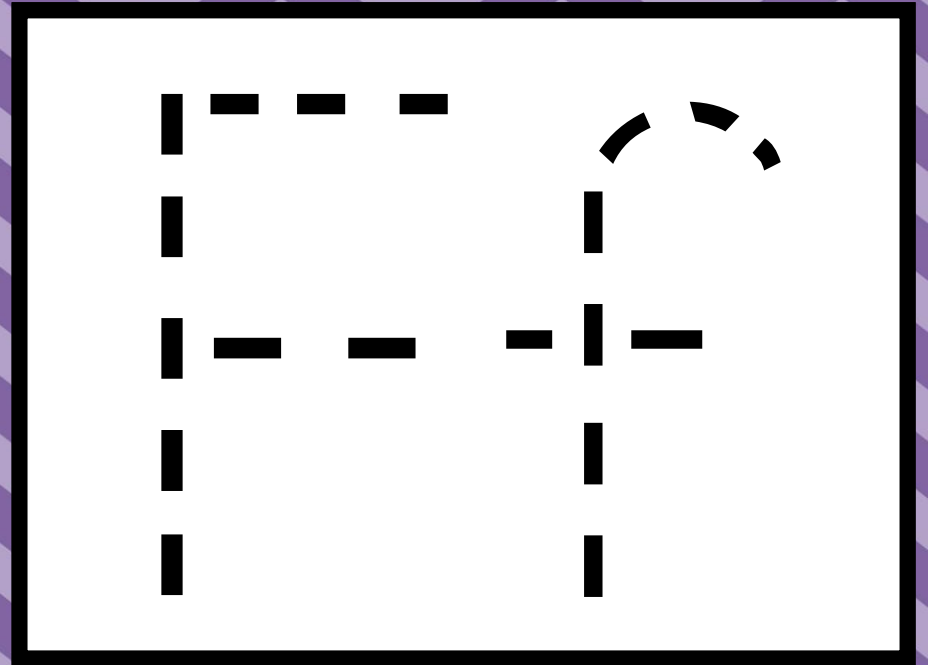
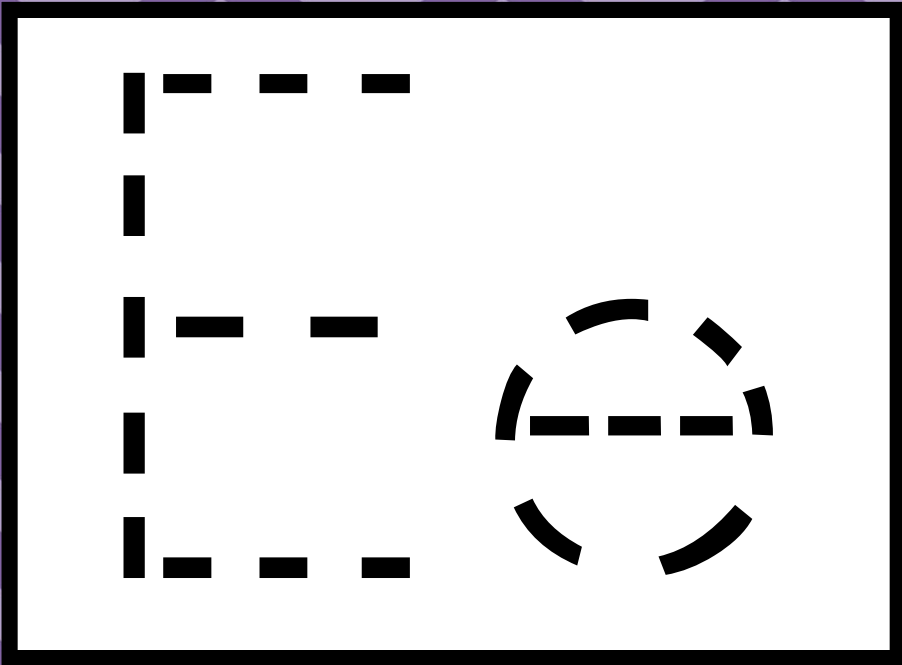
<p>All about Me Poster</p>	 <p>Creativity, Imagination (Prefrontal Cortex)</p> <p>Speech (Broca's Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Alphabet Learning Wheel</p>	 <p>Language (Wernicke's Area)</p> <p>Sight (Visual Cortex)</p> <p>Hearing (Auditory)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Go Dog Go Book</p>	 <p>Prediction (Prefrontal Cortex)</p> <p>Speech (Broca's Area)</p> <p>Language (Wernicke's Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Lacing Cards</p>	 <p>Speech (Broca's Area)</p> <p>Sight (Visual Cortex)</p> <p>Fine Motor Movement (Cerebellum)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>

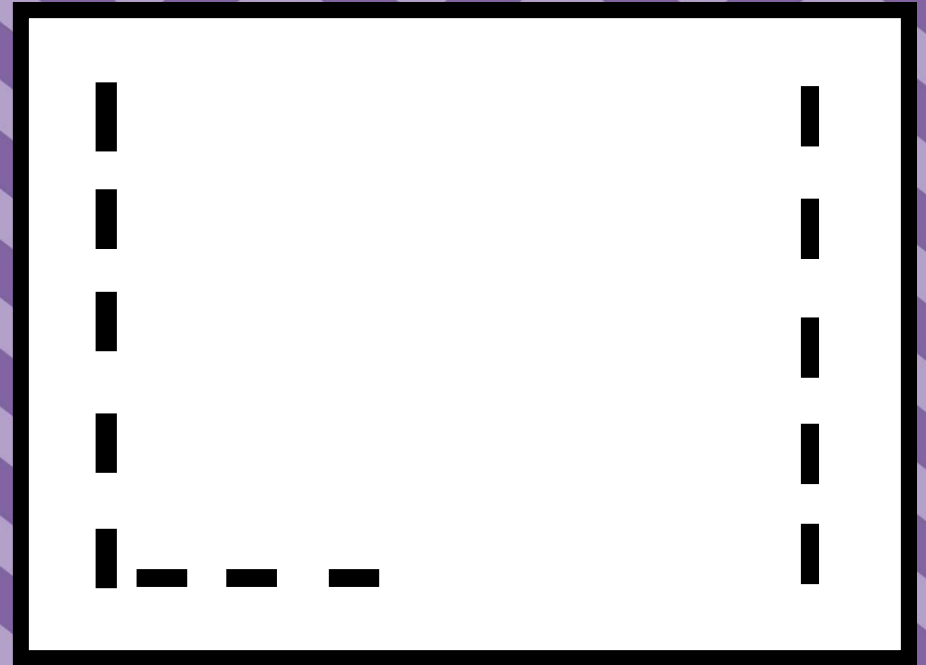
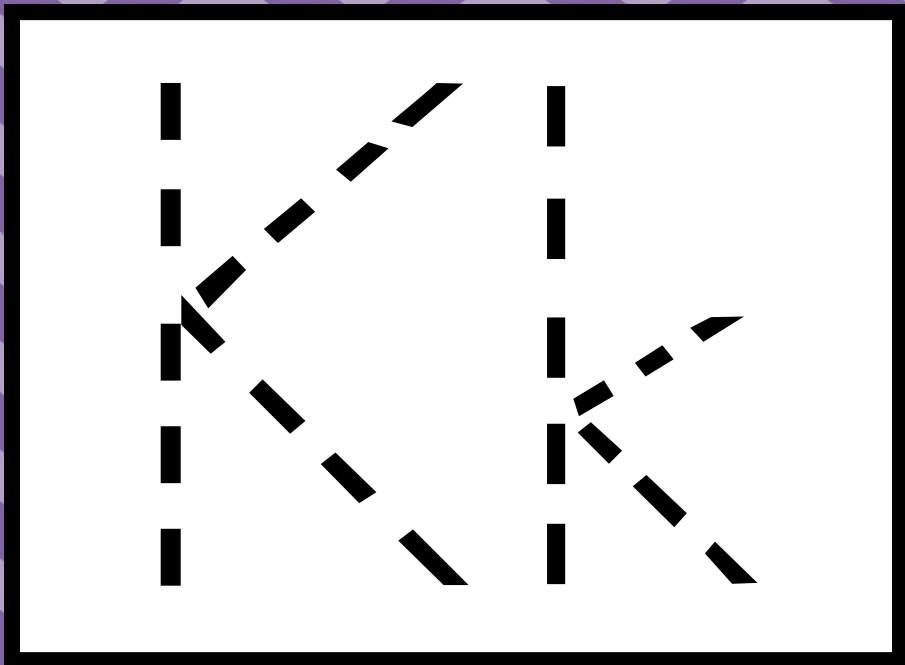
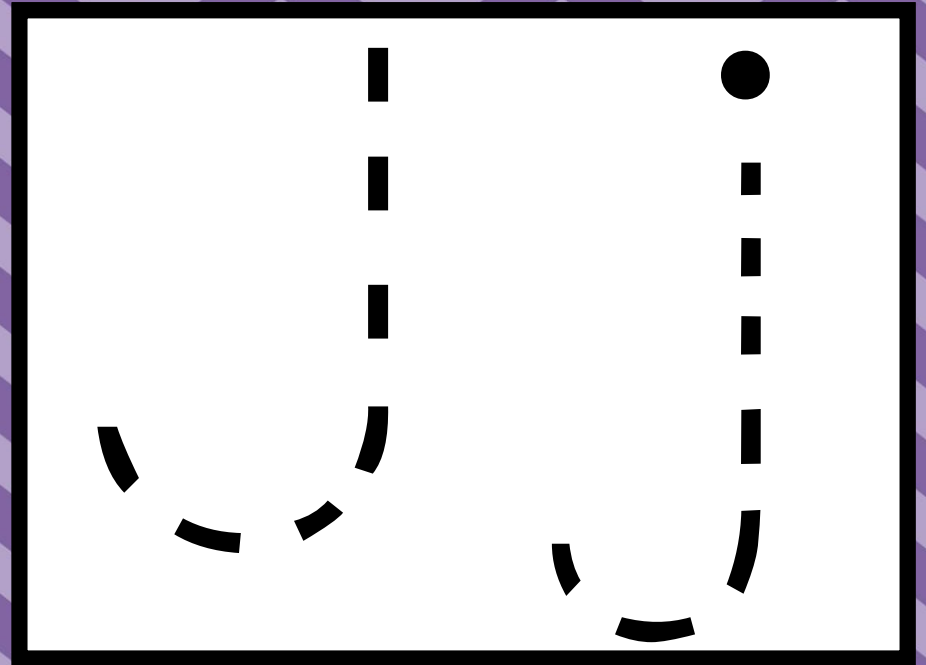
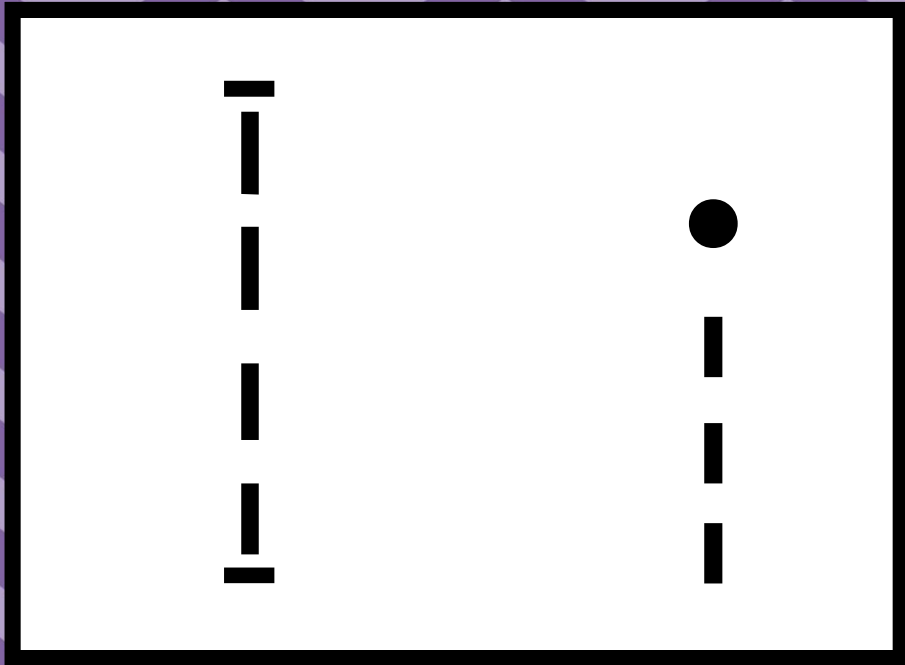
<p>Letter Cards</p>	<p>© 2018 Board of Trustees of Southern Illinois University</p>
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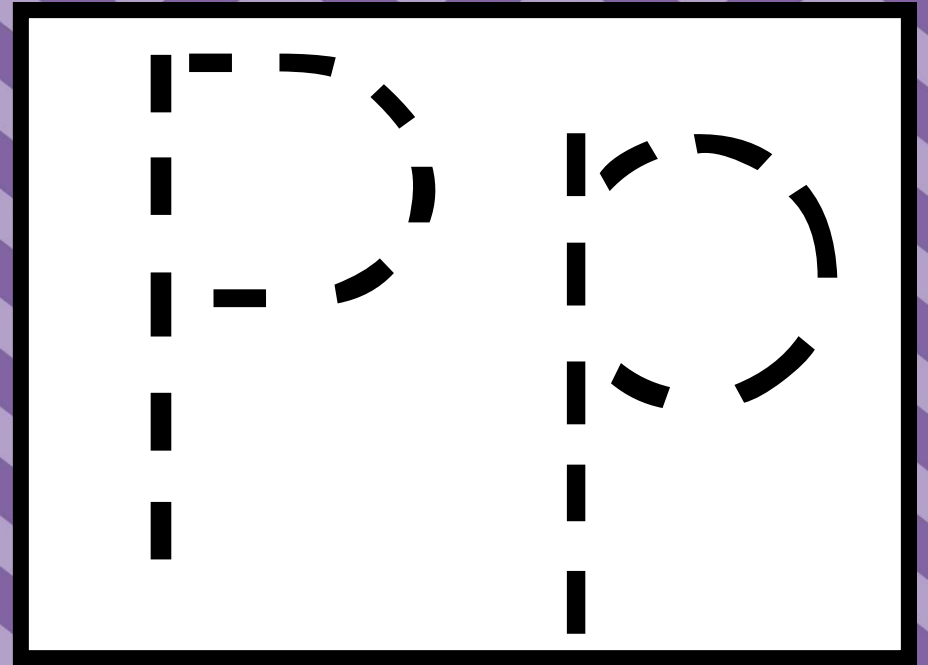
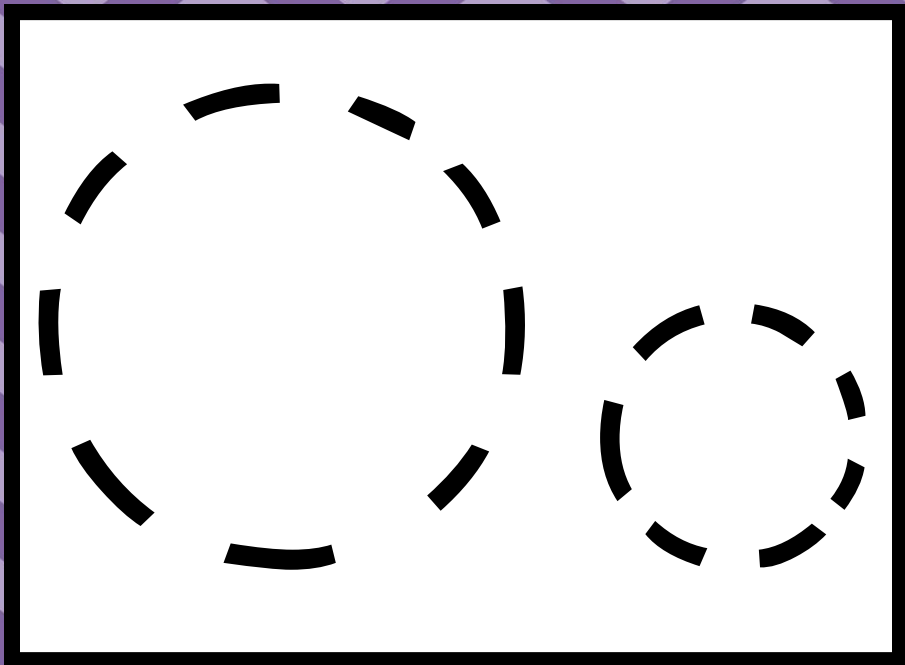
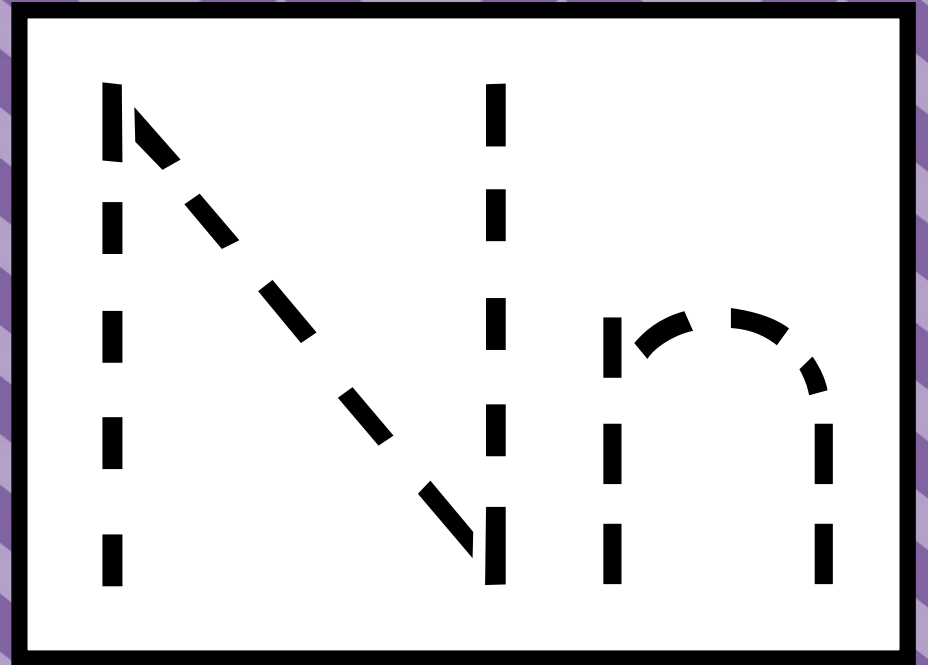
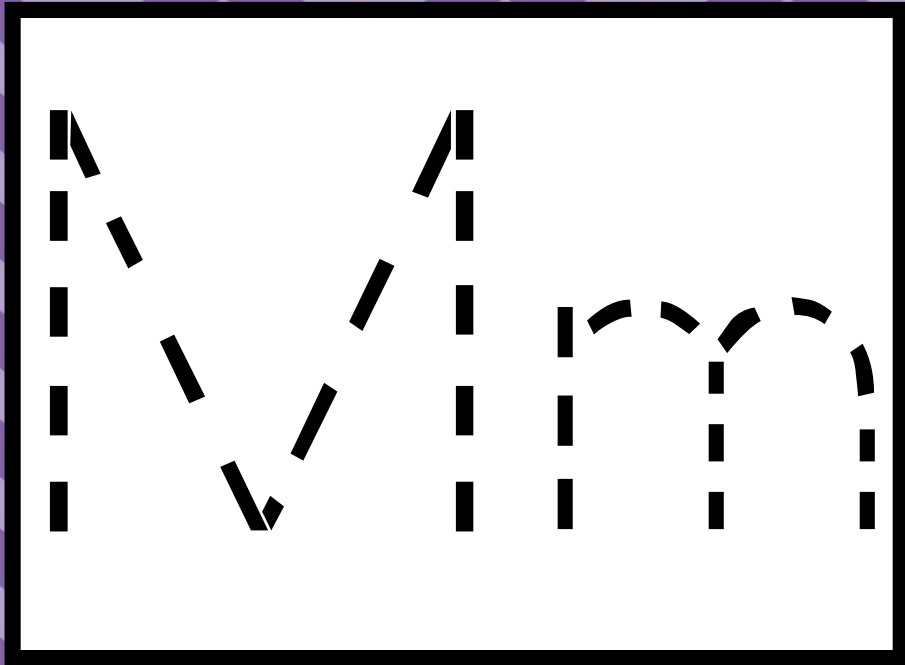
<p>Write & Draw Paper</p>	<p>© 2018 Board of Trustees of Southern Illinois University</p>
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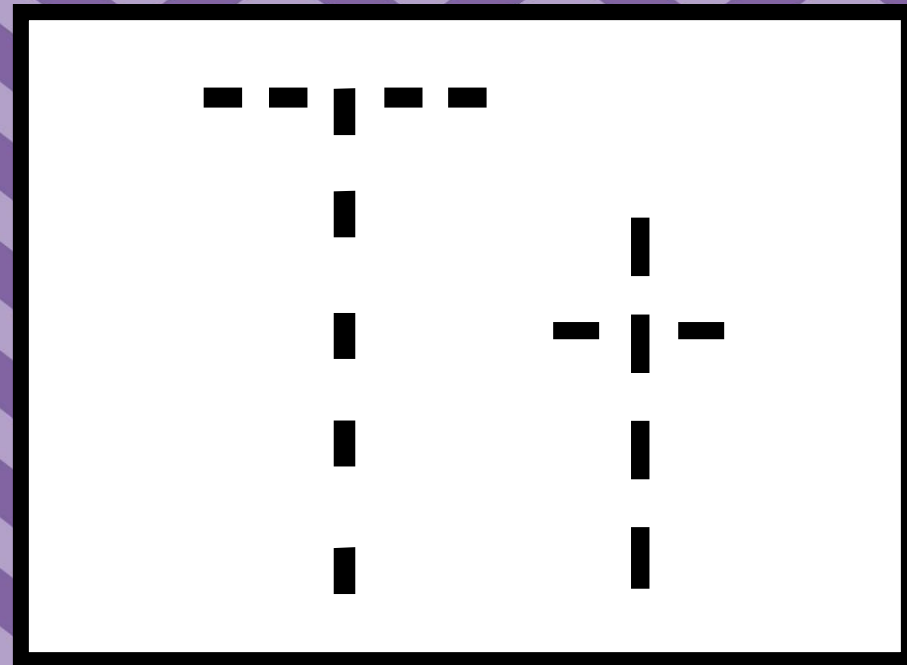
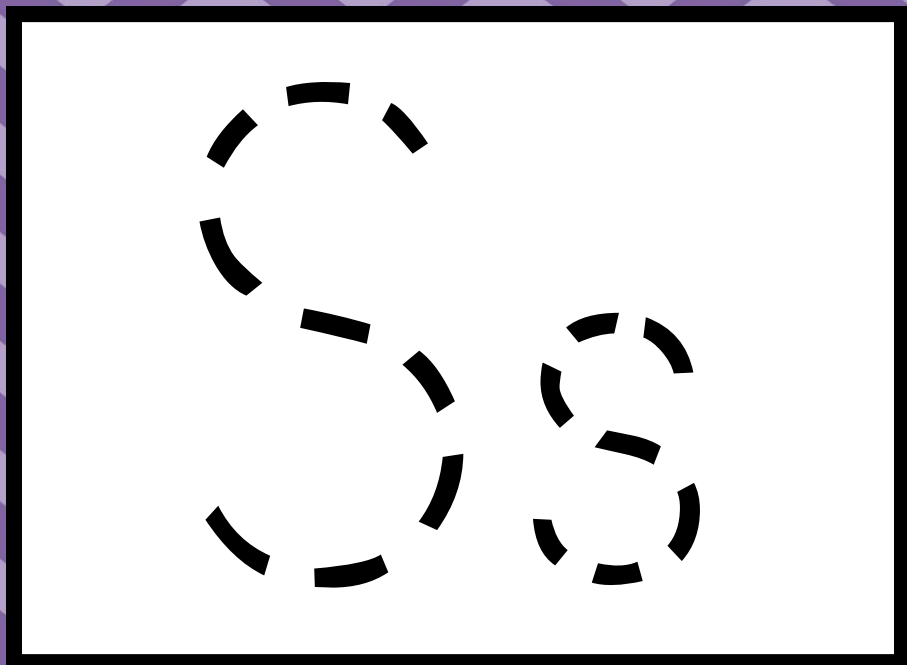
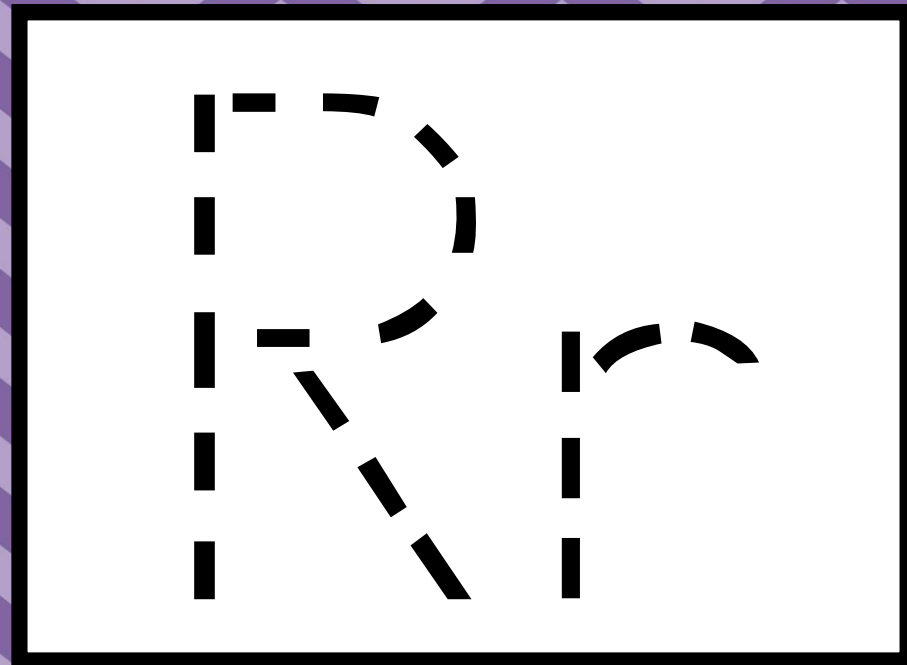
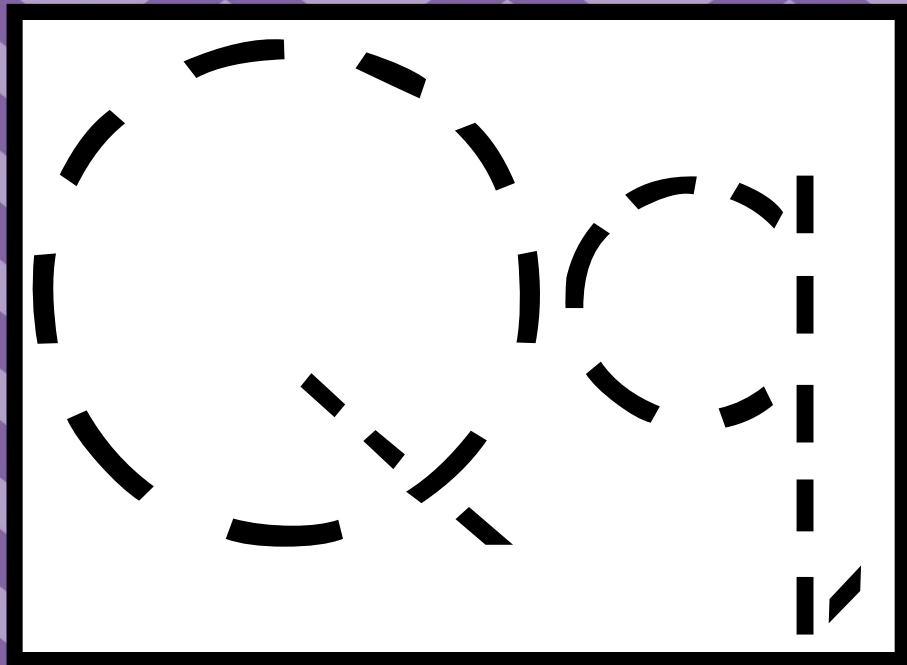


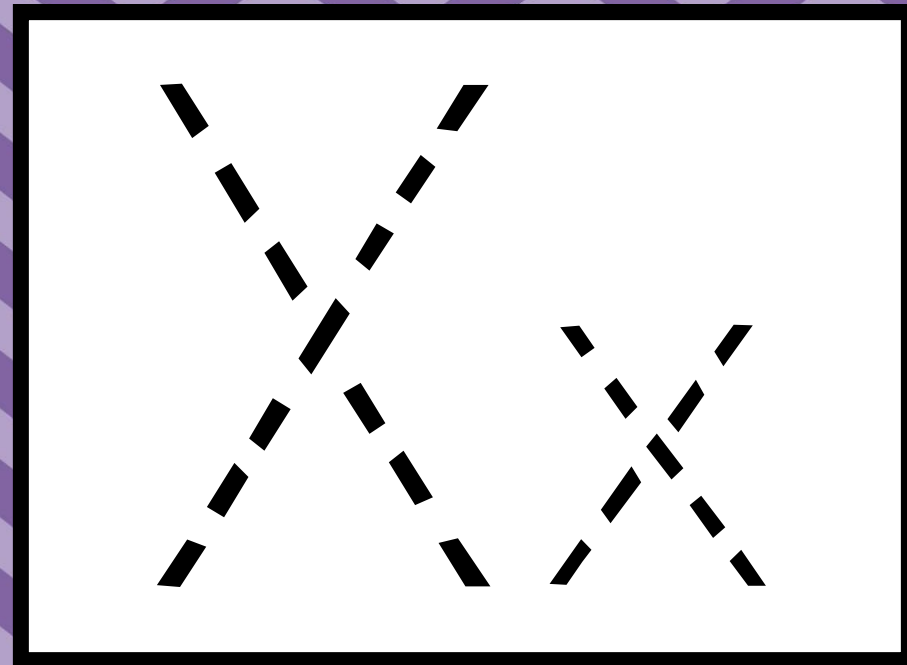
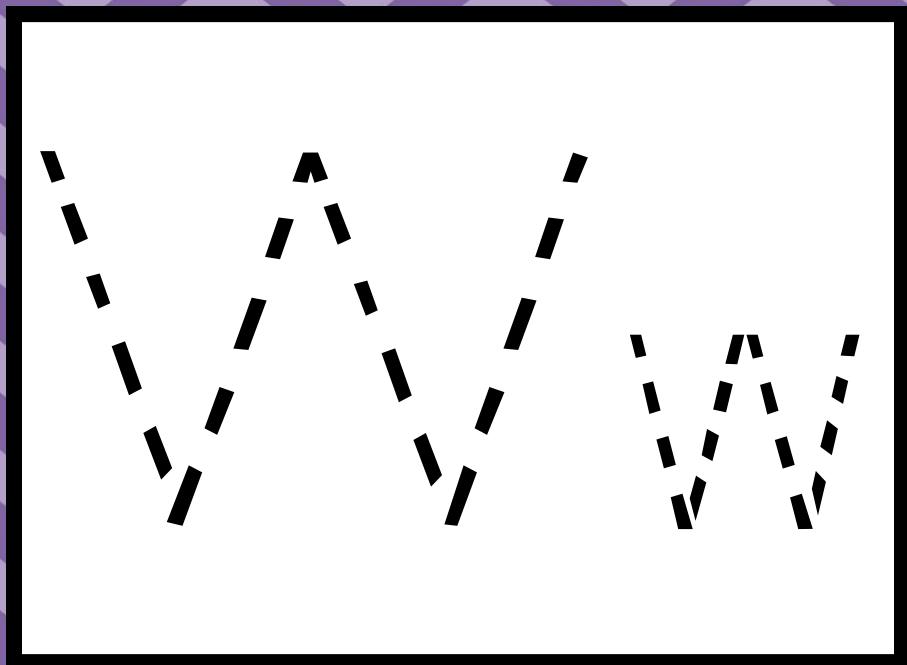
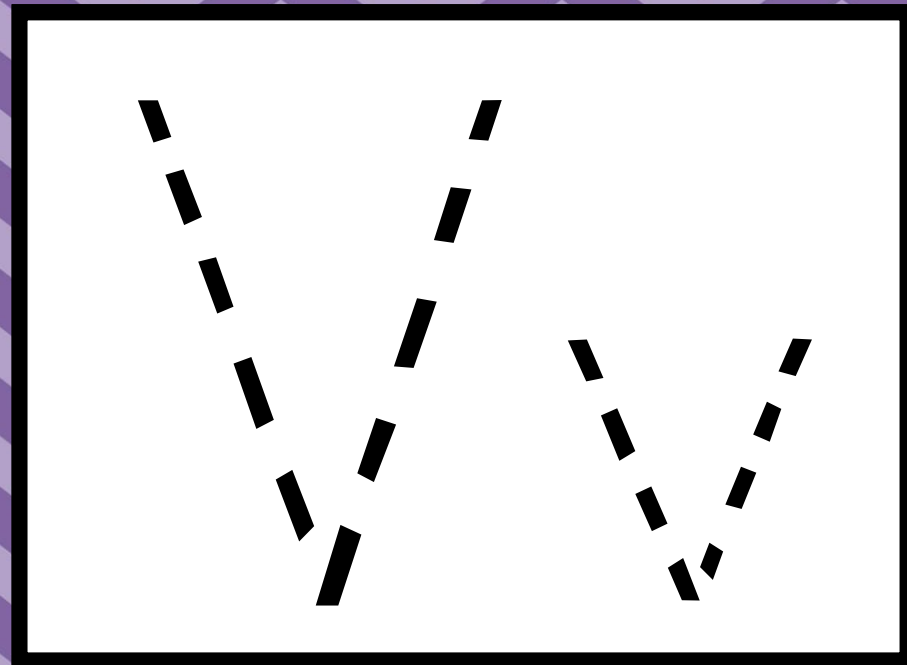
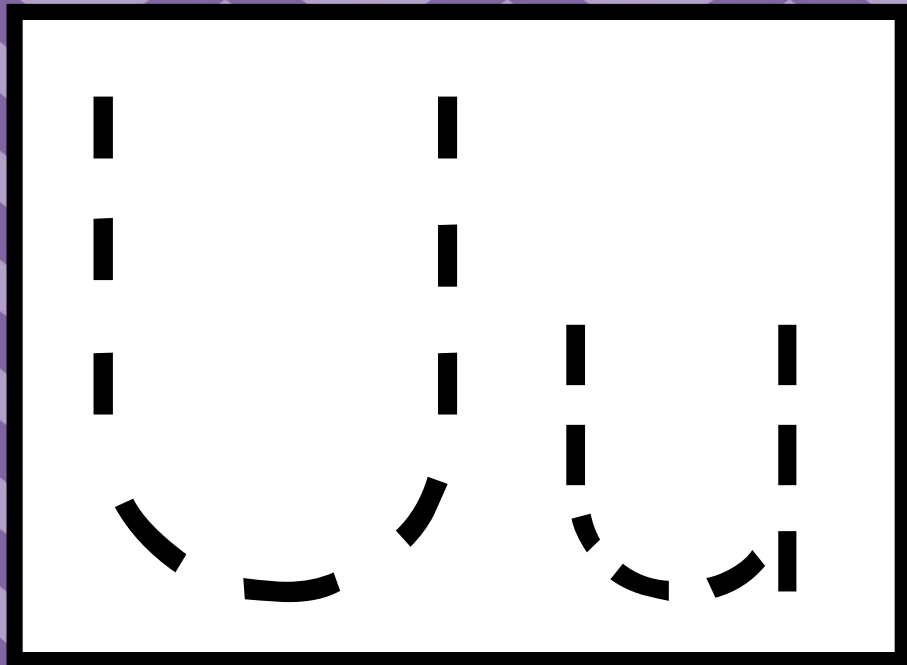


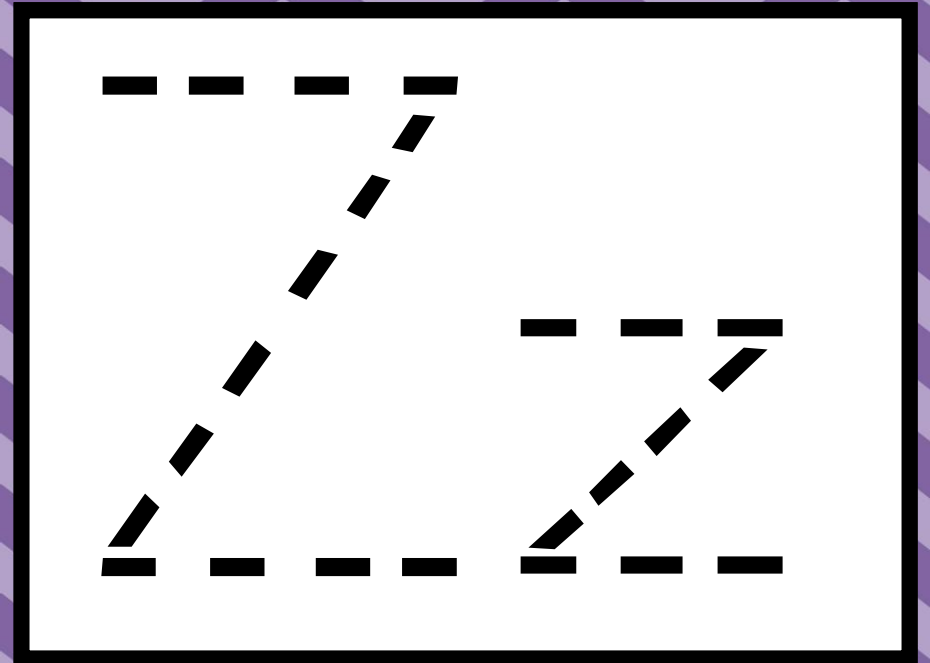
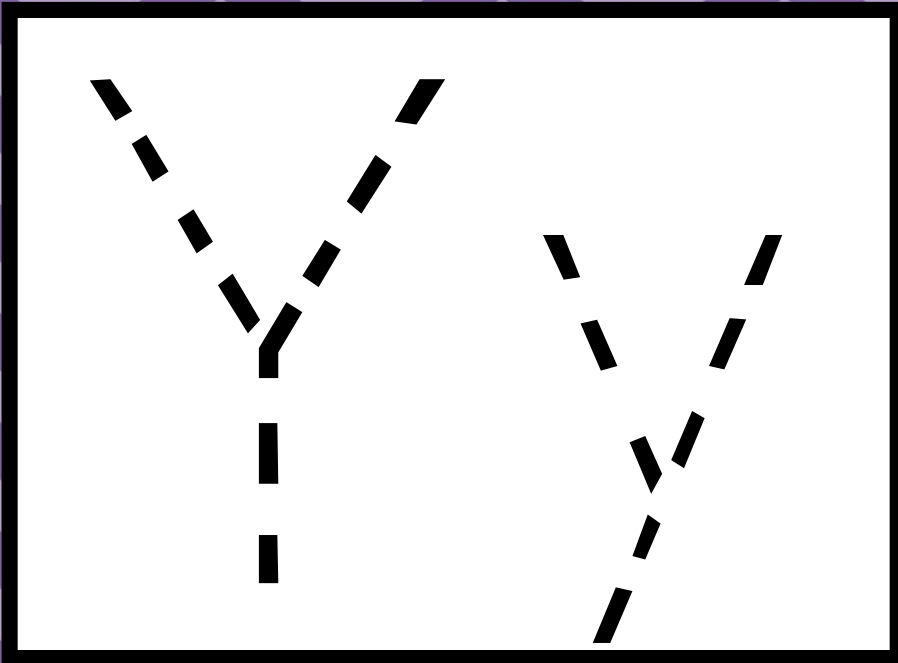












Print & cut paper in quarters... hopefully everything is lined up & spaced correctly.

© Laminate, single hole punch & put together with a large ring.

Alphabet font: ABCPrintDotted

Background paper: Ashley Hughes

Created by: Bre Hofferkamp