



ASQ Activities

AGE 3

HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 3-year-old—a great way to have fun together and encourage your child's healthy development.

Make an **adventure path** outside. Use a garden hose, rope, or piece of chalk and make a "path" that goes under the bench, around the tree, and along the wall. Walk your child through the path first, using these words. After she can do it, make a new path or have your child make a path.

Before bedtime, look at a magazine or children's book together. Ask your child to **point to pictures** as you name them, such as "Where is the truck?" Be silly and ask him to point with an elbow or foot. Ask him to show you something that is round or something that goes fast.

While cooking or eating dinner, play the **"more or less"** game with your child. Ask who has more potatoes and who has less. Try this using same-size glasses or cups, filled with juice or milk.

Make a **necklace** you can eat by stringing Cheerios or Froot Loops on a piece of yarn or string. Wrap a short piece of tape around the end of the string to make a firm tip for stringing.

Practice **following directions**. Play a silly game where you ask your child to do two or three fun or unusual things in a row. For example, ask him to "Touch your elbow and then run in a circle" or "Find a book and put it on your head."

Find large pieces of paper or cardboard for your child to **draw on**. Using crayons, pencils, or markers, play a drawing game where you follow his lead by copying exactly what he draws. Next, encourage your child to copy your drawings, such as circles or straight lines.

Listen and dance to **music** with your child. You can stop the music for a moment and play the "freeze" game, where everyone "freezes," or stands perfectly still, until you start the music again. Try to "freeze" in unusual positions for fun.



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 3-year-old—a great way to have fun together and support your child's social-emotional development.

Tell your child a simple story about something she did that was funny or interesting. See if your child can tell a different story about herself.

Draw simple pictures of faces that show happy, sad, excited, or silly expressions. Cut them out and glue them on a Popsicle stick or pencil. Let your child act out the different feelings with the puppets.

At dinner time, let family members talk about their day. Help your child tell about her day. Say, "Latoya and I went to the park today. Latoya, tell your sister what you did at the park."

Give your child directions that have at least two steps when you and he are cooking, dressing, or cleaning. Say, "Put that pan in the sink, and then pick up the red spoon."

Tell your child a favorite story, such as the Three Little Pigs or Goldilocks and the Three Bears. See if your child can tell you how the animals felt in the story.

Tell silly jokes with your child. Simple "What am I?" riddles are also fun. Have a good time and laugh with your child.

Play games that involve following simple rules, such as Mother May I and Red Light, Green Light.

Create a pretend argument between stuffed animals or dolls. Talk with your child about what happened, feelings, and how best to work out problems when they come up.





Activities



HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 3-year-old—a great way to have fun together and encourage your child’s healthy development.

Sharing is Caring

Encourage your child’s “sharing skills” by making a play corner in your home. Include only two children to start (a brother, sister, or friend) and have a few of the same type of toys available so that the children don’t have to share all of the time. Puppets or blocks are good because they encourage playing together. If needed, use an oven timer with a bell to allow the children equal time with the toys.

Developmental Areas: Personal-Social

Materials Needed: Toys (some of the same); Puppets or blocks; Timer

Numbers to Know

Talk about the number 3. Read stories that have 3 in them (The Three Billy Goats Gruff, Three Little Pigs, The Three Bears). Encourage your child to count to 3 using similar objects (rocks, cards, blocks). Talk about being 3 years old. After your child gets the idea, move up to the numbers 4, 5, and so forth as long as your child is interested.

Developmental Areas: Communication

Materials Needed: Books with numbers; Objects for counting



NOTES: _____



Activities



HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 3-year-old—a great way to have fun together and encourage your child’s healthy development.

Bird Feeder Bonanza

Make a bird feeder using peanut butter and bird seed. Help your child find a pine cone or piece of wood to spread peanut butter on. Roll in or sprinkle with seeds and hang in a tree or outside a window. While your child watches the birds, ask them about the number, size, and color of the different birds that visit.

Developmental Areas: Fine Motor, Communication

Materials Needed: Peanut butter; Pinecone or piece of wood; Bird seed

Similar and Different

Put out several objects that are familiar to your child (brush, coat, banana, spoon, book). Ask your child to show you which one you can eat or which one you wear outside. Help your child put the objects in groups that go together, such as “things that we eat” and “things that we wear.”

Developmental Areas: Problem Solving

Materials Needed: Objects of different uses (clothing, food, electronics, etc.)



Want to learn about developmental milestones for your 3-year-old?

Visit <https://bpub.fyi/CDC3year>