



JANUARY ACTIVITIES



Even though winter is here, we still need to get out in the fresh air and sunshine. We all need fifteen minutes of exposure to sunshine a day to metabolize vitamin D. The saying goes; “There’s no such thing as bad weather, just bad clothes.” Make sure you dress appropriately for the weather. Toboggans and gloves help keep you from losing body heat from head and hands when outside. Keep your shoes and socks dry.

INFANTS – Tug on a Sock – Hold a sock so baby grabs it. Pull lightly on the sock so baby tightens his grip. Stop pulling and let baby explore the sock. When baby drops the sock, pick it up and hold it until baby grabs it again.

TODDLERS – Take three laundry baskets (upside down), buckets, or other objects that children can place smaller objects on; put colored paper on the outside of them to make one red, one yellow and one blue; place them far away from each other; give each child a red, yellow or blue foam popsicle stick (or other safe object); ask them to tell you what color it is; then have them go to the basket with the same color on it and place their popsicle sticks on that basket. When all sticks are on the baskets, ask each child by name to run to a basket and bring back the color stick you want. If you have mixed ages of children, you could have alphabet letters, numbers or shapes on the basket, too, and have each child match according to their abilities.

PRESCHOOL AGE– Lake/Land – Have a floor spot (carpet square, masking tape, etc) for each child. Their mark is their island (or land) in the middle of a lake. Shout either land or lake and have the children jump to the appropriate area. Mix up the order in which you call so children have to listen carefully to know where to jump. This is a good game for impulse control as children have to wait and listen to know where to go. Use verbal prompts when children are learning this skill (feet together, bend knees, jump up). As they learn the basic skill you can increase the difficulty by having them jump over obstacles. Jumping out of a hula hoop placed flat on the floor works well to start. This also teaches the concept of over. Older preschool age children can work on distance jumping. Put two ropes side by side on the ground (or mark lines in the dirt). Let one end be fairly close together and the other end further apart. Once the child has to jump with one foot in front of the other, they have moved up to leaping.