



Fun Games to play

- **Pretend Play:** Talk to your child about firemen and explain what they do, what they wear, the fire truck, the hose and ladders etc. Then explain that you are going to pretend you are one. Pretend to find a fire, help people, put it out, etc. Pretend to be a chef, super hero, or anything else that interests your child.
- **Silly Walking:** Try walking silly - penguin waddle, bunny hop, dribble a ball, trot like a horse, do the funky chicken, slither like a snake, drag your belly like a crocodile, run like a bear, heavy like a giant, etc.
- **Red Light/Green Light:** Explain that red means “stop” and green means “go”. Once your child has that, try adding more colours—purple means “hop like a bunny”, orange means “walk slow like a turtle”. Have a poster made with each colour and a picture of the action (ex: purple circle with a bunny beside it, red with a stop sign).
- **Books:** look for sturdy books, brightly coloured and simple pictures, simple rhymes or predictable text, lift the flap and textured books, books with real photos of everyday activities.
- **Freeze Dance:** put on a favourite song and dance. Try pausing the song and tell your child to “freeze” when the music stops. You can also find freeze dance songs with pauses built in.

Traditional Rhymes and Songs:

5 Little Monkeys
Head and Shoulders
Wheels on the Bus
Ring Around the Rosie
Old MacDonald

Teddy Bear, Teddy Bear
(act out the actions to the rhymes as you go)

Teddy bear, teddy bear, turn around.
Teddy bear, teddy bear, touch the ground.
Teddy bear, teddy bear, show your shoe.
Teddy bear, teddy bear, crawl right through!
(have your child crawl between your legs)

