

Helpful Learning Activities for Children 36-48 Months Old

Focus on: *Gross Motor Development*

Freeze Dance.

Listen to 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.



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.

Scarf Dancer.

Make long scarves out of fabric scraps, old dresses, or old shirts by tearing or cutting long pieces. Use material that is lightweight. Hold on to the edge of the scarf, twirl around, run, and jump.