

20 ACTIVITIES TO SUPPORT DEVELOPMENT AGES 2-3

SCIENCE & DISCOVERY

01

VOLCANO ERUPTION

Build a mini volcano by placing a small plastic bottle on a tray and surrounding it with clay or playdough to form a mountain. Add baking soda and food coloring inside the bottle. Pour vinegar into the bottle and watch the eruption! This experiment introduces science and encourages hands-on learning.

02

DIY LAVA LAMP

Have your little one fill a clear bottle or jar about two-thirds full with vegetable oil, then add water until it's almost full (leave a bit of space at the top!). Add a few drops of food coloring and watch as it sinks through the oil to the water. Now for the fun part, break up an Alka-Seltzer tablet and drop in a piece. Sit back and watch the colorful bubbles dance around like a homemade lava lamp!

03

CLOUD IN A JAR

Fill a glass jar with hot water and pop a metal lid in the freezer for a few minutes. Once the water is nice and hot, pour it into the jar and quickly place the cold lid on top. Watch closely as a cloud starts to form inside the jar! When you take the lid off, you'll see how clouds are made right before your eyes—it's a fun way to learn about how clouds form and get a little science magic in the process!

04

MAGICAL MILK COLOR EXPLOSION

This science experiment is as mesmerizing as it is easy! Just add a few drops of food coloring to a dish of milk. Dip a cotton swab into some dish soap, then touch it to the milk. Like magic, the colors scatter and swirl, creating a vibrant rainbow of patterns that dance across the surface.

05

FIZZY DROPS

Fill several bowls with vinegar and add food coloring to each one. Place baking soda in a flat bowl. Using a medicine dropper, pick up and drop the colored vinegar onto the baking soda and watch as it fizzes and reacts. It's a fun and easy way to explore science!

CREATIVE ARTS & CRAFTS

06

BUBBLE PRINTS

Fill a cup with water, a little soap, and a few drops of non toxic paint. Use a straw to blow bubbles into the cup until they spill over the top. Then, take a piece of paper and have your child gently place it on top of the bubbles—when you lift it off, you'll see the awesome bubble patterns left behind! (Just remind your child to blow into the straw, not suck, before starting.)

07

SELF PORTRAIT

Give your child a mirror and help them identify their features, like the color of their hair and eyes, and where their mouth is in relation to their nose. Once they've explored their reflection, provide materials like string matching their hair color, googly eyes, and markers . Encourage them to create their own self-portrait, adding their personal touches! This activity helps with self-awareness, fine motor skills, and understanding their own features in a fun and creative way.

08

SCRAP PAPER CREATIONS

Provide your child with different colored paper cut into small scraps and some glue. They can either follow a template you've given them, like creating an animal or scene, or let their imagination guide them to create whatever they like! As they glue the scraps together, they'll practice fine motor skills, learn about colors, explore their creativity, and practice independent thinking.

09

FLASHLIGHT DISCOVERIES

Create an underwater scene on a Ziploc bag by drawing seaweed, fish, rocks, and algae—or any scene your child loves! Place a black piece of cardboard inside the bag for a dark background. Cut out a flashlight shape from white paper, and have your child move the flashlight around the Ziploc, discovering the hidden pictures as they "shine" the light on different parts of the scene. This activity encourages creativity and exploration!

10

PUPPET PLAYHOUSE

Use an old pair of socks to make some puppets, letting your little one decorate them themselves. Show them how to place their hands inside and put on their own puppet show, encouraging them to use their imagination and helping them develop social and language skills.

BRAIN BOOSTERS

11

COUNTING FINGERS

Trace your child's hand on a piece of paper and glue the palms down, leaving the fingers free. String 10 beads, making sure there's enough space between them so they can be moved to represent different numbers. Glue the ends of the string in the center so the beads can slide, then fold the fingers down to create knuckles. Use the beads to show how many fingers to count, and have your child move the fingers up or down to practice counting and early math skills

12

MR. POTATO HEAD MATCHING GAME

Start with a bare Mr. Potato Head and place different body parts (eyes, ears, nose, arms, legs) in a bowl or basket. Draw pictures of each body part on paper or a board and have your child choose one by pointing or saying the name. Then, help them pick the matching body part from the bowl and attach it to Mr. Potato Head. This activity encourages body part recognition, fine motor skills, and communication as your child learns to match and place the pieces.

13

MAZE RUNNER

Create a simple maze on a piece of paper using a marker or on the floor with tape. Have your child use their finger, a marker, a small toy car, or even a toy figure to navigate through the maze, guiding it from start to finish. This activity helps develop problem-solving skills, hand-eye coordination, and spatial awareness.

14

STACK 'EM

Grab some plastic cups and a deck of cards. Start by stacking the cups in a pyramid shape, adding a playing card between each layer to make things extra wobbly and fun. Challenge your toddler to carefully add each cup without toppling the tower, or see how high you can stack it together before it comes crashing down! Stacking and balancing help develop fine motor skills, hand-eye coordination, and patience.

15

PLAYDOUGH TEETH

Cut the bottoms off a few plastic bottles and attach them to a piece of paper to create a row of teeth. Squish some playdough into the bottoms of the bottles to represent plaque. Give your child a toothbrush and let them brush the playdough off the bottles, just like they're cleaning teeth! This activity promotes fine motor skills, hand-eye coordination, and introduces the concept of dental hygiene in a fun, interactive way.

ACTIVE PLAY

16

BEAN BAG TOSS

Set up buckets, baskets, or even hula hoops at different distances. Have your child throw bean bags (or soft toys) into the targets. Add a challenge by assigning each target a color. This improves aim, coordination, and arm strength.

17

ANIMAL PARADE

Call out different animals and have your child move like them! Hop like a frog, stomp like an elephant, or slither like a snake. You can even create an obstacle course where they have to switch animals at each station. This activity builds coordination, balance, and imagination.

18

BALLOON TOSS UP

Blow up a balloon and challenge your child to keep it from touching the ground. Add variety by having them use only their head, elbows, or feet. It's a great way to improve focus, coordination, and agility.

19

WALK OVER TO THE WILD SIDE

Use painter's tape, a rope, or shoes to create a line on the floor. Encourage your child to move across the line without touching it, using their creativity! They can jump over, bear crawl, tiptoe, or even hop like a frog across the line. This activity helps toddlers build coordination, balance, and motor skills. Plus, you can add multiple lines for even more challenges and skill-building!

20

FREEZE DANCE

Turn on some upbeat music and have a dance party! Pause the music at random times and shout, 'Freeze!' Your child has to stop in their exact pose. It's a playful way to boost listening skills, rhythm, and self-control.