



Physical Development at Home Preschoolers (3-5 yrs.)

How Children Learn

Through physical activity and body movement, preschoolers build on their understanding of where their bodies are in space. This growing ability to distinguish up from down, right from left, and forwards from backwards supports the development of preschoolers' mathematical thinking and literacy skills.

Activities & Experiences

Play games that cross the midline of the body (ex. touch your opposite knee, transfer objects from one hand to the other).

Play Follow the Leader and give your child a turn to be the leader.

Create an obstacle course out of pillows, couch cushions, etc.

Make and play with playdough to build hand strength: 2 cups of flour; 1/2 cup of salt; 2 tbsp of cream of tartar; 3/4 cup of hot water; 1 tbsp of cooking oil; food coloring

Teach your child "Up & Over" - a way to put on their jackets by themselves. Lay the jacket in front of a standing child, with the collar or hood at their feet. Child puts arms in sleeves and in one motion, lifts jacket over head and around the back.

How can we support exploration and social-emotional learning?

- Help your preschooler keep themselves and others safe while they climb and jump by encouraging them to notice their surroundings.
- Build on your child's play with prompts to move creatively.
- Help your child build confidence in their physical abilities by using specific descriptions of their actions.

Make sure the coast is clear before you jump!

Can you walk like a monkey?
[while playing with a pretend monkey]

You took a step that time when you threw the ball!