



Activities



HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 5-year-old—a great way to have fun together and encourage your child’s healthy development.

Nature Collages

Make a nature collage. Collect leaves, pebbles, and small sticks from outside and glue them on a piece of cardboard or stiff paper. (Cereal and cracker boxes can be cut up and used as cardboard.)

Developmental Areas: Fine Motor, Problem Solving

Materials Needed: Cardboard or paper, glue

20 Questions

Play “20 Questions.” Think of an animal. Let your child ask 20 yes/no questions about the animal until she guesses what animal it is. (You may need to help your child to ask yes/no questions at first.) Now let your child choose an animal and you ask the 20 questions. You can also use other categories such as food, toys, and people.

Developmental Areas: Communication, Problem Solving

Materials Needed: None



NOTES: _____



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Charades

Practice pretend play or pantomime. Here are some things to act out: 1) eating a hot pizza with stringy cheese; 2) winning a race; 3) finding a giant spider; 4) walking in thick, sticky mud; and 5) making footprints in wet dirt or sand.

Developmental Areas: Personal-Social

Materials Needed: None

Kickball

Play a simple ball game such as kickball. Use a large (8”–12”) ball, and slowly roll it toward your child. See if your child can kick the ball and run to “first base.”

Developmental Areas: Gross Motor

Materials Needed: Large ball



Want to learn about developmental milestones for your 5-year-old?
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