

48-60 Month Play Ideas

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Play is a natural way for your young child to grow and learn. Activities in this list support key areas of development from your ASQ. Start with easy ones and see what they enjoy. Help your child build important skills while having fun.

Communication

Your child's language skills, what they understand and what they can say.

Let your child help prepare a picnic. Show them what they can use for the picnic (bread, peanut butter, and apples). Lay out sandwich bags and a lunch box, basket, or large paper bag. Then go have fun on the picnic.

Help your child to learn their full name, address, and telephone number. Make it into a singing or rhyming game for fun. Ask your child to repeat it back to you when you are riding in the car or on the bus.



Gross Motor

How your child's moves their arms and legs.

Play "bucket hoops." Have your child stand about 6 feet away and throw a medium-size ball at a large bucket or trash can. For fun outdoors on a summer day, fill the bucket with water.

Make a bean bag with a sock and dry beans. Play hot potato or catch. Help them throw overhand and underhand.

Fine Motor

Your child's hand and finger movement and coordination.

Let your child help you prepare a meal. They can spread peanut butter and jelly, peel a banana, cut with a butter knife, pour cereal, and add milk (small container).



Write your child's name often. When your child finishes drawing a picture, be sure to put their name on it and say the letters as you write. If your child is interested, help them to name and/or to copy the letters. Point out the letters in your child's name throughout the day on cereal boxes, sign boards, and books.

Problem-solving

How your child thinks, plays with things and how they solve problems.

Cut out three small, three medium, and three large circles. Color each set of circles a different color (or use colored paper for each). Your child can sort the circles by color or by size. You can also ask your child about the different sizes. For example, ask your child, "Which one is smallest?"

Take a pack of playing cards and choose four or five matching sets. Lay the cards out face up, find pairs, talk about cards that are the same or different.



Find More Activities

Personal-social

Asks about feeding, dressing, and how they engage with others.

When you are setting the table for a meal, play the "what doesn't belong" game. Add a small toy or other object next to the plate and eating utensils. Ask your child if they can tell you what doesn't belong here. You can try this game any time of the day. For example, while brushing your child's hair, set out a brush, barrette, comb, and a ball.

Play a picture guessing game. Cover a picture in a familiar book with a sheet of paper and uncover a little at a time until your child has guessed the picture.

