




3-4
YEARS



early
LEARNING
activity
GUIDE



BEST BEGINNINGS
Alaska's Early Childhood Investment

3-4
YEARS

FIVE AREAS OF EARLY LEARNING

Experts have identified five areas of early learning that are essential to school readiness.



Physical Well-Being, Health
& Motor DEVELOPMENT



Social & Emotional
DEVELOPMENT



Approaches to LEARNING



Cognition & General
KNOWLEDGE



Communication, Language
& LITERACY

Your child's first five years are an extraordinary time, full of growth and development. During this time, your children look to their parents/caregivers as their first teachers.

To help you do your best, this booklet has information on child development and how to support your child's discovery of the world. This early education paves the way for future success in life.

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3-4
YEARS

your child at this AGE



Physical Health, Well-Being & Motor DEVELOPMENT

Walks up and down stairs, climbs well, pedals a tricycle



Social & Emotional DEVELOPMENT

Shows a wide range of emotions, takes turns in games



Approaches to LEARNING

Puts things in mouth, shows curiosity about things, and tries to reach for far objects



Cognition & General KNOWLEDGE

Watches things as they fall, puts things in mouth



Communication, Language & LITERACY

Uses finger to point, copies sounds, responds to own name

2

3



Basketball GAME

36-42 MONTHS

This game lets your child practice reaching across her body to her opposite side. Moving like this helps with tasks like putting on shoes, hitting a ball, and later for reading text in a book.

materials: Empty clothes basket, bucket, or box
Large ball or beanbag

What to DO:

- Place the basket about 2-3 feet in front of your child. Let her “make baskets” by throwing the ball into it. Move the basket closer if needed.
- Move the basket to her right side. Have her practice tossing using her left hand. Be sure her arm is going across her body as she throws.
- Try on her left side, using her right hand.

Variation:

- Tap a blown-up balloon toward your child. When it floats toward her, ask her to use her opposite hand to tap it back to you.



Play DATE

36-42 MONTHS

At this age, children begin to develop friendships. Encourage your child to play with children to develop social and emotional skills.

materials: Toys, games, craft materials
Paper and crayons/markers

What to DO:

- Invite a new friend and his parent to have a play date.
- Give the children several options of things they can play together.
- Just before the play date is over, ask the children to draw pictures of what they did together. Talk about what they drew and their favorite parts of their time together. This discussion will help reinforce that conversations have two parts, listening and responding.





Let's RHYME!

36-42 MONTHS

Children love to rhyme words - especially when the words are made-up. Basic rhyming is important for developing reading abilities.

materials: Books, poems, or nursery rhymes

What to DO:

- Read books that include rhyming words.
- When reading aloud, give your child cues that a rhyming word is coming up - pause before the word, allowing your child time to say it before you do.

Variation:

- Play a rhyming guessing game: "I am thinking of an animal that rhymes with mat and says meow. What is it?"
- Say a one syllable word like pat or sit. Ask your child to help think of rhyming words (made-up words are great too).



Touch & Feel Box

36-42 MONTHS

This is a fun way for your child to practice describing and comparing objects. She'll also learn to ask good questions.

materials: Small box that closes or with lid
Scissors
Objects of various textures, sizes, shapes

What to DO:

- Cut a hole in the box, bigger than your fist.
- Demonstrate a game for your child:
 - Choose two items to put in the box and show them to your child.
 - Reach inside and feel one of the items.
 - Tell something about how the item feels.
 - Have your child guess which item it is.
- Now it's your child's turn - make sure to ask questions "Is it squishy? Or "Does it feel smooth?" before you guess what item your child is describing.
- Continue taking turns with different objects.



Comparing SIZES

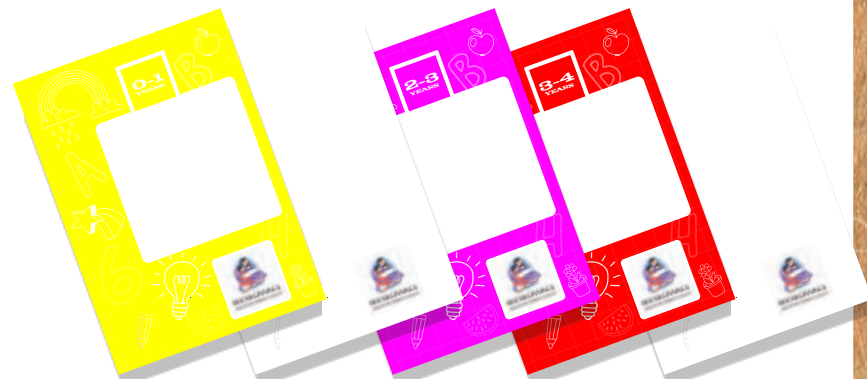
42-48 MONTHS

This activity is a great way to learn different sizes.

materials: Fish of different sizes

What to DO:

- When you are preparing fish, encourage your child to come over and see what you're doing.
- Talk about how fish come in many sizes.
- If you have multiple fish, ask your child to line them up from biggest to smallest or skinniest to fattest.

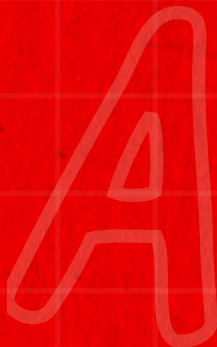
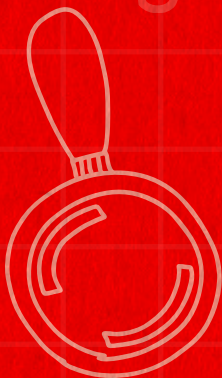
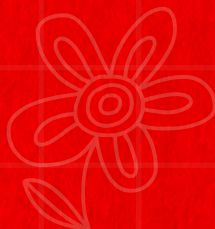
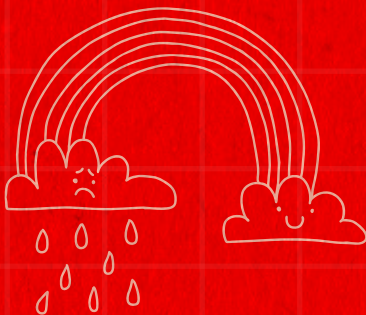


Look for these fun early learning activities booklets for your child! Each issue is full of age-appropriate ideas of things you can do at home to support your child's early learning. Video instructions for many of the activities can be found on YouTube.

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