



Australian Government
Department of Education,
Science and Training

Activities to do with toddlers



These activities may be done at home to help stimulate your child's exploratory and problem

solving skills, as well as allowing children to choose their own play activities.

The best way to help your child is to ask lots of questions — why, what, how, when? Ask your child to tell you what they think will happen, then try it out!

Children benefit most from playtime when you are there to observe, encourage and ask lots of questions.

Even when you're not actively doing an activity, ask them what they think about things or point out things to observe, such as whether they notice the Sun rising earlier or later in the morning as the weeks and months pass by.

Social and artistic activities are also great for sharing knowledge and building confidence. The activities below help kids to explore the natural and physical world around them.

Activities to show how living things grow and change

1. Place some alfalfa sprouts (from a fruit and veggie shop) on moist cotton wool and water them with your toddler each day to watch the sprouts grow.
2. Watch the birds in your backyard or nearby park. Why do the birds hop along and peck at the ground?
3. What is their favourite animal? How is this animal different to a human?

Activities to explore the Earth and sky

1. Hang an old sock on a string from a tree branch in the backyard. When the weather is windy, what happens to the sock? Does the sock point in different directions on different days?
2. Make up a song to welcome the Sun in the morning and the Moon and stars at night. Can you always see the Moon and stars at night? Let them know that they shouldn't look straight at the Sun in the sky.
3. As you fill the bath tub for a bath, place heavy toys on the bottom of the bath and watch how the water moves around and over the toys.

Activities to explore the human body

1. Toddlers learn a lot about their body as they try new experiences, such as balancing, rolling, crawling, etc. Try to move around on different surfaces and at different speeds—how slowly can they move along a path?
2. As you are getting dressed, count body parts such as eyes and toes. How long would it take to count the hair on your head?!
3. Trace your toddler's hand on the back of a poster (or large sheet of A3 paper) each month. Is their hand growing larger?



Activities to explore physical phenomena

1. When you're splashing in the bathwater, can you make bigger splashes with your fingers wide apart, or your fingers together and your hands cupped?
2. For older toddlers, try stacking blocks in different patterns. What happens when you put more blocks on the bottom? What happens when you put more blocks on the top? Can you get a tall tower of blocks when you start with different shaped foundations on the bottom?
3. What happens if you soak rice in water for 5 minutes? Where does the water go? What happens if you use coloured water? What happens if you leave the rice to soak overnight?