

## **Activity Idea for Parenting Lesson Plan on Play**

by Lisa Erbes, M.Ed., Parent Educator, ISD 196  
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### **Activity: TOYBAG**

Collect a dozen various toys and activities from the room and putting them in a bag. Each person/family will reach in and grab one.

- sample of playdough ( small ball of it)
- sample of the sensory table items
- a puzzle piece (of a puzzle not being used)
- a baby doll
- a book
- a piece of toy food
- a toy cup or spoon
- a block
- a car
- a sample of a sorting or matching toy (lid on a shape sorter)
- a paintbrush
- a small animal or action figure

On the table lay down 5 pieces of paper labeled COGNITIVE, LANGUAGE, SOCIAL, MOTOR, SELF HELP. Ask families to consider the toy and their child. What learning area would they put the toy in based on how THEY think it enhances their child's development.

On the back of each paper is a list of the skills built by playing with toys. All or most toys can be examples of any or all of the domains. (p. 2)

Shuffle the toys around on the papers and talk about how toys can encourage children's development across all domains (example: a book: can be placed on any of the 5 categories).

### **Summary and Closure:**

Play is the foundation of learning, it is how children learn about the world around them. Enjoy these opportunities to engage your child in play and know that these interactions are building their little brains and creating joyful memories for you both

### **Home Application:**

*Think about the new and many ways can you support your child's growth and development through play?.*

## **COGNITIVE SKILLS**

- The function of objects
- size/color/shape concepts
- Cause and effect
- Problem solving
- Matching
- Piece vs. whole
- Recreate real life scenarios-(dolls/ action figures)

## **LANGUAGE SKILLS**

- Ask/ answer W- questions
- Sharing ideas
- Labeling items
- Conversational turn- taking
- Direction/position concepts
- Use and understand pronouns

## **SOCIAL SKILLS**

- Share space with others
- Trade/ take turns/ share materials, space, ideas
- Play simple games with others
- Spontaneous inviting peers into new play
- Eye contact
- Awareness of social norms
- Accept others ideas

## **MOTOR SKILLS**

- Fine motor: lift, turn, brush, poke
- Balance: sitting to standing
- Core strength
- Spatial awareness
- Crossing midline
- Large motor: climb, jump

## **SELF-HELP**

- Asking for help
- Naming/requesting objects in daily routines (food/clothes)
- Putting objects away
- Impulse control (one toy at a time)
- Make choices
- Exert autonomy