

# Play Activity Checklist!



**Used to target all 5 areas of development: cognitive, communication, social emotional, physical, and adaptive.**

- Goal: To teach appropriate leisure skills and provide a variety of play opportunities.
- Choose 3-6 different options each day and check off the activity as it is completed.

Date/Initial							
Sensory activities: Allows child to engage and explore a variety of textures while helping them self soothe.							
Toy play: Works on imaginative play, imitation, pretend play, turn-taking, and language skills.							
Outside play/Walk: Allows child to help generalize language skills when labeling items in their environment.							
Scavenger hunt: Helps child with receptive language skills and improves attention skills.							

Date/Initial							
I Spy: Helps child with receptive and expressive language skills and social emotional skills, turn taking, etc.							
Simon Says: Teaches child imitation skills and following directions.							
Story time: Teaches child receptive and expressive language skills. Improves attending skills.							
Coloring/Tracing/Drawing: Helps child with eye-hand coordination, cognitive skills, and oral comprehension skills.							
Ball play: Helps child with eye-hand coordination, social emotional skills, turn taking, and following directions.							
Hot Potato/Sack toss: Helps child with eye-hand coordination, following directions, and social emotional skills.							
Hopscotch: Allows child to work on gross motor skills, cognitive skills, and following directions.							
Arts & crafts/Painting: Helps child with eye-hand coordination, expressive language skills, social emotional skills, and cognitive skills.							

Date/Initial							
Music/Dancing: Helps child with following directions, imitation skills, social emotional skills, and gross motor skills.							
Puzzles: Helps child strengthen fine motor skills, eye-hand coordination, expressive/receptive language skills, cognitive skills, and social emotional skills.							
Blocks/Legos: Helps child strengthen fine motor skills, eye-hand coordination, expressive/receptive language skills, cognitive skills, and social emotional skills.							
Indoor bowling: Helps child strengthen fine motor skills, eye-hand coordination, expressive/receptive language skills, cognitive skills, and social emotional skills, turn taking.							
Bingo: Helps child with receptive language skills and eye-hand coordination.							