

# 30 Ways to Connect Play & Learn Every Day! for Kids 0 to 3 years-old!

1 Jump in a pile of snow or leaves

2 Blow bubbles and pop them

3 Pour water from containers

4 Play with balls of different sizes

5 Act out songs and rhymes

6 Dress up with hats, old clothing, and jewelry

7 Reach for a toy during tummy-time play

8 Climb, swing, jump, run and slide at the park

9 Read picture books with short sentences

10 Talk about what you see and hear during a walk

11 Hug, cuddle and talk throughout the day

12 Move to music in different ways

13 Use cardboard boxes to build and create

14 Hide and find a toy under a blanket

15 Blow on baby's tummy through a straw

16 Build a tower and knock it over!

17 Play crawling tag

18 Lay fabric on the floor to crawl on and feel

19 Drum on pot lids, pans, plastic containers or blocks.

20 Rip, tear or scrunch paper

21 Play peek-a-boo!

22 Sort objects by shape, colour and size

23 Use water and paint brushes to paint outside

24 Hang a bird feeder to watch and talk about birds

25 Climb over pillows and cushions on the floor

26 Visit your local library or EarlyON Centre

27 Collect things on a nature walk and talk about them

28 Act out a story using finger puppets

29 Move your body like an animal!

30 Play outside with buckets of sponges or spray bottles

Learn more about learning through play at [haltonparent.ca](http://haltonparent.ca).



Funding for the Our Kids Network Early Years Initiative is provided by the Ontario Trillium Foundation.

# 30 Ways to Connect Play & Learn Every Day! for Kids 3 to 5 years-old and up!

Jump and splash in a puddle

Build a snowman or a snow fort

Go on a nature walk and explore outdoors

Climb a tree or jungle gym

Find shapes in the clouds

Dance in the rain or under a sprinkler

Go sledding together

Use a shovel and bucket to dig in the dirt or snow

Read a book under a tree

Colour outside with sidewalk chalk

Plant a seed and watch it grow

Collect, sort and decorate rocks

Play I-Spy outside

Build using blocks, rocks, boxes and paper rolls

Play dress up

Blow bubbles and chase them

Play family tag

Have a picnic

Play catch with a ball or balloon

Paint or draw a picture for someone special

Have a dance party

Make a craft

Look around for different shapes, colours and letters

Hop, skip and run as fast as you can

Build a fort using blankets and pillows

Visit a children's program in your neighbourhood

Make up funny stories together

Sing and clap to your favourite songs

Create art using playdough

Balance on one foot as long as you can