

Play Activity Cards

Choose an invitation your child can enjoy. Each card gives materials, a starting point and ways to respond. Use suitable materials, supervise as needed and adapt the activity to the child's participation; it is not a test of development.

Babies

A picture conversation

Materials: a sturdy picture book or a few large, safe pictures.

Sit where the baby can see your face and the picture. Name what catches their attention, pause and respond to a look, movement or sound. You can repeat one picture rather than turn every page. Stop or change position when the baby turns away or needs a break.

Copy a sound

Materials: your voice and a comfortable place to interact.

Listen to a sound the baby makes and respond with a similar sound or a short word. Pause for a response. The interaction can be brief; you are taking turns rather than asking the baby to perform.

Toddlers

A pretend shop

Materials: large, safe household objects and a bag or container.

Invite the child to choose a few things for the shop. Ask for one item, name it and exchange roles. Follow a different idea if the child decides the bag is for a trip. Leave small objects or unsuitable containers out of play.

Move and stop

Materials: clear space and a simple signal.

Choose a movement both of you can do: walking, reaching, tapping or moving hands. Use a word or gesture for stop, then begin again. Let the child choose the next movement. Adapt for sitting or mobility support rather than expecting everyone to run.

Preschoolers

Build a place

Materials: suitable blocks, boxes or large construction materials.

Ask what kind of place the child would like to build. Help when invited and describe a choice you notice. If something falls, ask whether to try again or change the idea. The conversation matters more than the finished shape.

Tell a picture story

Materials: a familiar picture book or the child's drawing.

Invite the child to choose a character and say what happens next. Add a small idea if invited. A gesture, drawing or selected picture can be part of the story; an oral answer is not required.

Make an activity fit

What interests the child:

Materials and space available:

One way to adapt participation:

What we noticed and might try next:

[Read about learning through play](#) · [Explore outdoor play](#) · [Try six quick everyday activities](#)

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