

## It is important for children to be active and play because:

- ❖ Children learn through play.
- ❖ New activities will help your child's brain grow.
- ❖ Children learn to get along with others.
- ❖ Children learn new skills and use imagination.
- ❖ Children will learn about feelings, thoughts and new words.

## Ways I can make activity fun and encourage my child to play:

- ❖ Play with your child. Your child will enjoy spending time with you!
- ❖ Be a role model for your child. Your child will watch you and want to be like you.
- ❖ Encourage your child to play outside every day. Fresh air is good!
- ❖ Children need planned activity as well as free play.
- ❖ Arrange for your child to play with other children often.

## Low cost places to go and things to see:

Como Zoo [www.comozooconservatory.org](http://www.comozooconservatory.org)  
Minnesota Zoo [www.mnzoo.org/ZAP](http://www.mnzoo.org/ZAP)

Bowling:  
Blainbrook Bowl [www.blainbrookbowl.com](http://www.blainbrookbowl.com)  
The Mermaid [www.mermaidminnesota.com](http://www.mermaidminnesota.com)

Little Logger's play area at Rosedale center.  
[www.myrosedale.com](http://www.myrosedale.com)

MN Children's Museum  
[www.mcm.org/join/all-play-membership](http://www.mcm.org/join/all-play-membership)

Anoka County Parks [anokacountyparks.com](http://anokacountyparks.com)  
Local parks - go to your city website

Early Childhood and Family Education (ECFE) – See your school district website for more information.

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# 3 to 5 Year old Playtime



## Keep kids moving!



"Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning."

—Mr. Rogers

### Preschoolers learn by:

- ❖ Copying
- ❖ Following examples
- ❖ Following simple directions
- ❖ Playing make believe
- ❖ Moving

### Your child can do these activities and play these games:

- ❖ Catching/Throwing
- ❖ Galloping/Hopping/Skipping
- ❖ Leap Frog
- ❖ Hopscotch
- ❖ Climbing
- ❖ Hide-and-peek
- ❖ Dance to music

### Things and toys to play with:

- ❖ Beach ball/large balls
- ❖ Plastic coffee can lids (Frisbee)
- ❖ Jump ropes
- ❖ Empty boxes or baskets
- ❖ Dress up clothes
- ❖ Hula hoop

### Preschoolers love to help with chores. Have them help:

- ❖ Dust
- ❖ Water plants
- ❖ Pick up toys
- ❖ Set the table for meals
- ❖ Sweep

### Ways to make Minnesota winters fun:

- ❖ Go sledding (use a cardboard box if you don't have a sled)
- ❖ Go ice skating (sliding on boots works too)
- ❖ Build a snowman for each person in the family (even the pets)
- ❖ Make snow angels
- ❖ Build a snow fort
- ❖ Make trails in fresh snow

### Winter gear can be expensive. Here are some ideas to help lower the cost:

- ❖ Plan ahead by shopping end of year sales/clearance and buy a size bigger than your child currently wears.
- ❖ Look for gently used winter coats, snow pants and boots at summer garage sales.
- ❖ Purchase gender neutral colors, so items can be passed down to younger siblings.
- ❖ Find gently used skates at second hand sporting goods stores.