



# Games & Activities for Toddlers

Toddlers are actively developing many important physical skills, and they love physical challenges. Give frequent reminders about how to play the games. Their attention might not last very long, and that's okay! Songs with many movements are fun, too, and toddlers get a reminder of the movements from the song lyrics.

## Active Games



### Follow the Leader

First, choose a leader—it's probably a good idea to start with an adult! All of the other players line up behind the leader. The leader then moves around in any way that they choose, like running, jumping, crawling, or tip toeing. The rest of the players must copy what the leader is doing until the leader chooses a new move. After a few turns, a new leader can be selected. This can be played with as few as two people or with lots of people!



### I'm a Little Teapot

*I'm a little teapot, [point to self]*

*Short and stout,*

*[touch hands in front of body to make a circle]*

*Here is my handle, [place left fist on hip]*

*Here is my spout.*

*[bend right elbow, raise forearm, flatten hand]*

*When I get all steamed up, hear me shout:*

*[remain in same position, nod head]*

*Tip me over and pour me out!"*

*[tip sideways in direction of extended arm]*

## Simple Matching & Sorting Games



Take turns with the toddler sorting objects by size, shape, or color. For example, while playing outside you could sort rocks into piles of small, medium, and large sizes. When folding laundry, you could put all the red clothes together, blue clothes together, etc.

Once the child has lots of practice you can challenge them to sort in a silly way like putting their big toys in a small basket and their small toys in a big basket.

## Conversation & Storytelling



### Feelings

Talking about feelings with toddlers is important. Try labeling children's feelings as they are noticed, such as "It looks like you are really angry/sad/happy right now." You can also tell stories about experiences in your life and share how you felt at that time. This helps children learn language to describe their feelings.



### Play

Narrate a child's play to help them learn language to describe their actions. You can also ask questions, such as "What will you do next?" or "I see you want to put the ball inside the jar. Is there another way to do that?"