**Safety First!**

Make sure items from around the home are safe to use.

**Avoid objects that:**

* Have small parts or parts that might break off
* Have sharp, rough edges
* May have contained substances that could make a child sick (e.g. medicine, dishwashing liquid, etc.)
* May be old and contain prohibited substances like lead, paint chips.

**\*\*Please ensure that the commonly found item is developmentally appropriate and safe to use with your child\*\***

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| **Drink Cartons, Milk Jugs, etc.** | **What skills or learning opportunities does this activity target?** |
| Bird feeder / house  Boats  Bowling  Bug collector  Build towers, towns, robots  Building Boats  Collection bottles  Crush them  Decorate  Fill with rice and water  Float in water/boats  Getting objects in/out  Grocery store play  I-Spy  Kick them to see how far they go  Make a person  Make banks  Making instruments  Microphone  Mixing colors  Noise makers / Rattle  Paint them!  Plant pots  Poke holes in it (watering can)  Pretend play/play/cookies  Rock collecting  Rolling  Sensory bottles/calm down bottle/weights  Shape Sorter  Stacking/knocking over  Stomp on jugs  Throw into target  Twisting Top Off  Water plants  Water play, dumping and Pouring with water  Yelling / megaphone | Fine Motor  Sensory Play  Language/Social  Imagination  Strength  Gross Motor  Problem solving  Creativity  Self-regulation  Personal social  Organization / executive functions  Science! |

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| **Egg Cartons** | **What skills or learning opportunities does this activity target?** |
| Storing objects/Collections  Paint  Caterpillars  Binoculars  Balance on Head  Sorting/Counting  Food Trays  Grocery store pretend play  Cut a Stack  Art  Pretend Play  Stacking  Fill with rocks and rice  Sorting/Matching  Impressions/Painting  Step on and Squish  Making Games/Mancala  Cutting/Making Necklaces  Toy Kitchen  Ripping Apart  Goggles  Caterpillars  Sorting  Stacking  Building  Marble / ball run  Paint palette  Growing plants  Musical instruments  Monster mouth – worry monster  Bug houses  Puppets  Water play  Open and close  Hide and seek  Peek-a-boo  Binoculars  Paint them  Tear apart  Dropping / pinch in/out  Doll furniture  Stringing  Making glasses  Sand play  Trains  Collecting  Chicken coop for eggs  Mancala  Obstacle course  Jump over  Tray to carry  Stomp  Put items in, use fingers, tweezers to pick up  Reading  Shapes  Squishing the dimples | Fine Motor  Sorting  Creativity  Sensory  Visual motor  Dramatic play  Social Emotional  Independence |

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| **Boxes** | **What skills or learning opportunities does this activity target?** |
| Art projects  Big box shoes  Boat, practice rowing  Box for pets  Car  Collecting  Cut shapes out  Diorama  Draw on it  Drums  Fairy house building  Fill with something and shake  Fill and dump  Get in/ put in feet, hands, etc.  Gift box  Hand strengthening – with small holes, try to push a slightly large object through  Hats  Hide and seek, guessing game  Insect house  Jumping over  Kid in the box  Knock over  Mailbox  Make a mask /hat  Make beds, homes for toys, dolls  Make boxes heavy to push  Make House  Marbles  Masks/hats  Maze  Obstacle course  Paint  Parade drums  Peek-a-boo  Playhouse  Pretends it’s a boat  Prop for baby walking  Pushing/Pulling  Put items in  Put kid and crayons in box, have them color the inside  Ramps  Robots  Row row row your boat  Sensory guessing  Shape sorter  Sit in box of blankets  Sort  Sorting game  Spy glass  Stack and Build  Stack and knock over  Stop-go game  Target for throwing  Towns  Toy baby crib  Toy box  Toy Organization  Train/truck – push in build a town  Tray to carry things  Tunnel  Wear on feet  Wheels on the bus | Fine Motor  Sensory Play  Language/Social  Imagination  Gross Motor  Categories  Pretend Play  Adaptive Skills –dressing  Sensory integration |

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| **Kitchen Items (bowls, utensils, etc.)** | **What skills or learning opportunities does this activity target?** |
| Baby toys (safe) to mouth for sensory exploration  Balancing  Banging items together, drums  Bath toys  Beds and Cribs for stuffed animals  Building  Cooking/baking pretend play  Doctor’s office  Egg & spoon race  Gardening  Golf clubs  Hats/dressing  Hiding objects  Making music/instruments / singing  Microphone  Mixing – mud, playdough, sand, leaves, etc.  Ordering (smallest to largest, etc.)  Painting  Parade  Pouring in and out  Pretend to cook/eat  Pulling and pushing bowls with utensils  Puppets  Sand box  Scooping/dumping  Shovels and sand play  Squatting  Stacking  Target (throw something from spoon to bowl)  Textures  Wands  Washing/water play | Fine Motor  Sensory Play  Language/Social  Imagination  Gross Motor  Categories  Pretend Play  Adaptive Skills –dressing  Coordination  All done – transitions  Object Permanence |

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| **Paper towel / Toilet Paper rolls / Tubes** | **What skills or learning opportunities does this activity target?** |
| Add Plates/Color  Ball track  Batting practice  Binoculars  Blow Horns/Kazoo  Bowling  Bridge  Building  Car track  Costume making  Cut holes to add things  Decorating/Art  Flower crafts  Giant chop sticks  Golf hole  Hole punch, lace with pipe cleaners  I spy w/ telescope  Kaleidoscope  Make a flute  Make a necklace  Make antlers  Making creatures  Marble maze  Maze or road for cars  Megaphone  Musical instruments  Music-drum sticks/Maracas  Obstacle Course/Maze  Pirates!  Rain stick  Ramp play  Roll back and forth  Rolling Cars /Balls/ Ramps  Shakers  Sorting  Stacking  Stamp Circles with paint  String them  Taping Together  Telephone, walkie talkies  Telescope  Tools  Tubes/Ramps =Car  Tunnel for toys  Upright – kick it or toe tap on it  Water play  Wet and create! | Fine Motor  Sensory Play  Language/Social  Imagination  Gross Motor  Categories  Pretend Play  Adaptive Skills –dressing |

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| **Yogurt Containers** | **What skills or learning opportunities does this activity target?** |
| Art  Bird feeder  Bowling bins  Building  Collect items  Create/Telephone  Cut Slit in Top/Put Things in  Decorate – make a robot  Doll house  Drum  Drums, shakers  Dumping/ Pouring  Freezing objects in water, break them out  Frisbee  Grocery Shopping  Hat’s- plan on head  Hats  Hiding things  Kicking Balance  Make a mobile  Make a pyramid  Make fairy houses  Memory Game  Musical instruments  Open / close  Outdoor Kitchen  Peek-a-boo  Pinch clothespins on edge  Planter  Play in Sand  Pretend Play  Punch holes, use with water  Punching Hole, Making Slots for Banks  Put in / take out  Sandbox play  Scavenger hunt collector  Scooping, pouring, container play, shoveling  Sensory guessing  Shakers  Sorting/Counting  Stacking, Nesting, sorting  Stampers  Strainer (poke holes in it)  Talk about what’s on the containers (pictures)  Talk into them, hold up to ears  Telephone  Tracing  Use as a ball, kick  Use Different Tops/Containers  Use tops as trays / spaceships to move toys | Object permeance  Math/prob solving  Language  Imaginary play  Social skills  Gross motor  Fine motor  Release objects  Imaginary play  Fine motor  creativity  Cognitive  Bimanual control  Cause/effect |

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| **Food (spaghetti, sweet potato, dried beans, etc.)** | **What skills or learning opportunities does this activity target?** |
| Art (potato stamp)  Beans – counting, sorting, barter/trader  Breaking spaghetti into small pieces  Bury things in beans  Container play  Cook potato and poke things with it  Cooked pasta sensory play  Cooking  Count pasta  Counting  Creating with warm sweet potato and poking pasta into it.  Dramatic play (store, kitchen, restaurant)  Eating  Feed the potato  Food play (feeding therapy)  Food prep practice  Gluing pasta on drawing  Grasp and release  Hiding potato  Hot Potato Game  Jack in the Bean Stock  Make potato person  Make tracks with pasta  Making/decorating potato head  Mixing/sorting  Mr. Potato Head  Obleck  Pasta art  Pick up sticks  Picking up Spaghetti  Play “hot potato” game  Playdough  Potato Porcupine  Pretend mealtime  Pretend Play kitchen, restaurant, bakery  Roll the potato  Rolling  Science experiments  Sensory box  Shakes beans in box  Spaghetti musical instrument  Stringing on pasta (with cereal)  Try a new recipe  Wash veggies / fruit | Math  Language  Motor/social  Fine motor  Imagination  Pincer grasp  Texture  Sensory  Fine motor  Turn taking  Cognitive  Object Permanence  Sorting  Rhythm |

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| **Sheets** | **What skills or learning opportunities does this activity target?** |
| Obstacle course  Act out the book, The Mitten  Cape  Cover things that are distracting (tv)  Dramatic play – house, store, barn, camping, cleaning  Dress up  Fort  Ghost  Hammock  Hat  Hide things  Hide, feel, guess  Jump rope  Leaf pile (to bring and dump)  Paint a family banner  Painting  Parachute  Peek-a-boo  Picnic  Reading tent  Screen  Sliding/pulling activity  Spaceship  Superheroes  Swaddle blanket  Swinging  Toga  Tortilla / taco rolls  Tug of war  Tummy time  Veil  Weather – making noise while shaking it | Imagination  Object permanence  Balance  Sensory  Imitation  Regulation  Attunement  Dramatic play |

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| **Ice Cube Trays** | **What skills or learning opportunities does this activity target?** |
| Basic Science - freezing, melting, etc.  Build a fort/car  Building  Cold bath  Cooking  Freezing objects, breaking them  Hiding objects / guessing game  Ice cube painting  Ice Cube pass back and forth  Ice tower  Instrument  Jell-O play  Make a barn, house, building  Make a fancy drink!  Make popsicles  Making patterns  Nature walk, collect objects  Numbers, counting  Paint tray  Peek-a-boo  Put things in / take out (using tweezers or chop sticks, pick up little items, cotton balls  Rain trays  Sensory item – ice, food, etc.  Sorting objects, snack  Stacking  Toss game | Classification  Sorting  Fine Motor  Imagination  Sensory play  Coordination  Problem solving |

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| **Paper Grocery bag** | **What skills or learning opportunities does this activity target?** |
| Arts and crafts  Book cover  Collect things from outdoors  Conversation about volume / how much fits  Conversation starter – grouping like objects  Costumes  Crumple, use as a ball  Cutting, tearing  Different bag size/color sort  Doll sack races  Free creative art  Make masks  Make new paper, wrapping paper, potato stamping  Mystery bag  Paint, color  Painting paper  Paper hat  Peek-a-boo  Pick three toys for the car – put them in the bag  Pretend play grocery store  Puppets  Put in / take out  Rip into strips, weave  Ripping  Sensory play – grab and describe  Soccer net / golf hole  Stage for small dolls when upside down  Stuff it, papier Mache  Toss + catch (with a ball)  Use to darken space under the table/ chair  Vest  Weight – heavy / light guess | Fine motor  Pretend play  Creativity |

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| **“What’s in your bag?”** | **What skills or learning opportunities does this activity target?** |
| “I spy”  Banana phone  Books  Bracelets  Bubbles  Can you find \_\_\_\_\_? Game  Coins – heads or tails, guess date, coin rubbing with crayon and paper, counting, sorting  Container of nuts – musical instrument  Duct tape  Flashlight  Glasses case  Hair ties  Hand puppets  Handwipes  I-Spy  Keys – rattle  Lotion (sensory)  Make-up / Chapstick  Measuring tape  Memory  Paper – drawing, make a paper airplane, coloring  Pens – drawing, drums  Pretend Notes  Ripping paper  Rolling pens  Scarf – different ways to wear, wings  Sensory ball  Snack Containers  Snacks for eating  Stop and go game  Sunglasses – on / off  The bag itself  Tissue – peek-a-boo, guess what’s under, object is missing  Wallet  Water  Water bottle | Cognitive  Fine Motor  Gross Motor  Memory  Object Permanence  Sensory  Cause and effect  creativity |

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| **“Nothing.”** | **What skills or learning opportunities does this activity target?** |
| “Can you do what I do”  “I hear with my little ear”  “Hot Lava” game  Airplane  Dance party  Dance to own music making  Dressing activities – socks and shoes  Facial expressions  Feelings  Fill sink, bowl with water  Finger plays  Follow the leader  Freeze Dance  Go on an adventure  Guessing games  Head Shoulders Knees Toes  Hide and seek w/ people or objects  Hokey Pokey  Look at the stars  Making faces  Meditation  Mirror each other (copy/follow)  Mirror play  Mother May I  Movement / songs  Movement Charades  Musical chairs  Narrating play/routines  Outdoor scavenger hunt  Outside time  Peek-a-boo  People watching  Pretending  Red Light, green light  Rock art  Run  Scavenger hunt  Shadow puppets  Simon Says  Singing  Stories  Storytelling  tag  Tag  Telling a story  Tickles  Walk  Yoga | Speech & Language  Gross Motor  Social Emotional  Fine Motor  Problem solving  Cognitive  Wellness  Self-regulation  Feelings  Social-emotional  Imaginative play  Listening  Waiting  Following directions |