**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 / houseBoatsBowlingBug collectorBuild towers, towns, robotsBuilding Boats Collection bottlesCrush themDecorateFill with rice and water Float in water/boats Getting objects in/outGrocery store playI-SpyKick them to see how far they goMake a personMake banksMaking instruments MicrophoneMixing colorsNoise makers / RattlePaint them!Plant potsPoke holes in it (watering can) Pretend play/play/cookiesRock collectingRollingSensory bottles/calm down bottle/weights Shape SorterStacking/knocking over Stomp on jugs Throw into target Twisting Top Off Water plants Water play, dumping and Pouring with waterYelling / megaphone | Fine Motor Sensory Play Language/Social Imagination Strength Gross MotorProblem solvingCreativitySelf-regulationPersonal socialOrganization / executive functionsScience!  |

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| **Egg Cartons** | **What skills or learning opportunities does this activity target?** |
| Storing objects/Collections Paint CaterpillarsBinoculars Balance on Head Sorting/Counting Food Trays Grocery store pretend playCut a Stack Art Pretend Play Stacking Fill with rocks and riceSorting/MatchingImpressions/PaintingStep on and SquishMaking Games/MancalaCutting/Making Necklaces Toy Kitchen Ripping Apart GogglesCaterpillarsSortingStacking BuildingMarble / ball runPaint paletteGrowing plantsMusical instrumentsMonster mouth – worry monsterBug housesPuppetsWater playOpen and closeHide and seekPeek-a-booBinocularsPaint themTear apartDropping / pinch in/outDoll furnitureStringingMaking glasses Sand playTrainsCollectingChicken coop for eggsMancalaObstacle courseJump overTray to carryStompPut items in, use fingers, tweezers to pick upReadingShapesSquishing the dimples | Fine Motor SortingCreativity Sensory Visual motorDramatic playSocial EmotionalIndependence |

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| **Boxes** | **What skills or learning opportunities does this activity target?** |
| Art projectsBig box shoesBoat, practice rowingBox for petsCarCollecting Cut shapes out DioramaDraw on itDrumsFairy house buildingFill with something and shakeFill and dumpGet in/ put in feet, hands, etc.Gift boxHand strengthening – with small holes, try to push a slightly large object throughHatsHide and seek, guessing gameInsect houseJumping overKid in the boxKnock over MailboxMake a mask /hatMake beds, homes for toys, dollsMake boxes heavy to pushMake House MarblesMasks/hatsMazeObstacle coursePaintParade drumsPeek-a-booPlayhousePretends it’s a boat Prop for baby walking Pushing/Pulling Put items in Put kid and crayons in box, have them color the insideRampsRobotsRow row row your boatSensory guessingShape sorterSit in box of blanketsSort Sorting gameSpy glassStack and Build Stack and knock overStop-go game Target for throwing TownsToy baby cribToy boxToy Organization Train/truck – push in build a town Tray to carry thingsTunnelWear on feetWheels on the bus | Fine Motor Sensory Play Language/Social Imagination Gross MotorCategoriesPretend 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 explorationBalancingBanging items together, drumsBath toysBeds and Cribs for stuffed animals Building Cooking/baking pretend playDoctor’s officeEgg & spoon raceGardeningGolf clubsHats/dressingHiding objectsMaking music/instruments / singingMicrophoneMixing – mud, playdough, sand, leaves, etc. Ordering (smallest to largest, etc.) PaintingParadePouring in and outPretend to cook/eatPulling and pushing bowls with utensilsPuppets Sand boxScooping/dumpingShovels and sand play Squatting Stacking Target (throw something from spoon to bowl) TexturesWandsWashing/water play | Fine Motor Sensory Play Language/Social Imagination Gross MotorCategoriesPretend Play Adaptive Skills –dressing Coordination All done – transitionsObject Permanence  |

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| **Paper towel / Toilet Paper rolls / Tubes** | **What skills or learning opportunities does this activity target?** |
| Add Plates/Color Ball trackBatting practiceBinocularsBlow Horns/KazooBowlingBridgeBuildingCar trackCostume makingCut holes to add thingsDecorating/Art Flower craftsGiant chop sticksGolf holeHole punch, lace with pipe cleanersI spy w/ telescopeKaleidoscopeMake a fluteMake a necklaceMake antlersMaking creaturesMarble mazeMaze or road for carsMegaphoneMusical instrumentsMusic-drum sticks/Maracas Obstacle Course/Maze Pirates!Rain stickRamp playRoll back and forthRolling Cars /Balls/ RampsShakersSorting StackingStamp Circles with paintString themTaping Together Telephone, walkie talkiesTelescope ToolsTubes/Ramps =CarTunnel for toysUpright – kick it or toe tap on itWater playWet and create! | Fine Motor Sensory Play Language/Social Imagination Gross MotorCategoriesPretend Play Adaptive Skills –dressing  |

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| **Yogurt Containers** | **What skills or learning opportunities does this activity target?** |
| Art Bird feederBowling binsBuildingCollect itemsCreate/Telephone Cut Slit in Top/Put Things inDecorate – make a robotDoll houseDrumDrums, shakersDumping/ Pouring Freezing objects in water, break them outFrisbee Grocery Shopping Hat’s- plan on head HatsHiding things Kicking BalanceMake a mobileMake a pyramidMake fairy housesMemory Game Musical instrumentsOpen / closeOutdoor KitchenPeek-a-booPinch clothespins on edgePlanterPlay in SandPretend PlayPunch holes, use with waterPunching Hole, Making Slots for BanksPut in / take outSandbox playScavenger hunt collectorScooping, pouring, container play, shovelingSensory guessingShakersSorting/Counting Stacking, Nesting, sortingStampersStrainer (poke holes in it)Talk about what’s on the containers (pictures)Talk into them, hold up to earsTelephoneTracingUse as a ball, kickUse Different Tops/Containers Use tops as trays / spaceships to move toys | Object permeanceMath/prob solving Language Imaginary play Social skills Gross motor Fine motor Release objects Imaginary play Fine motor creativityCognitiveBimanual controlCause/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/traderBreaking spaghetti into small piecesBury things in beansContainer playCook potato and poke things with itCooked pasta sensory playCookingCount pasta CountingCreating with warm sweet potato and poking pasta into it. Dramatic play (store, kitchen, restaurant)Eating Feed the potato Food play (feeding therapy)Food prep practiceGluing pasta on drawing Grasp and releaseHiding potato Hot Potato GameJack in the Bean StockMake potato person Make tracks with pasta Making/decorating potato headMixing/sortingMr. Potato HeadObleckPasta artPick up sticksPicking up SpaghettiPlay “hot potato” gamePlaydoughPotato Porcupine Pretend mealtimePretend Play kitchen, restaurant, bakeryRoll the potato RollingScience experimentsSensory boxShakes beans in boxSpaghetti musical instrumentStringing on pasta (with cereal)Try a new recipeWash veggies / fruit | MathLanguageMotor/social Fine motor Imagination Pincer grasp Texture Sensory Fine motorTurn takingCognitiveObject Permanence SortingRhythm |

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| **Sheets** | **What skills or learning opportunities does this activity target?** |
| Obstacle courseAct out the book, The MittenCapeCover things that are distracting (tv)Dramatic play – house, store, barn, camping, cleaning Dress upFortGhostHammockHatHide thingsHide, feel, guessJump ropeLeaf pile (to bring and dump)Paint a family bannerPaintingParachutePeek-a-booPicnicReading tentScreenSliding/pulling activitySpaceshipSuperheroesSwaddle blanketSwingingTogaTortilla / taco rollsTug of warTummy timeVeilWeather – making noise while shaking it | ImaginationObject permanenceBalanceSensoryImitationRegulationAttunementDramatic 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/carBuildingCold bathCookingFreezing objects, breaking themHiding objects / guessing gameIce cube painting Ice Cube pass back and forthIce towerInstrumentJell-O playMake a barn, house, buildingMake a fancy drink!Make popsicles Making patternsNature walk, collect objectsNumbers, countingPaint trayPeek-a-booPut things in / take out (using tweezers or chop sticks, pick up little items, cotton ballsRain traysSensory item – ice, food, etc.Sorting objects, snackStacking Toss game | ClassificationSortingFine MotorImaginationSensory playCoordinationProblem solving |

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| **Paper Grocery bag** | **What skills or learning opportunities does this activity target?** |
| Arts and craftsBook coverCollect things from outdoorsConversation about volume / how much fitsConversation starter – grouping like objectsCostumesCrumple, use as a ballCutting, tearingDifferent bag size/color sortDoll sack racesFree creative artMake masksMake new paper, wrapping paper, potato stampingMystery bagPaint, colorPainting paperPaper hatPeek-a-booPick three toys for the car – put them in the bagPretend play grocery storePuppetsPut in / take outRip into strips, weaveRippingSensory play – grab and describeSoccer net / golf holeStage for small dolls when upside downStuff it, papier MacheToss + catch (with a ball)Use to darken space under the table/ chairVestWeight – heavy / light guess | Fine motorPretend playCreativity |

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| **“What’s in your bag?”** | **What skills or learning opportunities does this activity target?** |
| “I spy”Banana phoneBooksBraceletsBubblesCan you find \_\_\_\_\_? GameCoins – heads or tails, guess date, coin rubbing with crayon and paper, counting, sortingContainer of nuts – musical instrumentDuct tapeFlashlightGlasses caseHair tiesHand puppetsHandwipesI-SpyKeys – rattleLotion (sensory)Make-up / ChapstickMeasuring tapeMemoryPaper – drawing, make a paper airplane, coloringPens – drawing, drumsPretend NotesRipping paperRolling pensScarf – different ways to wear, wingsSensory ballSnack ContainersSnacks for eatingStop and go gameSunglasses – on / offThe bag itselfTissue – peek-a-boo, guess what’s under, object is missingWalletWaterWater bottle | Cognitive Fine MotorGross MotorMemoryObject PermanenceSensoryCause and effectcreativity |

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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” gameAirplaneDance partyDance to own music makingDressing activities – socks and shoesFacial expressionsFeelings Fill sink, bowl with waterFinger playsFollow the leaderFreeze DanceGo on an adventureGuessing gamesHead Shoulders Knees ToesHide and seek w/ people or objectsHokey PokeyLook at the starsMaking facesMeditationMirror each other (copy/follow)Mirror playMother May IMovement / songsMovement CharadesMusical chairsNarrating play/routinesOutdoor scavenger huntOutside time Peek-a-booPeople watchingPretendingRed Light, green lightRock artRunScavenger huntShadow puppetsSimon SaysSingingStoriesStorytellingtagTagTelling a storyTicklesWalkYoga | Speech & LanguageGross MotorSocial Emotional Fine MotorProblem solvingCognitiveWellnessSelf-regulationFeelingsSocial-emotional Imaginative playListeningWaitingFollowing directions  |