



25 Activities

**TO KEEP YOUR
2 YEAR OLD ENGAGED
AT HOME**



Hello Parents

- **Most of the activities given in this book take 5-10 minutes. Try to do at least 1-2 activities per day.**
- **Each child is different. As you introduce different activities, your child may prefer some activities over the others. Do spend more time on the activities your child enjoys the most.**
- **Children this age love repetition. If your child likes an activity, do it everyday for a few days.**

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1

Dance Time

BENEFIT:

TODDLERS LOVE MOVING TO MUSIC. DANCING HELPS BURN OFF ENERGY AND IMPROVE COORDINATION.



INSTRUCTIONS

Put on some music and move together. Ask your child to copy your dance moves. Choose music that lends itself to actions.

2

Exercising With Rhymes

BENEFIT:

RHYMES ARE A GREAT WAY TO INCLUDE EXERCISES IN YOUR TODDLER'S ROUTINE. THEY ALSO HELP WITH SPEECH DEVELOPMENT.



INSTRUCTIONS

Choose rhymes that have actions associated with them. For example = If you're happy and you know it clap your hands, Heads, shoulders, knees and toes, etc.

3

Fun While Dressing Up

BENEFIT:

TODDLERS LOVE TO PLAY WITH CLOTH ITEMS LIKE HATS, HANDBAGS, SCARVES, ETC. INTRODUCE MINI GAMES WHILE DRESSING TO KEEP THEM ENGAGED.



INSTRUCTIONS

Play games like who can zip up the jackets faster. You can also dress up as a different character and ask your child to guess who you are.

4

Pairing & Matching Games

BENEFIT:

TODDLERS WILL ENJOY ACTIVITIES THAT INVOLVE PAIRING OBJECTS OR MATCHING THEM. THIS ALSO HELPS IN BRAIN DEVELOPMENT.



INSTRUCTIONS

Ask your child to match same coloured toys. They can also help you pair socks during laundry.

5

Dough Play

BENEFIT:

DOUGH IS A MATERIAL THAT TODDLERS WILL KEEP PLAYING WITH. IT CAN BE USED IN MULTIPLE WAYS.



INSTRUCTIONS

Make patterns on the dough using cutlery and fingers. You can also try making models of animals with your child.

6

Painting

BENEFIT:

PAINTING IS A VERY GOOD ACTIVITY TO BUILD FOCUS AND CREATIVITY. MOST TODDLERS HAVE DIFFICULTY HOLDING A PAINTBRUSH, BUT THERE ARE OTHER WAYS FOR YOUR TODDLER TO PUT PAINT ON PAPER.



INSTRUCTIONS

Use sponge, pieces of cloth and tissues to paint with your child. You can also show your child how to do simple fingerprint patterns with the tips of your fingers.

7

Drawing

BENEFIT:

DRAWING IS A GREAT ACTIVITY FOR YOUR CHILD'S OVERALL GROWTH. TODDLERS SHOULD BE GIVEN CRAYONS TO DRAW AS THEY ARE EASIER TO HOLD.



INSTRUCTIONS

Set up a drawing area in your house where all the supplies like paper and crayons are kept. Ensure that the items are kept in a place where it can be reached by your child.

8

Pretend Play

BENEFIT:

TODDLERS HAVE A STRONG POWER OF IMAGINATION. THIS CAN BE HONED FURTHER BY SETTING UP PRETEND PLAY ACTIVITIES FOR THEM TO ENGAGE WITH.



INSTRUCTIONS

You can set up pretend play scenes like a tea party with your child's favourite dolls/animals placed on chairs around a table with empty cups and a kettle. Your child can also be asked to wash their car toys with a sponge to keep them clean.

9

Ball Play

BENEFIT:

TODDLERS BY THE AGE OF TWO CAN KICK A BALL. PLAYING WITH BALLS IS A GREAT WAY TO KEEP YOUR LITTLE ONE BUSY.



INSTRUCTIONS

Stand back and roll the ball to your child. Ask them to kick it towards you. Large balls like beach balls are the best size for your child at this age.

10

Colour Games

BENEFIT:

YOUR CHILD IS AT AN AGE WHERE THE DIFFERENT COLOURS OF THE WORLD CAN EXCITE THEM. USE THIS EXCITEMENT TO PLAY VARIOUS COLOUR GAMES.



INSTRUCTIONS

Place a lot of items on the table and ask your child to find 5 yellow coloured items from the pile. While reading, have your child find animals of a specific colour on the page. Go on a walk to the nearby park and point out different objects with their colours. For e.g., green leaves, white bench, etc.

11

Playing With Books

BENEFIT:

TODDLERS CANNOT READ, BUT THEY WILL LOVE LOOKING AT THE COLOURFUL PAGES IN SOME BOOKS. THIS IS AN EXCELLENT WAY TO INTRODUCE BOOKS INTO YOUR CHILD'S ROUTINE.



INSTRUCTIONS

Try choosing books that have vibrant and colourful pages. Books with liftable flaps and pop ups are also a good choice.

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Treasure Hunt

BENEFIT:

TODDLERS LOVE HELPING THEIR PARENTS IN SMALL TASKS. THIS CAN INVOLVE FINDING SOMETHING. A SIMPLE TREASURE HUNT IS A GOOD WAY TO KEEP YOUR CHILD BUSY.



INSTRUCTIONS

Ask your child to point out various fruits when going to the market. Your child can even search for things within the house.

Help In The Kitchen

BENEFIT:

TODDLERS LIKE TO FEEL INVOLVED IN THE ACTIVITIES OF THE HOME. THE KITCHEN IS A GOOD PLACE TO DO THIS.



INSTRUCTIONS

Ask your child to help put the different fruits in the fruit bowl. You can also give them some oats or cereal to stir.

Sticking, Pasting, Tearing

BENEFIT:

TODDLERS ENJOY THE TACTILE SENSATION OF TEARING AND PASTING PAPERS. THIS ACTIVITY BUILDS FINE MOTOR SKILLS.

**INSTRUCTIONS**

Give your toddler old magazines or tissue paper that they can tear. These pieces can then be pasted using glue. You can also given them big stickers to stick on a flat surface.

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Make Up Stories

BENEFIT:

TODDLERS LOVE TO HEAR STORIES. THESE STORIES DON'T ALWAYS HAVE TO BE READ FROM BOOKS. PERSONALISED STORIES MADE UP ON THE SPOT CAN BE VERY ENGAGING TO A 2 YEAR OLD CHILD.



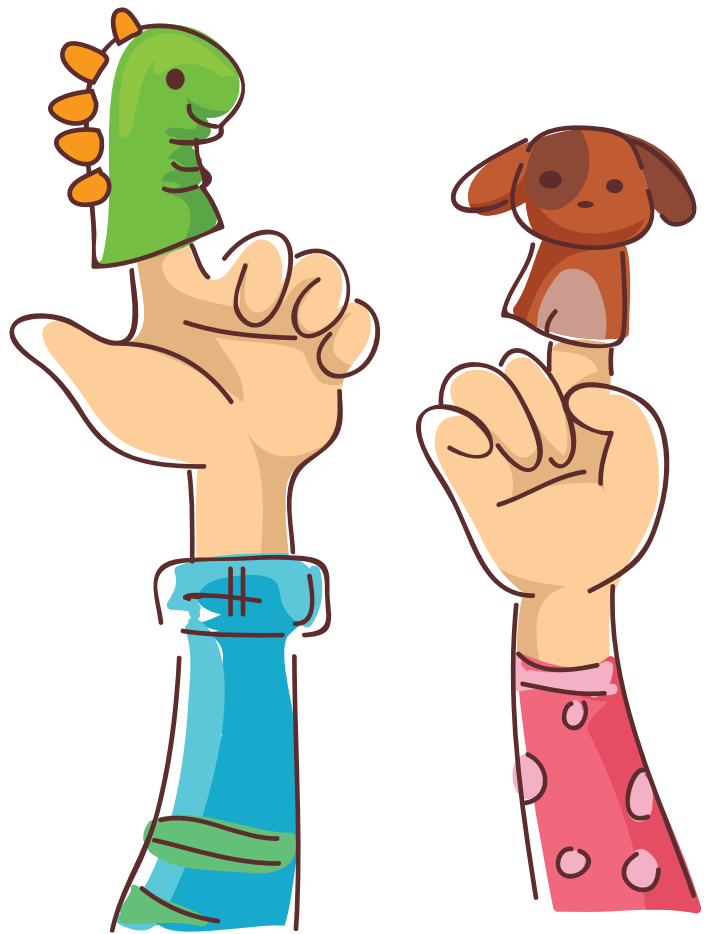
INSTRUCTIONS

The stories work better if they are based on everyday events in your toddler's life. You can use a photograph or a favourite toy as a starting point. If a particular story is really liked by your child, you can repeat it.

Finger Puppets

BENEFIT:

STORY TIME CAN BE MUCH MORE FUN WITH FINGER PUPPETS AS CHARACTERS. USING THIS SIMPLE PROP CAN INCREASE CREATIVITY IN YOUR CHILD.

**INSTRUCTIONS**

Draw a simple figure on cardboard. Ask your child to paint or draw on it. Paste a loop of cardboard to the back and slide your finger in it. Make 2 puppets and have them talk to each other.

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Build & Play

BENEFIT:

TODDLERS CAN BE ENCOURAGED TO BUILD LARGE OBJECTS OUT OF CARDBOARD BOXES. THIS ACTIVITY BUILDS IMAGINATION AND FINE MOTOR SKILLS.



INSTRUCTIONS

You can make a mask by cutting two holes in a box. Small boxes can be cut to turn into train compartments. Help your child in the cutting and pasting involved.

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Run, Run, Run

BENEFIT:

TODDLERS ARE FULL OF ENERGY, ESPECIALLY AT THE AGE OF TWO. GIVE YOUR CHILD PATHS TO RUN AND COME BACK TO PUT THAT ENERGY TO GOOD USE.



INSTRUCTIONS

Set up a little race track around the room. Tell your child to run it as fast as they can. You can even put chairs and stools as obstacles that they have to run around.

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Face Painting

BENEFIT:

TODDLERS ALREADY LOVE PRETENDING TO BE ANIMALS. GIVING THEM SIMPLE FACE PAINTING CAN INCREASE THE JOY OF PRETEND PLAY SIGNIFICANTLY.



INSTRUCTIONS

Use water based paints and have your child wear old clothes in case the paint spills. You can also make masks using cardboard if painting is too messy.

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Grow Plants

BENEFIT:

TODDLERS CAN BE ENGAGED BY GROWING A PLANT WITH THEM. SHOW THEM THE MAGIC OF PLANT GROWTH AND NATURE.



INSTRUCTIONS

Use seeds of plants that grow quickly, like cress seeds. Involve your toddler in the daily watering and taking care of the plant.

Building Blocks

BENEFIT:

BUILDING BLOCKS HAVE A LOT OF BENEFITS SINCE CHILDREN CAN PLAY WITH THEM IN DIFFERENT WAYS.



INSTRUCTIONS

You can ask your child to build a tower of blocks as high as they can. This improves focus and balance. You and your child can also sort the blocks by colour.

Food Fun

BENEFIT:

LITTLE CHILDREN CAN BE FUSSY ABOUT EATING. TURNING FOOD INTO A FUN ACTIVITY CAN HELP THEM TRY NEW FOODS.

**INSTRUCTIONS**

Help your children make a face using food items on the plate. Play food colour games where food is sorted in different colours.

Car Trips

BENEFIT:

CAR TRIPS PROVIDE EXCELLENT OPPORTUNITIES FOR YOUR CHILD TO SOAK IN THE WORLD OUTSIDE OF THE HOME. BUT KEEP IN MIND TO KEEP THE TRIPS SHORT OR STOP EVERY FEW HOURS TO LET YOUR CHILD RUN AROUND A LITTLE.



INSTRUCTIONS

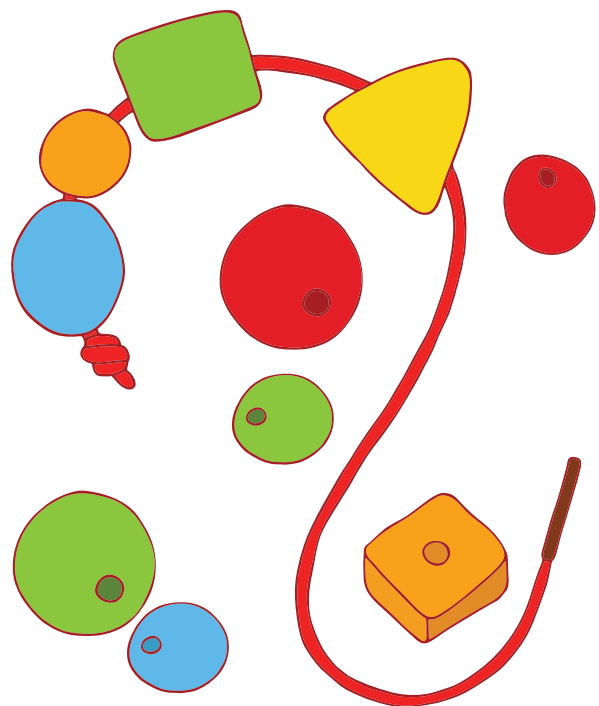
Cut out pictures of things for your child to spot along the way such as stop signs, traffic lights, etc. Keep some of their favourite rhymes playing in the car to keep your child entertained.

24

Necklaces

BENEFIT:

ONCE YOUR CHILD CAN THREAD SMALL OBJECTS ONTO A STRING, THEY WILL LOVE MAKING NECKLACES. THIS ACTIVITY IMPROVES THEIR FOCUS AND DEXTERITY.



INSTRUCTIONS

You can give your kid various different types of beads to make the necklaces. Parental supervision is very important here to prevent your child from accidentally ingesting the beads.

25

Play Tent

BENEFIT:

TODDLERS LOVE PLAYING IN SMALL TENTS AS IT GIVES THEM THEIR OWN PRIVATE AREA IN THE HOUSE. THEY PROVIDE A SENSE OF SAFETY AND SECURITY.



INSTRUCTIONS

Drape a large sheet over a table so that its sides touch the floor. Put toys in the tent to encourage your toddler to play games in there. You can also put some cushions in there to make it comfortable.

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