



20

Activities

**TO KEEP YOUR
18-24 MONTH 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

Playing With Clips

BENEFIT:

CHILDREN AT THIS AGE LOVE TO GRIP THINGS WITH THEIR HANDS. SOFT GRIP PLASTIC CLIPS MAKE AN EXCELLENT TOY TO BUILD HAND MUSCLES AND KEEP THE LITTLE ONES ENGAGED.



INSTRUCTIONS

Take a mug and clip a few of these clips around the rim. Show your child how to unclip them and put them inside the mug. Encourage them to do it after you.

2

Scribbling

BENEFIT:

YOUR CHILD CAN ENJOY SCRIBBLING EVEN IF THEY ARE NOT ABLE TO DRAW ANYTHING MEANINGFUL YET. THIS ACTIVITY WILL STRENGTHEN THEIR HAND MUSCLES.



INSTRUCTIONS

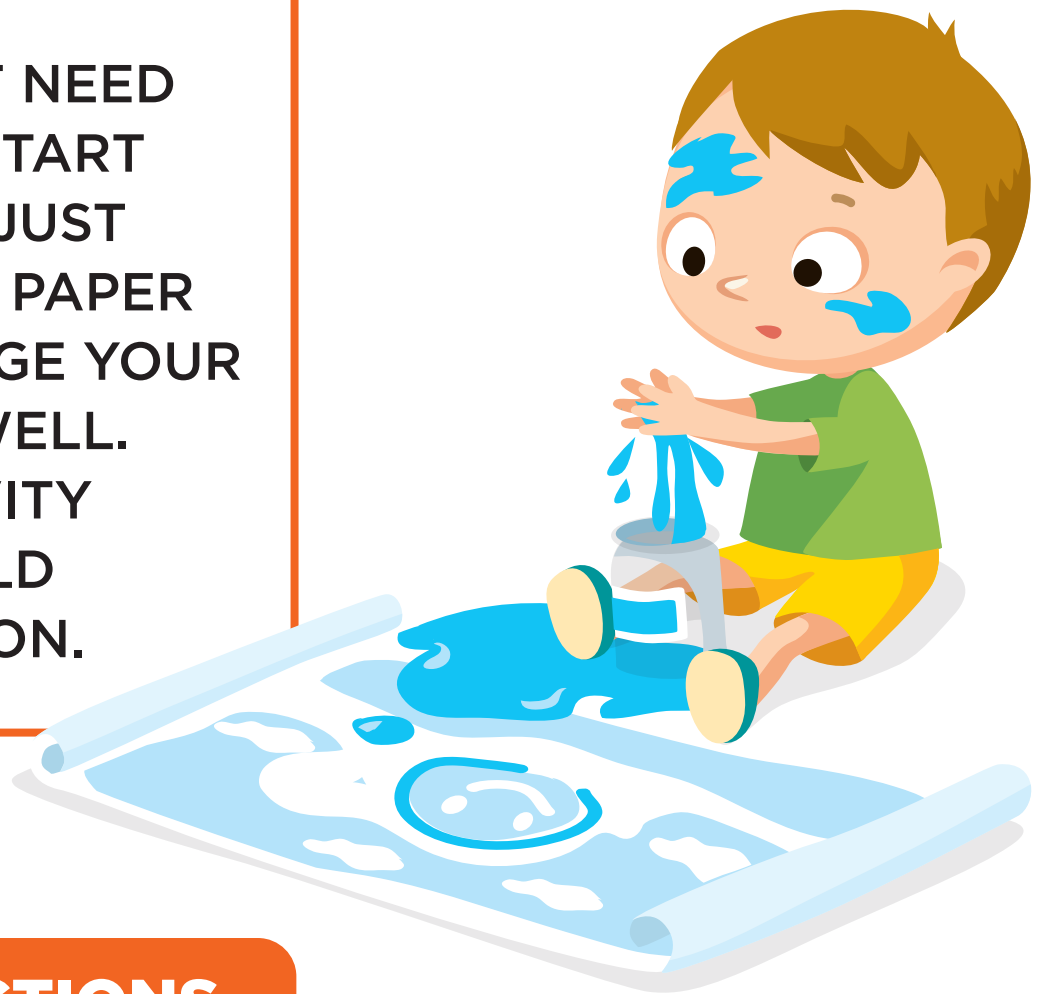
Start by taping a big piece of paper on the ground. Then pick a non-toxic crayon. Show your child how to hold the crayon and scribble. Encourage them to do it on their own.

3

Paint With Water

BENEFIT:

YOU DON'T NEED PAINT TO START PAINTING. JUST WATER ON PAPER CAN ENGAGE YOUR BABY AS WELL. THIS ACTIVITY HELPS BUILD IMAGINATION.



INSTRUCTIONS

Take a bowl of water and a sheet of paper. Show your child how to dip your hand in the water and make marks on the paper. You can even use a sponge for this activity.

4

Stack & Pack

BENEFIT:

CHILDREN LOVE FITTING THINGS INSIDE BOXES AND TAKING THEM OUT. YOU CAN USE SIMPLE CARDBOARD BOXES TO ENGAGE YOUR LITTLE ONE.



INSTRUCTIONS

Take a box and fill it with smaller boxes and other items. Ask your toddler to take it all out and put it back in.

5

Helping Around The House

BENEFIT:

YOU AND YOUR CHILD CAN DO BASIC CHORES AROUND THE HOUSE. THIS CAN BUILD INDEPENDENCE AND FOCUS.



INSTRUCTIONS

You can give your child a cloth and ask them help you wipe and clean table surfaces. They can also help you carry some clothes out of the washing machine after laundry.

6

Tea Party

BENEFIT:

A TEA PARTY IS A CLASSIC ACTIVITY TO PLAY WITH CHILDREN. IT BUILDS CONFIDENCE, IMAGINATION AND SOCIAL SKILLS.



INSTRUCTIONS

Put a blanket on the floor and place cups and a teapot filled with water on it. If you don't have a teapot, any jug would do. Place your child's favourite soft toys as other guests. Let your child practice filling the cups and act as the host.

7

Catch & Run

BENEFIT:

CATCHING AND CHASING GAMES ARE A FAVOURITE OF SMALL KIDS. THIS GAME CAN BE PLAYED EVEN IF YOUR LITTLE ONE IS CRAWLING.



INSTRUCTIONS

Rush to your child and then pretend to run away by looking back. You will find them trying to catch you. You can turn around the game by running to your child with your hands outstretched, ready to catch them. Remember to keep your speed slow as the aim is to have fun.

8

Contact Paper Walking

BENEFIT:

CONTACT PAPER PROVIDES A GREAT SENSORY ACTIVITY FOR YOUR CHILD TO ENJOY.



INSTRUCTIONS

Cut out 2 feet of clear contact paper. Tape it to the ground with the sticky side facing up. Then let your child have fun running, jumping, dancing, or just standing on the paper while wiggling their toes on the sticky surface.

9

Swimming

BENEFIT:

MANY BABIES LOVE TO BE IN THE WATER. THIS CAN PROMOTE MUSCLE GROWTH AND BUILD CONFIDENCE.



INSTRUCTIONS

Take an inflatable pool and fill it with water. Place your baby inside and allow them to splash around and have fun. Ensure the water level is below their shoulders. Stay with them throughout this activity.

Play Dates With Other Kids

BENEFIT:

CHILDREN AT THIS AGE ARE STILL LEARNING TO PLAY WITH OTHER KIDS. THIS CAN BE ENCOURAGED BY HAVING PLAY DATES WITH OTHER KIDS OF THE SAME AGE.

**INSTRUCTIONS**

If you know any relatives or friends who have children of the same age, you can arrange meet ups with them. Even if your child doesn't play with other kids, you can try having them play next to each other as a starting point.

11

Play With Paint

BENEFIT:

PAINTING IS A GREAT WAY TO BUILD IMAGINATION AND FOCUS IN YOUR CHILD. YOU CAN SAVE THESE PAINTINGS TO SHOW IT TO YOUR CHILD WHEN THEY GROW UP.



INSTRUCTIONS

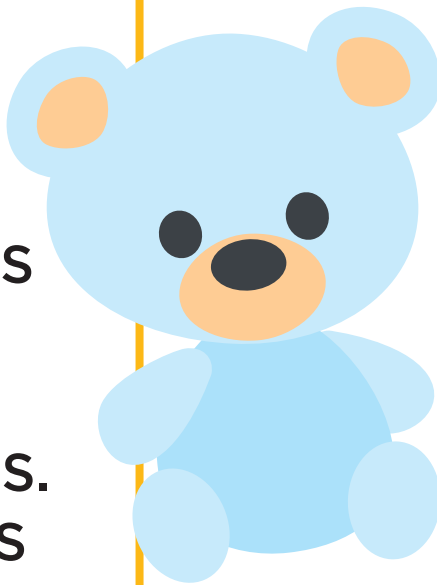
Put a bib on your child and lay down newspapers to prevent mess. Take a sponge and show them how to dip it in paint and press it on the paper to create a design. Use washable kid-safe paint.

12

Give It A Name

BENEFIT:

A GREAT WAY TO GET YOUR CHILD TALKING IS TO GIVE NAMES TO THEIR FAVOURITE ITEMS. THIS ALSO HELPS BUILD THEIR VOCABULARY.



teddy!



INSTRUCTIONS

Choose an object that your child interacts with daily and give it a name. You can ask your child to point to the object when you say its new name. Congratulate your child when they get it right.

13

Sort & Play

BENEFIT:

SORTING IS A GOOD ACTIVITY FOR YOUR CHILD TO DO. IT HELPS IN BRAIN DEVELOPMENT.



INSTRUCTIONS

You can place different kinds of fruit and ask your child to separate them into individual bowls. Building blocks can be sorted by colour. Your child can also pair different socks and shoes as well.

14

Dancing

BENEFIT:

BABIES LOVE DANCING TO MUSIC. DANCING IS A GREAT FORM OF EXERCISE FOR YOUR CHILD.



INSTRUCTIONS

Put some music and dance around the room with your child. You can ask them to copy your dance moves. Just keep the steps easy and simple.

15

Puzzles

BENEFIT:

CHILDREN OF THIS AGE ENJOY THINGS THAT FIT TOGETHER. LARGE 2 PIECE JIGSAW PUZZLES ARE A GREAT TOY FOR YOUR CHILD.



INSTRUCTIONS

Place the puzzle pieces on a flat surface and show your child how they fit together. Then encourage them to do it after you. Choose simple puzzles with familiar things on them that your child recognizes.

16

Water Play

BENEFIT:

WATER PLAY IS FULL OF FUN AND CAN KEEP YOUR BABY ENGAGED. WATER PLAY IS ALSO ANOTHER WAY TO EXPLORE NATURE OUTSIDE.



INSTRUCTIONS

You can visit local ponds and streams and ask your child to drop small stones in the water to make splashing sounds. You can also dress them in waterproof clothing and have fun splashing their feet in puddles of water.

Fun With Jelly

BENEFIT:

BABIES LOVE PLAYING WITH JELLY BECAUSE OF ITS TEXTURE. JELLY IS ALSO A SAFE OPTION AS YOUR BABY CAN EAT IT IF THEY WANT TO.

**INSTRUCTIONS**

Make some jelly and spend time squishing and pressing it with your child. This activity can get messy so do lay some newspapers around for easy cleaning.

18

Make Music

BENEFIT:

CREATING MUSIC IS A GREAT WAY TO ENGAGE YOUR CHILD. PERFORMING MUSIC IS KNOWN TO INCREASE BRAIN DEVELOPMENT AS WELL.



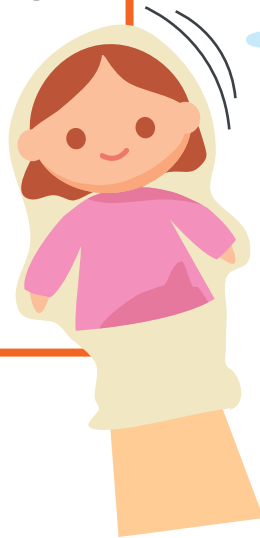
INSTRUCTIONS

Give your child rattles and other percussion instruments like cymbals, bells and drums. Then play some songs and show them how to make a sound on the beat. Choose songs that are simple and loved by your child.

Playing With Puppets

BENEFIT:

PUPPETS CAN BE IMPORTANT TOOLS TO DISTRACT YOUR CHILD WHEN THEY ARE OUTSIDE. YOU CAN ALSO USE PUPPETS AS A GUIDE DURING FEEDING TIME.

**INSTRUCTIONS**

Choose an old sock and draw a face on it using a non-toxic marker. Puppets can promote eating healthy foods by showing the puppet pretending to eat it first in front of your child.

20

Gymnastics

BENEFIT:

BABIES ARE VERY FLEXIBLE AND LOVE BEING ACTIVE. BASIC STRETCHING CAN BE A GREAT FORM OF EXERCISE FOR YOUR CHILD.



INSTRUCTIONS

Let your child climb all over you when you are lying in bed or sitting on the sofa. You can also have your child sit between your knees and then ask them to lift a leg so that their toes touch their face.

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