Play helps children express themselves and put thoughts into words. Babies learn about object permanence when they play peek-a-boo. In dramatic play, language develops as children imitate what their favorite grown-ups do. Keep it simple. A simple cup-shaped object can become a cup or a hat. A blanket and chair can be a fort.

**BABY**

- Push an ice cube around on baby’s high chair tray. Hide it under a cup. Push it FAST! Push it S-L-O-WLY!
- Look in the mirror. Put a hat on baby’s head and say “hat”. Put the hat on your head and say “hat”. Then use a plastic stacking ring on each head. Repeat the word “hat”. Will baby imitate you?

**TODDLER**

- Be a BEAR! Growl! Pick some berries and catch a fish with your bare hands! Then gobble up a delicious lunch! Make a cave out of pillows, blankets and the kitchen table, and curl up to hibernate at naptime!
- Blow a feather in the air. How high can it go? Does it float slowly down, or does it fall quickly? Let the feather tickle your arm... your toes... your nose!

**PRESCHOOLERS**

- Pretend your child is the mail carrier. Write some letters together and put them in envelopes. Give your child the letters to carry in a bag and deliver. Drive your delivery truck. Enjoy reading mail delivered to you.
- “B” is for “Block” and “Build”! Can you build a big barn or a building? Can you make it taller than you? Can you be a “bulldozer” and knock it down?

**DO**

Use toilet paper tube (or roll up this page) to make a telescope! Or use two short pieces for binoculars or Minion eyes.

Make a paper shaker! (Pinch and staple one side. Add rice or dry beans. Pinch and staple the opposite side the other way. Tape over staples.)

Roll the tube on the ground. How far will it go? Can it roll downstairs? Use two and race!

**SIGN!**

Take the pointer and middle finger of left hand, and stretch them out straight like the seat of a swing. Take the pointer and middle finger of the right hand and “sit” them over the seat. Pump the “legs” in and out like you would if you were swinging.

**Sign of the Day**

SWING