

playing activities to build creativity and confidence



let them lead

Let a child show you how they want to play. Then imitate what they do and say. They will likely have more fun while building their creativity.

make a homemade obstacle course

During naptime, create an obstacle course in your home. Make pool noodles into tunnels, couch cushions into mini-mountains or blankets into roads.

make it a toy

Measuring cups can be nesting toys. Cotton balls are fun sensory items to help develop fine motor skills. No fancy toys needed!

turn bath time into fun time

Let them squeeze the towel, see how soap makes bubbles, play with the water with their fingers and toes. This touch helps develop their sensory skills.

play it again and again

Doing the same game many times may get tiring for you, but it helps children do things on their own. It also helps with focus and confidence.

encourage exploration

A child's brain needs to figure things out. Show them how a toy works. Then be patient and let them explore and work it out.

play in a mirror

Safely position a baby in front of a mirror. Point to their eyes, nose and mouth in the mirror. Ask them to do the same. This builds imitation skills, even if they may seem too young.

playing benefits:

- Boosts confidence
- Develops motor skills
- Helps child solve problems
- Creates a bond
- Increases creativity

