

Junior Fun Activities

3 to 5 Years



LISTEN & ACT



● Learning Objectives

- To develop gross motor skills.
- To develop the ability to follow one step instructions.

● Materials Needed

- A whistle/bell/plate & spoon for making some noise

● What to do?

- Tell the child that he/she must listen carefully for the whistle/bell/plate noise because that's when the new instruction would be given. (Give only gross motor movements.)
- Begin by blowing the whistle and give instructions like -
 - Walk in slow motion
 - Walk with hands up
 - Walk backwards
 - Hop forward
 - Hop like a kangaroo

