

# 3 Easy Play-Based Activities for Ages 2-6

**Sensory Color/Shape Sorting**  
**Obstacle Course**  
**Storytime/Pretend Play**



# Sensory Color/Shape Sorting

## Skills:

Fine motor, cognitive development & early math

## What you need:

A muffin tin, bowls, egg carton, or cups

Paper, marker, or color of the bowl/cup to show where each object should go

3-5 small objects of each color

Utensil or tongs to increase difficulty

## What to do:

Sort small objects into a muffin tin or container by color or shape

## Meet your child's needs:

Model/ participate in activity

Increasing or decreasing object size

Use tongs for extra coordination practice

Change quantity based on skill level and attention

## Why?

Encourages problem-solving while building early categorization skills in a hands-on way.



# Obstacle Course

## Skill:

Gross motor, adaptive (following directions), & confidence-building

## What you need:

Pillows, tape, hula hoops, couch cushions, or any household items to create paths

## What to do:

Set up a simple jump and crawl course indoors or outside

## Meet your child's needs:

Provide encouragement for your child while completing obstacle & encourage independence

Model actions & emphasize action words

Let them create their own once they've mastered yours!

Create a scavenger hunt while completing the obstacle course (eg., Where is the shoe? Where is the green leaf?)

## Why?

Encourages independence, promotes self confidence, increases body coordination, and active learning.



# Storytime/ Pretend Play

## Skill:

Language, cognitive, creativity & social emotional

## What you need:

A favorite book

Simple props (stuffed animals, toys, household items)

## What to do:

Read your child's favorite story, then act out the story with your child using props or stuffed animals

## Meet your child's needs:

Condense story to 2-3 key parts or expand

Ask open ended questions, "What happens next?" "How does your stuffy feel?"

Encourage the use of imagination

Continue play by encouraging them to change the story or to make up a new ending

## Why?

Boost receptive and expressive language skills, emotional intelligence, and creative thinking through storytelling.



# Let's Connect!

For more resources or support in helping your child grow into the fullest version of themselves email me at [info@taylormadeenrichment.com](mailto:info@taylormadeenrichment.com) or check out [TaylorMadeEnrichment.com](http://TaylorMadeEnrichment.com).

