

## Gaining Stated Program Objectives Through Purposeful Play

### BODY

#### Health and Gross Motor - From Tummy Time to The NBA

The Infant wiggles his body during crib or floor play, lifting his head and strengthening his torso; the Baby builds his large muscles by crawling across the room; the Toddler and his teacher play roll the ball; the Two plays 'Duck, Duck, Goose'; the Three walks the balance beam and plays 'Red light, Green Light'; the Four skips and throws small balls at targets like laundry baskets and trash cans; the Five takes aim, dribbles, and shoots!

#### Self-Help and Hygiene – From Nursing to Nutrition

The Infant and Baby have their feeding and toileting needs met when they are expressed in order to create smooth brain waves of Need and Comfort; the Toddler begins to express his hunger and toilet needs in words and practices toileting skills when HE is ready; the Two begins to understand the need for hand-washing and may conquer toilet training; the Three grasps the connection between food and health, washes his hands, and uses the potty; the Four begins to choose healthy food, dress himself, set the table for snacks; the Five understands the need for safety and good hygiene in order to stay healthy and can handle the Elementary School cafeteria.

#### Fine Motor - From Rattles to Writing

The Infants wiggles his fingers; the Baby dumps and fills; the Toddler scribbles with big fat crayons; the Two mashes play dough; the Three paints at the easel; the Four builds with Legos; the Five prints his name with his finger in the sand, with a paint brush at the easel, then with pencil and paper.



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