

Name: Carina Bergouignan

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Course Name: Child Life Practicum

Directions: Utilizing the chart below, input developmentally appropriate activities for each age group and give a theoretical rationale for why the activity is well-suited for the age group.

Age (ex: infant)	Activities (ex: infant massage)	Rationale (ex: sensorimotor)
Infants Trust vs. Mistrust: Infants and newborns rely on caregivers for consistency and stability.	<ol style="list-style-type: none">1. Tummy Time Water Mat2. Rattle/Teether3. Activity Discovery Bouncer4. Mobile	<ol style="list-style-type: none">1. Sensorimotor: This activity incorporates a clear inflatable mat that an infant can lay on for tummy time. When looking at the mat after water is added, it seems like the ocean inside with a few small plastic looking fishes inside for texture. This activity promotes hand-eye coordination and touch while teaching the infant to support their neck, arms, and legs. It also uses cognitive, motor, and sensory development. Infants can soothe their feelings and become less irritable or fussy throughout the activity.2. Sensorimotor: Rattles with teethers are an excellent distraction activity for infants because of the noise, colors, and movement. They also provide soothing relief for teething infants.3. Sensorimotor: Activity discovery bouncers are great exercise for the infant's legs, tires them out to better sleep at night, engages them to balance, and move and explore the space around them safely. Most of these discovery jumpers have little mirrors, buttons with animal sounds, and other fun distracting objects, which are great for developing the senses.4. Sensorimotor: This is a good activity for infants and newborns developing their sight. Noises, music, color, and shapes provided through a moving mobile is

	5. Play Floor Gym	<p>great for brain development.</p> <p>5. Sensorimotor: Play floor gyms are useful for engaging infants' visual perception and gross motor skills as they use their bodies and muscles for sensory stimulation.</p>
<p>Toddlers</p> <p>Autonomy vs. Shame and Doubt: Toddlers should be encouraged and supported in their increased independence,</p>	<ol style="list-style-type: none"> 1. Stacking Rings/ Wooden Block 2. Wooden Letters/ Puzzles 3. Parallel Play 4. Playing House/Kitchen 5. Fabric Tunnel 	<ol style="list-style-type: none"> 1. Preoperational: Enables and encourages problem-solving, perception, patterns, coordination, communication, and creativity. This activity also allows toddlers to use fine and gross motor skills. 2. Preoperational: This activity requires toddlers to use memory, touch, pattern recognition. 3. Preoperational: Parallel play allows children to play independently but together. It helps toddlers communicate, use their creativity while learning to observe and copy the behaviors of others. 4. Preoperational: Playing house or kitchen once again encourages independence as well as teamwork and communication. Toddlers in this activity also promote using language, fine, and gross motor skills. Toddlers also tend to use their senses and pretend play to simulate daily tasks. 5. Preoperational: Toddlers will learn about patience, communication, sharing, and taking turns during this activity. It also can help with gross motor skills as well as coordination.
<p>Preschoolers</p> <p>Initiative vs. Guilt: This is the stage</p>	1. Sensory Bottles/Bins	<ol style="list-style-type: none"> 1. Preoperational: This activity helps preschoolers to develop symbolic thinking, provide a calming or soothing presence, encourages manipulation of

<p>where children begin to assert their power and control over their environment/world around them through directing play and other social interaction.</p>	<p>2. Finger Painting</p> <p>3. Playdough</p> <p>4. Coloring</p> <p>5. Playing with sounds/instruments</p>	<p>different objects and textures through fine motor skills. This activity can help children explore new topics or relieve them of some anxiety through sensory processing.</p> <p>2. Preoperational: This activity incorporates the use of textures, colors, shapes, and their senses. When done with other children, it can encourage hand and eye coordination, communication, creativity, sharing ideas, and sensory experiences. This activity can also help children learn that combining and mixing colors can create a new one.</p> <p>3. Preoperational: Playing with playdough can be a fun activity where preschoolers can share, communicate, create storylines, create characters and scenarios while using their fine motor skills. This activity allows preschoolers to engage in social, emotional, and language development.</p> <p>4. Preoperational: This activity teaches children to take direction and learn about structure when trying to stay in the lines. Still, much like finger painting, it allows a picture to come to life using colors and mix others. It also helps with hand-eye coordination, stress relief, relaxation, focus, and creativity.</p> <p>5. Preoperational: Playing with sounds and instruments can allow preschoolers to learn structure, boundaries, patience, commitment, collaboration while helping with brain development. Learning to play with instruments can also provide creativity and stress relief.</p>
School-Aged	1. Going to Museums with Activities	1. Concrete Operational: This activity allows children to learn throughout the

<p>Industry vs. Inferiority: Children learn to follow the rules placed in school and at home as well as new skills. Motivated to be productive instead of just play but can feel inferior when unmotivated. The use of operational thought.</p>	<p>2. Obstacle Course</p> <p>3. Singing/ Dancing</p> <p>4. Reading</p> <p>5. Making Slime</p>	<p>day at the museum, whether it is science, history, etc, the teacher can then implement an activity that involves the use of memory, fine/gross motor skills, collaboration, and problem-solving.</p> <p>2. Concrete Operational: This activity is enjoyable as it has a physical exercise component but to complete it, the school-aged child must follow directions, listen and communicate with their team, build on what information they have to problem-solve. They must also use their gross/fine motor skills and cognitive skills.</p> <p>3. Concrete Operational: This activity, much like the others listed in the school-age category, enhances creativity, imagination and uses memory, language development, and communication through words or movement. Like singing and dancing, the arts have also been known to provide emotional development and teach individuals to connect and form empathy.</p> <p>4. Reading is a significant cognitive activity. Whether it's reading aloud or in your head, it is very beneficial for school-aged children. It involves operational thinking, also known as systems thinking. Children will also learn how to sound out words, enunciate, learn about grammar, spelling, rereading, reflecting on characters, etc.</p> <p>5. This activity is fun for school-aged children. They get to show off their creativity by making something simple by hand, making decisions like choosing colors and specific materials. Children also love slime activity because they get to explore different textures. It is also a STEM and sensory activity.</p>
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<p>Adolescents</p> <p>Identity vs. Role Confusion: This stage occurs during the ages of 12-18 years. This stage allows adolescents to find a sense of self and personal identity, through an intense exploration of personal values, beliefs, and goals.</p>	<ol style="list-style-type: none"> 1. Scavenger Hunt 2. Sports 3. Board Games/ Trivia 4. Volunteering 5. Making Videos 	<ol style="list-style-type: none"> 1. Formal operational: Scavenger hunts can be a great activity for teens and can even be created to fit their interests. Adolescents can benefit from it developmentally as well. It promotes problem-solving, teamwork, patience, confidence, trusting your instincts, listening to others, and seeing things from multiple perspectives. 2. Formal operational: Sports as an activity bring a sense of camaraderie and sportsmanship, in which adolescents learn to take turns, listen to their teammates, and use fine and gross motor skills. 3. Formal operational: For this activity, teens need to listen, follow a set of rules, play fairly, practice patience, and use different strategies while using previously learned information. 4. Formal operational: Through volunteering, adolescents learn what they are interested in while also learning to listen, participate, and engage in activities others may enjoy. Essentially it will create an environment to connect with others. 5. Formal operational: Adolescents love to create videos; whether the videos are educational, music-based, and or dance-based, they get to show others their talents. They can elaborate on their language development, emotional development, and cognitive development on what they learned from their experiences.
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