

Middle Preschool Interest-Based Everyday Activity Checklist

Jennifer Swanson, Melinda Raab, Nicole Roper, and Carl J. Dunst

Identifying Information

Child's Name _____ Date of Birth _____
 Age (Months) _____ Today's Date _____
 Person Completing the Checklist _____ Relationship to Child _____

Checklist Description

This checklist includes a list of everyday activities that are sources of learning opportunities for children functioning between 15 and 36 months of age. The activities are a mix of things that children get to be involved in as part of everyday family and community life, things parents and children do together, things children become involved in because of adult interests and activities, and things that simply happen day-in and day-out as part of everyday living. The checklist is used to identify activities that are interest-based and would provide your child opportunities to learn and practice many different kinds of skills and behaviors. Simply follow the steps described below to make your child's learning full of wonderful possibilities.

Using the Checklists

Step 1. Identifying a Child's Interest. Start by making a list of all the things, people, places, and activities that *interest* your child. "What does your child enjoy doing?" "What gets your child excited?" "What does your child prefer or like to do?" "What makes your child laugh or smile?" "What does your child choose to do most often?" "Who does your child prefer to be with?" List your child's interests in the space provided on the next two pages.

Step 2. Completing the Checklist. Keep in mind your answers to the Step 1 questions. Go through the lists of activities on the next two pages, and **check the activities** that provide or could provide your child opportunities to use or express his or her interests. Add activities that are not included on the checklists that are important to your family or happen because of where you live and which are or would be interesting to your child. Don't overlook **tag along** activities that would include opportunities for interest-expression.

Step 3. Selecting Interest-Based Learning Activities. Go back through the list of activities you checked, and **circle those activities** that do or could happen often for your child and which best match your child's interests. The best activities are ones that provide lots of opportunities for a child to do things (s)he is interested in doing as well as learn new things.

Step 4. Develop an Action Plan. The last page of the checklist includes one way you can be sure you and your child can take advantage of all the learning possibilities that are part of your everyday family and community life. Simply complete each section and you will have a useful **plan** for providing your child interest-based everyday learning opportunities.

My Child's Interest

Your Child's Interests

Keep in mind your child's interests (things he or she likes to do, enjoys doing, that get him or her excited, and so forth), and check all activities that you think would be ones that would give your child opportunities to use or express those interests.

Everyday Activities

The following is a list of activities many children experience as part of everyday living. Please check those activities that best match your child's interests. Don't forget about **tag along** activities.

- | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <input type="checkbox"/> Attending a playgroup <input type="checkbox"/> Attending church/synagogue <input type="checkbox"/> Attending movement/music class <input type="checkbox"/> Attending neighborhood gatherings <input type="checkbox"/> Attending Sunday school/kid's church <input type="checkbox"/> Being read to <input type="checkbox"/> Brushing teeth <input type="checkbox"/> Choosing books at the library <input type="checkbox"/> Collecting leaves or rocks <input type="checkbox"/> Creating an art project/craft <input type="checkbox"/> Cuddling with parent/caregiver <input type="checkbox"/> Cutting/tearing pictures
(e.g., magazines, catalogs) <input type="checkbox"/> Dancing <input type="checkbox"/> Diaper changing <input type="checkbox"/> Doing errands with mom or dad <input type="checkbox"/> Doing laundry with mom or dad <input type="checkbox"/> Dressing/undressing <input type="checkbox"/> Eating meals or snacks <input type="checkbox"/> Eating out <input type="checkbox"/> Feeding ducks at the pond | <ul style="list-style-type: none"> <input type="checkbox"/> Finger painting <input type="checkbox"/> Gardening/planting flowers <input type="checkbox"/> Getting out of bed/waking up <input type="checkbox"/> Getting ready for bed/naptime <input type="checkbox"/> Going on a camping trip <input type="checkbox"/> Going on a play date <input type="checkbox"/> Going fishing with mom or dad <input type="checkbox"/> Going on a bike ride <input type="checkbox"/> Going on a stroller ride <input type="checkbox"/> Going on a hike <input type="checkbox"/> Going on a neighborhood walk <input type="checkbox"/> Going on nature walks <input type="checkbox"/> Going to a movie <input type="checkbox"/> Going to a nature center <input type="checkbox"/> Going to siblings' ball games/sports events <input type="checkbox"/> Having cookouts/barbecues <input type="checkbox"/> Having friends over to play <input type="checkbox"/> Having picnics <input type="checkbox"/> Helping with household chores <input type="checkbox"/> Listening to bedtime stories <input type="checkbox"/> Listening to music <input type="checkbox"/> Listening to storytellers/story times <input type="checkbox"/> Listening to/saying nursery rhymes <input type="checkbox"/> Looking at and talking about photographs <input type="checkbox"/> Looking at/reading cereal boxes/labels <input type="checkbox"/> Participating in family talks <input type="checkbox"/> Picking up siblings from school/childcare <input type="checkbox"/> Picking up toys <input type="checkbox"/> Playing at an indoor playland <input type="checkbox"/> Playing chase/running <input type="checkbox"/> Playing dress-up <input type="checkbox"/> Playing finger games <input type="checkbox"/> Playing hide-n-seek <input type="checkbox"/> Playing house <input type="checkbox"/> Playing in a stream/creek/river <input type="checkbox"/> Playing in a sprinkler <input type="checkbox"/> Playing in a wading pool |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

My Child's Interest

- Playing in dirt/mud/sand
- Playing musical instruments
- Playing on park/playground equipment
- Playing on the computer/typewriter
- Playing with a garden hose
- Playing with balls/balloons
- Playing with bubbles
- Playing with busy boxes/busy centers
- Playing with magnetic letters/shapes
- Playing with other children/siblings
- Playing with pets
- Playing with playhouse toys
- Playing with puppets, dolls, etc.
- Playing with shape sorters/puzzles
- Playing with toys that play music, talk, etc.
- Playing with trucks/cars/boats
- Playing with water toys
- Playing in a sandbox/sand table
- Praying/saying Grace
- Preparing meals or snacks
- Renting/returning videos
- Riding in a boat
- Riding in wagon/riding toys
- Rough housing/playing tickle games
- Saying hellos/good-byes
- Shopping at the mall/department stores
- Shopping for groceries
- Singing
- Swimming/floating at the pool
- Taking a bath
- Taking a car, bus, train ride, etc.
- Taking care of pets (e.g., feeding)
- Toileting/going to bathroom
- Using crayons, markers, paints, etc.
- Using play dough, silly putty, etc.
- Visiting animals (e.g., pet store/zoo)
- Visiting neighbors, friends, relatives

- Washing hands/face
- Watching mom or dad write notes/lists
- Watching TV/videos
- Watering plants/grass/flowers
- _____
- _____
- _____
- _____
- _____
- _____

Special Family Activities

Many families have special events, celebrations and traditions that are important to them. Please list those special family activities that you know or think might be interesting to your child.

- _____
- _____
- _____
- _____
- _____
- _____

Activities Where You Live

Many families have special experiences and learning opportunities because of where they live. Please list those activities that your child gets to be a part of because of where you live that would be interesting to your child.

- _____
- _____
- _____
- _____
- _____
- _____

Expanding Your Child's Learning Opportunities

Now that you have selected the best activities for everyday child learning, the next step is to use this information to provide your child lots of opportunities to use his or her interests to do things (s)he is able to do and to learn new things. The following is a helpful way for providing your child interest-based learning opportunities.

	Interest-Based Activities	When/Where Activities Will Occur	What My Child Will Get to Do	What I Can Do To Help My Child Learn	How I Will Know My Child Benefited
Let's Continue Doing These Activities...					
Let's Try These New Activities...					