



Our Family Activity Cards feature play-based activities you can use with your child anywhere! These cards offer examples of skills your child will need as they reach developmental milestones. We hope you enjoy them, and if you have feedback about these activities, please be sure to send it to: eye@thelearningbar.com

What are awareness of self and environment skills?

Awareness of self and environment refers to children's perception of themselves and the world around them. With time, they begin to make connections between places, things, and experiences.

What's the goal?

Name articles of clothing.

How to play?

Encourage your child to pick clothes and get dressed by him or herself. Name each article of clothing and discuss if it fits with the day's weather and activities.

Cognitive Skills



What are cognitive skills?

Cognitive skills refer to children's thinking, including their thoughts, what they know, and their reasoning and judgment. Cognitive skills help children understand and remember things, solve problems, and stay focussed on tasks.

What's the goal?

Sort by size, colour, or shape.

How to play?

When stacking plates or playing with blocks, encourage your child to sort items by different attributes like size, colour, or shape.

Gross Motor



What are gross motor skills?

Gross motor skills are all about children knowing about their body and how to use it, move it, and control it. These skills help children do important everyday tasks, such as getting out of bed and getting dressed.

What's the goal?

Help with chores.

How to play?

No matter the season, there is always work to be done! Plant seeds, wash the car, rake leaves, or shovel snow. Encourage your child to help, and have fun together!