Early 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 infants and very young children functioning below 15 to 18 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.

Copyright © 2006 • Family, Infant and Preschool Program

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.

- ☐ Attending a playgroup
- ☐ Attending church/synagogue
- ☐ Being read to
- ☐ Being sprayed by a garden hose
- ☐ Cuddling/rocking with adult
- ☐ Dancing with mom or dad
- ☐ Diaper changing
- ☐ Doing errands with mom or dad
- ☐ Doing laundry with mom or dad
- ☐ Dressing/undressing
- ☐ Eating meals or snacks
- ☐ Eating out
- ☐ Feeding ducks at the pond
- ☐ Finger painting
- ☐ Getting out of bed/waking up
- ☐ Getting ready for bed/naptime
- ☐ Going grocery shopping with mom or dad
- ☐ Going on a bike ride
- ☐ Going on a hike
- ☐ Going on a stroller ride
- ☐ Going on a neighborhood walk
- ☐ Going on nature walks
- ☐ Going to siblings' ball games
- ☐ Going to the library
- ☐ Having picnics
- ☐ Helping with household chores (e.g., vacuuming)
- ☐ Listening to bedtime stories
- ☐ Listening to music
- ☐ Listening to story times
- ☐ Listening to/saying nursery rhymes
- ☐ Looking at and talking about photographs
- ☐ Looking at/reading cereal boxes/labels
- ☐ Looking in mirrors
- ☐ Picking up siblings from school/childcare
- ☐ Picking up toys
- ☐ Playing finger games
- ☐ Playing in a stream/creek/river
- ☐ Playing in a sprinkler
- ☐ Playing in a wading pool
- ☐ Playing in dirt or sand
- ☐ Playing in kitchen cupboards
- ☐ Playing lap games (e.g., peek-a-boo, so big)
- ☐ Playing on park/playground equipment
- ☐ Playing turn-taking vocal games
- ☐ Playing with balls/balloons
- ☐ Playing with bubbles
- ☐ Playing with busy boxes/baby gyms
- ☐ Playing with magnetic letters/shapes
- ☐ Playing with musical toys
- ☐ Playing with other children

Copyright © 2006 • Family, Infant and Preschool Program

My Child's Interest

- ☐ Playing with/taking care of pets
- ☐ Playing with playhouse toys
- ☐ Playing with push/pull toys
- ☐ Playing with responsive toys (e.g., mobile, roly poly)
- ☐ Playing with shape sorters/puzzles
- ☐ Playing with talking toys (e.g., See and Say)
- ☐ Playing with teething toys
- ☐ Praying/saying Grace
- ☐ Preparing meals or snacks
- ☐ Riding in a boat
- ☐ Riding in wagon/riding toys
- ☐ Rough housing/playing tickle games
- ☐ Saying hellos/good-byes
- ☐ Shopping at the mall/department stores
- ☐ Singing
- ☐ Swimming at the pool
- ☐ Taking a bath
- ☐ Taking a car, bus, train ride, etc.
- ☐ Using crayons, markers, etc.
- ☐ Using play dough, silly putty, etc.
- ☐ Visiting animals (e.g., pet store/zoo)
- ☐ Visiting friends, relatives, or neighbors
- ☐ Washing hands/face
- ☐ Watching mom or dad write notes/lists
- ☐ Watching TV/videos
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Copyright © 2006 • Family, Infant and Preschool Program

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...					

Copyright © 2006 • Family, Infant and Preschool Program