

Explore Objects and Shapes

(activity for around 9 months old)

Outcome: Children are building executive functioning and mindful skills as they work to accomplish a task that demands fine motor skills, emotional regulation, hand-eye coordination, and intelligence. Shape sorters help children solve problems all on their own by trying to work out which shape fits into which hole!

Materials Needed: Shape sorter bucket or puzzle (you can make your own shape sorter using a food container with a plastic lid and blocks/small balls).

How:

Allow your child to explore and manipulate toys and objects using both hands by setting out a shape sorter and shapes or a shape sorting puzzle.

Encourage your child to:

- Pick up the objects with their hands.
- Hold the objects in both hands.
- Transfer the objects from one hand to the next.
- Tap the objects together.
- Transfer the objects in and out of the matching cutouts on a shape sorter bucket or puzzle.



No shape sorter? Make one with a plastic lid and exacto knife!