



Peek-a-boo

1 - 3 years

TIME: 5 - 10 minutes

SKILL: Motor control of hands, moving head and eyes to track movements

REQUIREMENTS: Comfortable place to sit if playing with young toddlers ages 1-2. Indoor or outdoor space with simple hiding places (e.g. furniture, trees, shrubs) if playing with older toddlers ages 2-3 years.

Directions

1. Sit with your toddler and play peek-a-boo by hiding your face behind your hands. Once your toddler knows the game, encourage them to use their hands and lead the play.
2. Progress to hiding behind furniture (indoor) or trees and shrubs (outdoor) and moving in and out of hiding while saying "Peek-a-boo!"

Variation

- With older toddlers who are walking confidently, progress to a simple version of hide-and-seek where you and your toddler take turns covering your eyes while the other hides. When you hide, be sure to make little noises so your toddler can find you without much difficulty.

Benefits

- This activity helps your toddler to develop motor control in the hands, as well as the ability to track movement with the eyes and read the environment spatially. With basic hide-and-seek, it introduces the task of problem solving by analyzing the environment.