



SSMU Daycare

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Activities Program

Children 3 ½ - 5 Years Old

DIMENSIONS OF DEVELOPMENT	CHARACTERISTICS OF THE DEVELOPMENTAL STAGE AND OBJECTIVES	TYPES OF PROPOSED ACTIVITIES
PHYSICAL AND MOTOR DEVELOPMENT	<ul style="list-style-type: none">• The child is able to coordinate his movements.• They know the parts of their body well and are able to locate them• They throw and catch a ball• They can learn swimming techniques.• They are moving very well towards a tricycle and is gradually starting to ride a bicycle• equipped with stabilizing wheels• They can balance on 1 leg• This is a better quality acquisition that allows them to manipulate small objects and materials• They cut along lines• They colour without exceeding the contours and hold the pencil between the thumb and the index finger	<ul style="list-style-type: none">• Tricycles and bicycle equipped with stabilizing wheels• Climbing walls• Game modules• Exercises using balance• Psychomotor course• Walks on foot• Racing• Parachute games• Draw, color, paint, cut, shred, paste• Nest, recess, screw and unscrew• Thread beads on a string• Model clay, plaster, modeling clay



**LANGUAGE
DEVELOPMENT**

- They monologue when they play (in solitary)
- They are able to make complete sentences and hold a real conversation
- They use articles, prepositions of adverbs
- This is the age of "why" and they are interested in words
- They can follow a story without the support of the image
- Promote listening activities
- Rhymes with rhyming and word games
- Tales, theater, talks, songs that promote oral expression

**COGNITIVE
DEVELOPMENT**

- They love stories
- They can distinguish the parts of the day (morning - afternoon - evening)
- It includes some notions of duration
- They like to count and say the letters of the alphabet
- Their drawings are identifiable
- Books dealing with different topics
- Books in 3 dimensions
- Magazines, encyclopedias, dictionaries
- Wooden letter and numbers
- Games of memory, sorting, association

**SOCIAL AND
EMOTIONAL
DEVELOPMENT**

- At this stage, the child gradually learns to verbally express disagreement and frustration
- They discover the notion of property ("it's mine")
- They tend to be possessive and demanding.
- Boys often like tougher games and girls play quieter games
- They discover their sexuality and the physical differences between boys and girls
- They experience certain fears (ie. the fear of dark)
- They are able to lend toys, wait for their turn and play imaginative, inventive, whimsical group games
- They like to help the adult and try to please them
- Create themes and offer readings that describe emotions, feelings, sharing, conflicts
- Demystify fears by drawing, painting and group discussions
- Invent stories, make books