



PLAY-BASED DAILY CHECKLIST



SENSORY PLAY

M T W T F S S

Scoop & pour water with cups



Explore textures (rice, sand, fabric)



Finger paint with safe colors



Smell and name kitchen spices



Listen to different sounds (bells, shakers)



PRETEND PLAY

M T W T F S S

Play "kitchen" with pots and spoons



Dress up with scarves or hats



Role-play "shopkeeper and customer"



Act out a simple story with toys



Pretend to be animals (roar like a lion)



OUTDOOR PLAY

M T W T F S S

Collect leaves or stones



Run and chase bubbles



Draw shapes with chalk outside



Play "find something green"



Swing, slide, or climb safely



LANGUAGE PLAY

M T W T F S S

Sing a nursery rhyme together



Read one short story aloud



Repeat silly rhyming words



Tell a mini-story about today



Play "What's this?" with picture cards



CONSTRUCTION PLAY

M T W T F S S

Stack blocks as high as possible



Sort toys by size or color



Make patterns with Lego or beads



Knock down towers and rebuild



Build a "bridge" with books or boxes



CALM PLAY

M T W T F S S

Quiet puzzle time



Gentle breathing together



Listen to soft music



Cuddle with a favorite toy



Look at the stars or moon



PARENT TIPS

- Aim for one or two activities per category daily not perfection.
- Keep sessions short (5–10 minutes).
- Celebrate effort with smiles, claps, or high-fives.
- Rotate activities weekly to keep play fresh.