

Activities

Children learn by playing; research has shown that play is the most effective way to teach preschoolers. The following are hands on activities and games that use the sense of sight and hearing.

While you are enjoying some of these activities, you can discuss how not all people see or hear the same way (i.e. glasses, color blindness, hearing aids, etc.). You can also share how important our eyes and ears are and how we must take care of them. Some ways to protect your eyes are getting screened, going to the eye doctor, wearing sunglasses, and eating healthy foods. Some ways to protect your ears are staying away from loud noises, wearing ear protection, never putting anything inside your ear, and turning down headphone volume. Can you think of anymore as you complete these activities?

I Spy

The game starts with one player saying: "I spy something ____." The blank is filled in with any adjective (i.e., purple, fuzzy, tall, square). It is up to the opposite players to guess what it is the first player spies. Become the spy by being the first to guess the object correctly.

123 Look and See

Put a group of items on the table or floor. While the children cover their eyes, take one or two items away, and they guess what is missing. In the beginning, keep items in the same spot, and as the skills develop, move the items to different places, or use a bigger set of objects.

Blindfold Games

Blindfold one child and have them guess who is speaking. Children can disguise their voice to make it harder. If they guess correctly, then they can chose who to blindfold next.

What Did You Say?

Have children take turns wearing noise canceling headphones or earbuds. See if the child can guess what is being said to them.

Freeze Dance

Children dance around the room to music when the music stops they all have to freeze in the position they were in when the music stopped. Resume movement when music starts.

Musical Chairs

Set up enough chairs for every player minus one. Have players walk around chairs while music is playing. When the music stops whichever player fails to sit on a chair is eliminated, with a chair then being removed and the process repeated until only one player remains.

Sound Match

Fill two identical plastic eggs with items like popcorn seeds, pebbles and coins. Tape each one shut with clear packaging tape. Have the children match the two like eggs by shaking them and matching up the sounds.

Guess the Animal

Play animal sounds from sound file or make animal noise. Use sense of hearing to guess the animal that makes the sound. Let children take turns making animal sounds and the other children try to figure out what the animal is.

Giant Color Wheel

Have children collect small items from home that are red, orange, yellow, green, blue, and purple. Cut out a big circle from white paper and paint the color wheel. Have children sort their items and then glue to the matching color. Hang in the classroom for display.

Color Sorting Sensory Bin

Using a storage bin or plastic container, fill with dry lentils. Add pompoms, plastic eggs, scoops, etc. Let children explore the bin and prompt them to listen to the sounds of the items or sort colored pompoms into matching eggs.

Listening Ears

Have children color the ears and write their names on the headband. Cut out ears and glue to headband. Test out listening ears by playing a game of Simon Says!

Help Ellie Find Her Glasses Maze

Print and let children use crayons, markers, or pencils to follow the healthy choices to the end of the maze.

Matching

Print and help children cut out the images. Place the images face down and have children try and find the matching image.