



Infant and Toddler Activity Pages

Explore the Box



Materials

- Empty Box (shoe box, small box, large box)
- Items from around your house that are safe for your child to explore (cups, toys, towels, shoes, etc.)

Area of School Readiness

Perceptual, Motor, and Physical Development: According to the [Head Start Early Childhood Learning & Knowledge Center](#), perceptual, motor, and physical development includes motor development and health, safety and nutrition. This includes gross motor or large motor skills (like jumping, running, climbing) as well as fine motor or small muscle skills (like holding a fork or buttoning a coat). Health, safety, and nutrition includes skills for self-care (like brushing teeth), knowledge promoting healthy eating habits, and personal safety routines.

Approaches to Learning: Approaches to learning According to the [Head Start Early Childhood Learning & Knowledge Center](#), approaches to learning refers to *how* children learn or the behaviors and skills that children need to have in order to be able to learn. These skills include both emotional and cognitive self-regulation, initiative and curiosity and creativity.

Cognition: According to the [Head Start Early Childhood Learning & Knowledge Center](#) cognition is your child's ability to reason, use their memory, engage in problem solving and thinking skills that help children learn about and understand the world around them.

Purpose of the Activity

Gross Motor and Fine Motor Skills: Your child will practice using the muscles in their arms and hands to pick up items and put them in and take them out of a box or container.

Initiative and Curiosity: Your child will practice exploring items as they put them in and take them out of a box or container.

Exploration and Discovery: Your child will explore the items as they play with the box or container.

Instructions

1. Find an empty box.
2. Place the box in front of your child- allow your child to explore the box freely. Let them explore it however they want, they might want to climb inside, tip it over or just look at it and touch it.
3. When your child starts to lose interest in the box, place a household item or toy inside the box.
4. Encourage your child to reach for, grab or explore the item in the box. "Do you see that cup in the box? Can you reach it?" Allow your child to explore the box and the item freely.
5. To extend your child's play with the box, try cutting holes on both ends of the box (or open the box up on both ends) to allow your child to crawl through the box like a tunnel.