



## Infant and Toddler Activity Pages

## Fill and Dump



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**Materials**

- Container of your choice (shoe box, plastic bin/tote, plastic bowl, basket)
- Toys and other household items:
  - Blocks (foam/plastic)
  - Cars/Trucks
  - Assortment of balls (different sizes/textures)
  - Rolled socks
  - Rattles/Linking toys
  - Bean bags

**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:** 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**

**Initiative and Curiosity:** Your child will practice exploring toys and filling and emptying containers out.

**Gross Motor and Fine Motor Skills:** Your child will practice using the muscles in their arms and hands to pick up and dump out toys or other household items.

**Exploration and Discovery:** Your child will explore the materials as they fill and dump.

## Instructions

1. Grab a container that you want to use for this activity.
2. Gather items or toys you want to put in the bin.
3. Have your child sit on the floor in front of the bin.
4. Let your child explore the toys and other items.
5. Encourage your child pick the items up and remove them from the bin and place back in (allow your child to dump out the entire container if they choose to). Let them make a mess!
6. Talk with your child while they are doing this activity. Say what you see happening out loud, “You are dumping the truck on the floor!” “Uh-oh, the shoebox is full of toys!”