



Alternatives to TV

Changing the way Americans use television.

Ages Four to Six: The Active Period

Developmental Characteristics

These years are the all-important transition from babyhood to childhood. The child's mental powers are growing rapidly. In this period, the child gains language fluency and control over his/her body for walking, running, and climbing, etc. In these years attitudes and character are shaped. The distinction between reality and fantasy is not yet clear. Children this age are imaginative, and inventive. They are also transparent, their feelings are visible in their faces and actions.

Indoor Activities

Reading aloud.

Making special play spaces (blanket over two chairs, large cardboard box, etc.)

Building with blocks, Duplos, railroad tracks.

Dress up

Imaginative Play

Clapping games such as "Peas Porridge Hot, Peas Porridge Cold"

Puzzles

Picture books

Listening to music

Outdoor Activities

Games such as, "Duck, Duck, Goose!," "London Bridge Is Falling Down," and "Ring around the Rosy"

Sandbox for digging and building

Water play (provide a large basin of water and several plastic measuring cups)

Simple ball games

Riding trucks, tricycles, etc.

Climbing