



Just-Right Challenges

Start with what your child can do. Add a little challenge.

Use these examples as ideas, not a checklist. Choose a challenge that fits your child's age, development, interests, and the setting.

FOR INFANTS & TODDLERS

IF YOUR CHILD CAN...

TRY A LITTLE CHALLENGE...

IMITATE ONE SOUND

Copy two different sounds in a row.

COPY ONE MOVEMENT

Copy two simple movements, one after the other.

POINT TO A FAMILIAR BODY PART

Find two body parts when you name them.

FOLLOW ONE SIMPLE DIRECTION

Try a playful two-part direction.

FOR PRESCHOOLERS & UP

IF YOUR CHILD CAN...

TRY A LITTLE CHALLENGE...

NAME COLORS

Find three things that are the same color.

COUNT TO 5

See if they can count 6, 7, or more objects they can find nearby.

RECOGNIZE SHAPES

Find a familiar shape somewhere unexpected.

NAME ANIMALS

Take turns naming animals until someone needs help thinking of another.

RECOGNIZE LETTERS

Find something nearby that begins with a sound you choose.

COPY A MOVEMENT

Create a two- or three-movement pattern to copy.

WHAT'S A JUST-RIGHT CHALLENGE FOR YOUR CHILD?

Think of something your child can do pretty easily now. How could you make it just a little more challenging - and still fun?