
Affu's Little World
GROW • PLAY • DISCOVER
★ FREE PRINTABLE ★
7-Day
Sensory Play & Motor Skills Plan
FOR AGES 3–6
Simple everyday play to build stronger hands, confident movement and curious minds.
15 min a day
Household materials
Easy adaptations
Affu's Little World™
LITTLE HANDS. BIG DISCOVERIES.

How to Use This Plan

A simple, flexible guide to bring more hands-on play, movement and exploration into your child's week.

1. Choose one activity each day.
2. Gather the simple materials.
3. Read the activity prompt aloud.
4. Let your child explore and lead the play.
5. Check off the activity when finished.
6. Repeat favourite activities during the week.



Quick Key

Fine motor
Hand and finger strength, coordination, pre-writing skills.

Gross motor
Balance, jumping, climbing, coordination, body awareness.

Calming
Rhythmic movement, deep pressure, predictable play.

Mess level
Low | Medium | High

Time
10 – 20 minutes
(about 15 minutes on most days)

Before You Start

- [ ] Choose a safe, washable play area.
- [ ] Cover the surface with a towel or mat.
- [ ] Keep small items away from younger siblings.
- [ ] Stay nearby during water, scissors or small-object play.
- [ ] Follow your child's pace — no pressure to finish.

Our 7-Day Play Plan

Days 1 & 2

DAY 1 — Water-Pouring Station

10 – 15 minutes | Mess level: Low



Skills to practise

Fine motor | Hand-eye coordination | Focus

You'll need

- Shallow bin or bowl
- Cups and small jug
- Funnel or spoon
- Towel

How to play

1. Fill the bin with a little water.
2. Invite your child to pour, scoop, transfer and fill different cups.
3. Try different tools, like a funnel or spoon.

Say this

"Can you fill the big cup without spilling?"

Try this too

- ✓ **Ages 3–4:** Use larger cups and a small jug.
- ✓ **Ages 5–6:** Compare amounts or measure with cups.

DAY 2 — Cushion Obstacle Course

10 – 15 minutes | Mess level: Low



Skills to practise

Gross motor | Balance | Coordination | Body awareness

You'll need

- Cushions or pillows
- A blanket or mat
- A small chair or box
- (optional) Cones or toys

How to play

1. Create a simple course using cushions, a blanket and a chair or box.
2. Invite your child to jump, crawl, step over and balance through the course.
3. Change the route and try again!

Say this

"Can you cross the course like a bear, a frog or a crab?"

Try this too

- ✓ **Ages 3–4:** Keep it low and simple (step, crawl, jump).
- ✓ **Ages 5–6:** Add a balance challenge, like walking on a line or carrying a toy.

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Our 7-Day Play Plan

Days 3 & 4

DAY 3 — Playdough Bakery

10 – 15 minutes | Mess level: Medium



Skills to practise

Fine motor | Finger strength | Creativity | Imagination

You'll need

- Playdough (homemade or store-bought)
- Rolling pin (or bottle)
- Cookie cutters or a cup
- Optional: beads, sticks, leaves for decoration

How to play

1. Give your child a ball of playdough.
2. Invite them to roll, press, cut and shape "bakery" treats.
3. Decorate and create their own playdough bakery!

Say this

"What would you like to make in your bakery today?"

Try this too

- ✓ **Ages 3–4:** Keep it simple — roll, squeeze and make basic shapes.
- ✓ **Ages 5–6:** Try making patterns, letters or number cookies.

DAY 4 — Pom-Pom Tweezer Sort

10 – 15 minutes | Mess level: Low



Skills to practise

Fine motor | Pincer grip | Focus | Sorting & counting

You'll need

- Large, soft pom-poms (or cotton balls)
- Child-safe tweezers or tongs
- Bowls or muffin tray
- Optional: number or colour cards

How to play

1. Set out the pom-poms and bowls.
2. Invite your child to pick up each pom-pom with tweezers and sort by colour, size or number.
3. Try a simple challenge, like "How many can you move in one minute?"

Say this

"Can you sort the pom-poms by colour? How many are in each bowl?"

Try this too

- ✓ **Ages 3–4:** Sort by colour or size using larger pom-poms.
- ✓ **Ages 5–6:** Sort, count and make simple patterns (e.g., red–blue–red–blue).

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Our 7-Day Play Plan

Days 5 & 6

DAY 5 Animal Movement Game

10 – 15 minutes | Mess level: Low



Skills to practise

Gross motor | Coordination | Body awareness | Movement control

You'll need

- A safe, open space
- Animal movement cards (or call out the animals)
- Optional: cones or cushions for a fun course

How to play

1. Choose an animal (e.g., bear, frog, crab, elephant, bunny).
2. Move like that animal across the space (crawl, hop, waddle, stomp).
3. Try 3–5 different animals or create a little animal adventure!

Say this

"Can you move like a frog and jump to the tree?"

Try this too

- **Ages 3–4:** Use 2–3 favourite animals with simple movements.
- **Ages 5–6:** Create an animal obstacle course (e.g., crawl, jump, balance, stomp).

DAY 6 Nature Texture Hunt

10 – 15 minutes | Mess level: Low



Skills to practise

Sensory play | Vocabulary | Observation | Curiosity

You'll need

- A small basket or bag
- A simple checklist (leaf, stone, stick, flower, etc.)
- Outdoor space (yard, park) or a nature corner at home

How to play

1. Go on a short nature hunt together.
2. Look for different textures — rough, smooth, soft, bumpy, dry or crunchy.
3. Collecte a few items and explore their look, feel and smell.

Say this

"What does it feel like — smooth, rough, soft or bumpy?"

Try this too

- **Ages 3–4:** Find and feel 3–4 different textures (e.g., a leaf, stone, flower).
- **Ages 5–6:** Sort your finds by texture, size or colour and describe them.

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Our 7-Day Play Plan

Day 7

DAY 7

Sock-Ball Toss Challenge

10 – 15 minutes

Mess level: Low



Skills to practise

Gross motor | Throwing control | Coordination | Focus

You'll need

- 4–6 pairs of clean socks (to make soft balls)
- A basket, box or laundry hamper
- Open floor space (indoors or outdoors)

How to play

1. Roll each pair of socks into a ball.
2. Place a basket a few steps away.
3. Invite your child to toss the sock balls into the basket.

Say this

"How many sock balls can you get into the basket?"

Try this too

- ✓ **Ages 3–4:** Keep the basket close and use a larger target.
- ✓ **Ages 5–6:** Move the basket farther or try different ways (underarm, overarm, from one foot).

Playful Challenge Ideas



Count & Toss

Count how many balls go in.



Sort & Toss

Use two baskets (e.g., by colour).



Move & Toss

Try a new distance or a higher target.

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My 7-Day Play Tracker

Let's notice, celebrate and reflect on a week of playful learning!

Day	Activity	We Did It!	My Child Enjoyed It	I Noticed... (movement, focus, creativity, confidence, etc.)
Day 1	 Water-Pouring Station	☐	☐ ☐ ☐	_____
Day 2	 Cushion Obstacle Course	☐	☐ ☐ ☐	_____
Day 3	 Playdough Bakery	☐	☐ ☐ ☐	_____
Day 4	 Pom-Pom Tweezer Sort	☐	☐ ☐ ☐	_____
Day 5	 Animal Movement Game	☐	☐ ☐ ☐	_____
Day 6	 Nature Texture Hunt	☐	☐ ☐ ☐	_____
Day 7	 Sock-Ball Toss Challenge	☐	☐ ☐ ☐	_____

Adaptations & Safety Guide

Simple ways to adjust the activities, keep play safe and make it work for your child.

Age-Wise Adaptations



Ages 3 – 4

- Keep the setup simple.
- Use larger materials (cups, balls, pom-poms).
- Give more time and support.
- Focus on exploration and enjoyment.



Ages 5 – 6

- Add a little more challenge.
- Try patterns, counting or simple rules.
- Invite planning and problem-solving (e.g., "How else can you do this?").

Adapt for Your Child's Play Style



Creative Child?

Add art, colours or a make-believe story to the activity.



Active Child?

Include more movement, jumping or whole-body play.



Curious Explorer?

Add a "discover and find" twist (e.g., textures, shapes, sizes).

Play Safety Checklist

- [ ] Use child-safe, non-toxic materials.
- [ ] Choose a clear, clutter-free play space.
- [ ] Supervise water, small objects and movement games.
- [ ] Use soft, age-appropriate tools (e.g., blunt scissors, large pom-poms).
- [ ] Avoid choking hazards (e.g., beads, very small parts) for younger children.
- [ ] Wash hands after messy or outdoor play.

Parent Tips for Best Results



- Keep it **playful**, not perfect.
- Follow your child's **interests**.
- Let them **lead** and make choices.
- **Celebrate effort**, not the outcome.
- **Repeat** favourite activities often.

Remember

These are flexible ideas. You can mix, match and adapt them to fit your child, your space and your day!