

## **Preschoolers Activities for Cognitive Development**

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### **Abstract**

The development of a child's mind includes the formation of their cognitive abilities. Cognition refers to a child's growing capacity for abstract thought. Children of different ages may experience this change differently and it may provide light on the emergence of certain talents and intelligences. Attention, memory, decision-making, linguistic prowess, pedagogical prowess and perceptual development are all crucial to preschoolers' cognitive growth. There's a lot of mental processing and exploration going on in your kid's head right now. In order to understand other people, we need both of these skills. It aids a kid's capacity to draw conclusions, think independently and analyze situations. Parents of children aged 2 and up express excitement about their offspring's increasing curiosity in the world. They have made progress in reading, writing and arithmetic and have a greater grasp of their immediate context. It's crucial to create an engaging environment for your kid that will inspire them to study. At this age, children improve their concentration, memory and overall mental growth. Also at this age, children develop their capacity to see the interconnectedness of concepts, to comprehend the law of cause and effect and to refine their capacity for analysis. All these improvements are the end outcome of improved mental abilities.

**Keywords:** Environment, Mental growth, Cognitive, Excitement and Concentration

### **Introduction**

Cognitive development is responsible for the way that children learn new skills and absorb new information. A child's cognitive abilities are their mental capacities. Children's cognitive abilities include their processing speed, their capacity to generate and comprehend ideas, their receptive and expressive language development, and their perceptual abilities. Cognitive activities are an important tool to help toddlers to meet developmental milestones. A child's environment plays an immense role in their cognitive development, and stability is paramount. In a study of migrant children (Lu, et al, 2020) found that migration offers the potential for higher household earnings; however, in terms of cognitive development, the reduction of parent involvement in the home outweighs the financial benefit. Parental involvement is a big part of cognitive development. When it comes to helping kids' brains grow and develop, not all preschool programs are equal. Therefore, it is crucial for early childhood educators to select appropriate activities to ensure children reach their maximum developmental potential. Studies have shown that early education is crucial for later academic success in elementary school, middle school, and high school. Your child will start to engage in more meaningful play during this foundational preschool phase.

As they gain exposure to more aspects of society, preschoolers begin to create a completely different perspective. Preschoolers are naturally inquisitive about the world around them, and play is one of the most effective ways to foster their development as learners. If you're wondering what you can do to help your preschooler develop his or her brain, here are a few of our favorite suggestions. Emotional

maturity is also crucial to a well-rounded education. In these formative years, kids build a solid basis for being able to read and respond to the emotions of others around them. Play this interactive game featuring some of their favorite characters to help spread the word. Preschool is a period of tremendous growth and development, even if it doesn't always seem that way. In these grades, kids pick up the groundwork knowledge and abilities they'll need all through their academic careers. Therefore, it is crucial that educators in the early years of infancy use the most effective methods for fostering students' mental growth (Loehr, et al, 2014). A preschooler's queries are likely to center on the "Why?" As a result, kids may start asking awkward questions about mortality, "where infants come from?" or other painful topics. It is imperative that children reach their full cognitive potential, as childhood development and intellectual functioning predict survival, lifelong health, and human capital (Casanova et al., 2021).

### **Memory Matching**

Preschoolers can develop their cognitive skills by playing memory matching games or straightforward card games like Go Fish. There is a plethora of options when it comes to memory matching games, but they all serve the same purpose:

1. Choose one or more things to identify.
2. Don't forget to bring the necessary supplies.
3. Seek out a like object.
4. Mark the occurrence of the match.

### **Trains matching game**

It's natural for a kid to be interested in trains. They are swift and represent exploration and travel. A child's memory is strengthened while they pursue an interest of their own with this game. It's also flexible

enough to be adapted for use with kids of different ages.

### **Christmas memory game**

The festive setting makes for a fun variation on the standard memory game format. Children's self-concept can be refined alongside their memorization and emotional management skills through the sharing of holiday anecdotes.

### **Puzzles**

The process of figuring out which pieces go where in a puzzle helps kids develop their ability to think critically and solve problems. They help children in preschool develop problem-solving and analytical skills. Kids learn patience through puzzles since there is only one right answer. If students are becoming frustrated, you should pay closer attention to them and urge them to keep looking for the correct piece. Crossword puzzles sharpen cognitive abilities and build vocabulary (Hidayati, 2020).

### **I-Puzzle**

Putting together a self-portrait puzzle is a great way to encourage the delightful egocentrism that characterizes early childhood. A child's sense of self may be shown via the employment of cherished colors and clothing items in an activity that also fosters intellectual and emotional development. Jigsaw puzzles help children develop spatial abilities and problem-solving strategies (Doherty, et,al 2021), which aid in cognitive development.

### **Puzzling Hearts**

This puzzle has both letter recognition and the usage of sight words, making it suitable for toddlers who are a little older. It may be tweaked so that there is exactly one word that can be formed from the parts, or it can be set up such that there are several words that can be formed from more than one fit.

### **Sorting for Organization**

An important part of a child's cognitive growth in the preschool years is the ability to classify things. Children learn about similarities and contrasts between objects via sorting. Reasoning in this way is essential for the development of new mathematical ideas and for the completion of routine activities in daily life. Pick up games that require categorizing objects, including sorting toys by color, category or size.

### **Color-sorting Rainbow**

Due to its engaging nature and vibrant aesthetic, this will be a success in your classroom. Prepare for a lot of chuckles since the cause-and-effect nature of dropping items down a tube will be quite appealing.

### **Color-coding Bodies**

In addition to the previously mentioned cognitive abilities, this exercise may also teach kids about racial diversity. Activities that showcase diversity as a normal part of the classroom may help counteract some of the impact of research showing that children as young as 2 can absorb racial prejudice.

### **Challenge-Solving**

The goal of problem-solving games is to help kids build transferable abilities that will serve them well throughout their lives. In most cases, there are other factors at play than the game or the difficulty of the task at hand. Instead, it's about developing higher-order thinking skills that will serve kids well when they learn to do practical tasks like putting on their clothing in the right sequence. Sequencing and symbolic play are two great examples of how to assist children get beyond their preoperational stage of thought. Pretend play helps develop a child's creativity and problem solving skills. It also helps kids better understand story comprehension.

### **Hand-Filling**

Children learn via experimentation in this exercise in which they use shapes of varying sizes to create a flat image. In your role as teacher, it's important to have an objective stance. Preschoolers may benefit from the freedom to test out their ideas and grow from their "mistakes" if we allow them. That has more worth than the final thing itself.

### **Carton-powered Boats**

This is especially enjoyable for older toddlers who have developed more stamina and self-control. The setting is a water sensory bin, which immediately piques the audience's interest. Making the boats is the first step in the problem-solving process. What kinds of things can float? Is there any way to increase the speed of the boat? The building of the boats follows a predetermined order, and the subsequent races have both sequential elements and symbolic meaning.

### **Talking**

The acquisition of a second language is a crucial part of a child's overall cognitive development in the first few years of life. In order to develop it, infants need be exposed to language in both its auditory and linguistic forms. In the early years, you are your children's major source of language, thus it's crucial that you model appropriate grammar and interesting language usage. Your kids will pick up language skills the same way they picked up their first words: by copying you. Always have an open line of communication with your kids. Engage in conversation with them everywhere you can: in the vehicle, in the tub, while you're making dinner, when you're playing. The less time kids spend staring at devices, the more they'll want to talk to you and their friends. Communicating with one's kid is essential for their mental growth.

### **Music**

The cognitive benefits of music for youngsters have been well documented. Play this music when the kids are winding down or engaged in peaceful play. Play their favorite music and songs often in the home and the vehicle, and they could begin to sing along on their own. The improvement of memory and word recognition is helped by this exercise. Curiously, research has also shown that instrumental

music may help kids learn to speak better, despite the fact that there are no lyrics. Video of instrumental music is ideal to play when the kids need some peace and quiet. These instrumental songs are fantastic because they may be played in the background while kids are engaged in cognitively beneficial activities like drawing, eating or relaxing. Science has shown that singing nursery rhymes to your child might help them build memory and recall abilities. Children may learn valuable skills by watching this movie and joining in on the fun dance and singing activities. The music in video games has been shown to aid with focus and brain growth. After all, the tunes were composed specifically to aid players in navigating challenging in-game situations. Great for youngsters to have on in the background while they are engaged in other pursuits. Some nursery songs are not only entertaining to sing, but also intellectually challenging and have a high recall rate. They help kids develop their auditory memory by having those repeat linguistic patterns and learn new words.

1. **Read**

Having just a small amount of life experience, children naturally ask a lot of questions. Reading aids in skill development by providing children with context for their experiences and a means of making sense of the world.

2. **Cooking**

Ask your young child to assist you in the kitchen. They may start picking up skills like measuring, following instructions, and using nutritious ingredients. They may develop their reading and language abilities while understanding the instructions by looking at the photos.

3. **Riddles and Jokes**

Riddles and jokes are another easy way to boost brain power. At this stage in their development, kids are really starting to get a kick out of your jokes since they're beginning to acquire a sense of humor. Children won't notice the benefits to their cognitive flexibility and executive function when they play and laugh together.

4. **Morning, Day and Night**

The sense of time is another cognitive ability that develops throughout this period. To help kids learn to keep track of when they conduct daily chores like brushing their teeth, try this matching game. Incorporating daily references to the time into the conversation might help foster healthy development of this ability.

5. **Sand Play**

Kids pick up a wide range of useful skills when playing in the sand, many of which we may not even be aware of. To enhance their fine motor skills and improve their hand-eye coordination,

youngsters may benefit greatly from playing in the sand.

6. **Arts and crafts**

A toddler's eyes are wide with wonder as they take in everything around them. They exhibit a keen interest in copying their parents' or caregivers' routines. Create something visual by drawing, painting, or molding, or just keep an eye on your child while they work on an art project on their own. Keep a collection of kid-friendly painting materials like finger paints, crayons, chalk, and scrap paper and play dough on hand. Involve toddlers in creative pursuits such as arts and crafts, sketching, painting, molding, and making use of recycled materials.

7. **Play**

Spending time in nature has a positive effect on both fine and gross motor skill development. The outdoors provide for a fantastic learning environment for young scientists. Especially play that is initiated by a kid is a powerful educational tool for children aged three to five. Children learn and develop essential skills such as curiosity, imagination, concentration, problem-solving, and critical thinking all via the process of play. In truth, youngsters need a great deal of free play time to develop their self-esteem and perseverance. There is a distinct research-backed correlation between play and learning, as play is an essential part of children's development (Yilmaz, 2016).

8. **Family Photos**

Working on memory provides an understanding of how the brain makes a memory. Help babies strengthen their memory by watching videos of family events or looking through photos of their own recognizable face.

9. **Conclusion**

Concentration, focus and attention are the mental tools needed for cognitive activity. Since children's brains are still growing and developing, it's good to provide them with activities that stimulate this process. These exercises may help stimulate one's imagination and open up new avenues of thought. Activities like this generally incorporate problem-solving to teach kids the value of using reasoning while weighing their options. Memory, focus, and speed of reaction are all areas where kids might benefit from them. Preschooler's brain development, growth, and cognitive abilities may benefit from simple everyday activities like conversation, reading aloud, and playing games. Let your preschooler take the reins in whatever activity you do together, whether it's free play, exploring the outdoors, or something more cerebral like building with blocks.

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