



PEEK-A-BOO!

DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD



ABOUT THIS ACTIVITY:

Invite your child to play peek-a-boo with you by hiding your face behind your hands or a blanket, then revealing yourself while repeating the same simple steps each time. You can also hide and reveal objects.

As your child interacts with you, they begin to expect what will happen next and notice the repeating pattern of hide, wait, and reveal.

These predictable routines help your child practice following sequences and understanding patterns that repeat again and again.

STEM LEARNING AREAS:

Computational Thinking: Concepts involved in programming computers and coding.

Math: Concepts related to numbers, patterns, shapes, and space, and how to use them to solve problems

- **Patterns:** Things that repeat or change in a regular way, like colors, sounds, or movements happening again and again

WHAT DO I NEED?:

- Something to hide behind (blanket, towel, hands, hat)

WHAT CAN I TALK ABOUT?:

- Patterns
- Repeat
- Senses

WHAT CAN I ASK?:

- Where's _____ (person)?
- Where did the _____ (object) go?
- What happens next?





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ADAPTATIONS FOR DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

Every child is different. Do what works best for encouraging your child's independent exploration during this suggested playtime activity. These are only suggested activity adaptations. Consider consulting your child's care team first.



Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.



Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.

ENVIRONMENT

- If possible, limit background noise & distractions
- Ensure the room is well-lit; if seated, use pillows to help position
- Keep your voice at a level that is comfortable for your child
- If you're using materials like blankets or towels, put them within view and reach

MATERIALS

- Have child's assistive technology ready and available, including augmentative & alternative communication (AAC) device
- For children with physical disabilities with fine motor or grasping needs, consider using a Velcro strap to help remove the blanket or clothes
- If using blankets or towels, make sure they are a good size for your child to reach and pull off

INSTRUCTION

- Use a variety of methods of communication (sign language, gestures) to meaningfully engage children
- Model and demonstrate how to play peek-a-boo
- Allow longer waiting time for child to respond and process this activity
- For children with blind or visual impairments, blow air on their face after removing the blanket
- Break the activity down into individual steps to help your child learn the routine



Need visual cues?

Visit [STEMIE's Visual Cue Library](#) or check out STEMIE's tips for creating and using visual supports with [A Guide to Visual Supports](#).



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ACTIVITY IDEAS FOR DISCOVERY PLAY ACTIVITIES WITH YOUR YOUNG CHILD

ADDITIONAL ACTIVITY IDEAS:

- Lay the peek-a-boo materials out and see if your child initiates the activity – consider acting like you don't know what to do to see how the child encourages you to play.
- Encourage your child to participate and lead the peek-a-boo game by giving them a familiar blanket and helping them hide and surprise you.
- Check out these great books about peek-a-boo:
 - *Peek-a-Boo, I Love You!* By Sandra Magsamen
 - *Perfect Pets Peek a Boo!* By Time Bugbird
 - *Peek-a-boo at the Zoo* by Fiona Watt

