





Sacramento City Unified School District  
**CHILD DEVELOPMENT DEPARTMENT**

Make the following activities a fun game. Mistakes are okay, as they are learning the experience of screenings. Keep the games short and sweet (5-10 minutes or less).

**For Height**

are five straws tall!). e.g., you

**For Weight**

Weigh your child on a scale. Weigh an apple or can of beans first to make it fun and compare them.

**For Hearing**

Have your child wear earphones and listen to a story or a song and have them drop a cracker into a bowl every time they hear a repeating sound (e.g., Every time you hear the bell, drop a cracker into the bowl). If

(e.g., Every time you hear me whistle, or every time you hear me shake the cereal box, drop a cotton ball into the bowl).

Go on a nature walk and have your child listen for specific sounds (e.g., Every time you hear a bird chirp, raise your hand).

**For Vision**

Have your child tell you what they see 10 feet away when first covering their right eye, and then covering their left eye.

Play Simon Says while your child covers the right eye, and then again the left eye (e.g., Simon Says tell me what you see on the refrigerator? Simon Says tell me what you see on the kitchen counter? ).

**For Blood Pressure**

blood pressure). (a warm and caring way to get their

Have your child **see you** get your blood pressure taken (Local CVS, Walgreens, and Rite Aid have for **ADULTS-**

**For Developmental (Academic)**

Look at pictures

Follow directions games (e.g., Go touch the door, then clap your hands). Make the directions increasingly more difficult and increase the amount of steps (e.g., Close the book, jump up, and give me a high five).