

K-2 Career Exploration Guide

Discovering Jobs Through Play and Imagination!

Welcome to your Career Exploration Guide designed especially for kids in Kindergarten through 2nd grade! This guide introduces 20 important careers with fun activities that help children learn what people do at work, all through hands-on play and discovery.

1. Teacher

What They Do: Teachers help kids learn new things every day.

Activity: Pretend you are the teacher! Use paper or a chalkboard to teach your favorite subject to a family member or your stuffed animals. You can even make up a quiz!

2. Doctor

What They Do: Doctors help people stay healthy and feel better when they're sick.

Activity: Use a toy doctor's kit to check your patient's heartbeat or pretend to give a check-up to a doll or family member.

3. Firefighter

What They Do: Firefighters keep us safe by putting out fires and helping in emergencies.

Activity: Use a spray bottle as a fire hose and "put out" pretend fires made from crumpled paper or toys.

4. Police Officer

What They Do: Police officers help keep people safe and make sure everyone follows the rules.

Activity: Make a paper badge, then help your family by tidying up or practicing kind and safe behavior.

5. Chef

What They Do: Chefs cook delicious food for people to enjoy.

Activity: Help in the kitchen by making a simple snack or pretend to cook with playdough or kitchen toys.

6. Farmer

What They Do: Farmers grow food like fruits, vegetables, and grains for everyone to eat.

Activity: Plant seeds in a small pot or garden and watch them grow over time.

7. Artist

What They Do: Artists create pictures, sculptures, and other works of art to share ideas and beauty.

Activity: Draw, paint, or create a collage of your favorite things.

8. Scientist

What They Do: Scientists explore the world and discover new things through experiments.

Activity: Mix baking soda and vinegar to make bubbles and watch the fun reaction happen!

9. Builder / Construction Worker

What They Do: Builders create houses, schools, and bridges that people use every day.

Activity: Build towers, houses, or bridges using blocks, LEGOs, or recycled boxes.

10. Nurse

What They Do: Nurses care for people who are sick or hurt and help doctors.

Activity: Use a toy medical kit to give check-ups to dolls or stuffed animals.

11. Pilot

What They Do: Pilots fly airplanes to take people and goods all around the world.
Activity: Make paper airplanes and see how far they fly.

12. Librarian

What They Do: Librarians help people find books and enjoy reading.
Activity: Organize your books by size or color and read a story to someone.

13. Musician

What They Do: Musicians make music with instruments or their voices to entertain and inspire.
Activity: Make music with household items like pots, pans, or shakers.

14. Veterinarian

What They Do: Veterinarians take care of animals to keep them healthy.
Activity: Pretend to care for pets by brushing stuffed animals or giving them water.

15. Mail Carrier

What They Do: Mail carriers deliver letters and packages to people's homes.
Activity: Write letters or draw pictures and deliver them to family members around the house.

16. Mechanic

What They Do: Mechanics fix cars, bikes, and machines to keep them working well.
Activity: Take apart and put together simple toys with a grown-up's help.

17. Gardener

What They Do: Gardeners take care of plants and flowers to make places beautiful and grow food.
Activity: Help water plants and learn about different flowers or vegetables.

18. Photographer

What They Do: Photographers take pictures to capture special moments or tell stories.

Activity: Use a camera or phone to take pictures of things you find interesting.

19. Builder / Engineer

What They Do: Engineers design and build things like bridges, machines, and roads.

Activity: Use LEGOs or blocks to create bridges or buildings and test how strong they are.

20. Reporter

What They Do: Reporters find out what's happening and tell stories on TV, radio, or newspapers.

Activity: Pretend to be a reporter by asking family members questions and sharing what you learn.

Tips for Parents and Educators

- Encourage your child to ask questions and share their ideas about each career.
 - Celebrate their creativity and effort, not just the outcome.
 - Share stories of people you know in these jobs or watch videos together showing these careers in action.
 - If possible, visit local places like fire stations, farms, libraries, or museums to see jobs firsthand.
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This guide is a fun way to spark curiosity and help children imagine their future. Every career is important and special—today's play could be the start of tomorrow's dream job!

Feel free to download, print, and share this guide with your little explorers!