

## Fine Motor Shoe Lacing.



**Every time I practice, I get a sticker.  
When I get 5 stickers, I get a prize!**

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### **Fine Motor Activity**

Trace your child's name, shapes, letters, colors, Numbers in yellow or using dots to create the word, letter or picture on pieces of paper. Then have your child place different color beads, buttons, or even using a different color marker or crayon to go over this. This is a great opportunity for the child to recognize their colors, letters, name, shapes and numbers. The more they do this the more they will recognize the items. This is also great for hand to eye coordination and for small muscles in movements.

Domains this activity meets:

Social-Emotional: Forms relationships with Adults

Physical: Uses fingers and hands, uses writing and drawing tools

Language: Follows Directions, Speaks Clearly, Engages in conversations

Cognitive: Attends and engages, shows curiosity and motivation, Makes Connections

Literacy: Identifies and names letters, identifies letter sounds

Mathematics: Counts, understands shapes



### **Gross Motor Activities:**

**Bubble/Balloon Play:** Balloons and bubbles are a unique way to build gross motor skills because you can't predict where they're going to go. Kids can chase bubbles and try to pop as many as possible. While chasing them, they run, jump, zigzag and move in ways that require sudden shifts in balance and weight. The same goes for throwing and trying to catch or kick balloons.

Domains:

Social-Emotional: Forms relationships with adult

Physical: Demonstrates traveling skills, demonstrates balancing skills, demonstrates gross motor manipulative skills, uses fingers and hands

Language: Comprehends language, follows directions, speaks clearly, engages in conversations

Cognitive: Attends and engages, Shows Curiosity and motivation

## **DANCING:**

Dancing is a good gross motor practice. It helps kids develop balance, coordination and motor sequencing skills. It also helps build your child's awareness of rhythm. For toddlers you can use songs with lyrics that add movement, like "I'm a Little Teapot" or "The Hokey Pokey."

Domains:

Social-Emotional: Forms relationships with adult

Physical: Demonstrates traveling skills, demonstrates balancing skills, demonstrates gross motor manipulative skills, uses fingers and hands

Language: Comprehends language, follows directions, speaks clearly, engages in conversations

Cognitive: Attends and engages, Shows Curiosity and motivation

## **MATHEMATICS:**

**BALLOON MATHEMATICS:** Take 10 balloons and number them 1-10 with a sharpie. Then hide them around the house without your child seeing where you put them. Behind a door, picture frame etc... (can be seen by child not too hidden.) Explain to him/her that he/she needs to find 10 balloons with numbers on them. The only rule is that you must start with #1 and must find the balloons in order. For example, if you found #8, you must leave it there until you are ready to find that number.

Domains:

Social-Emotional: Forms relationships with adult

Physical: Demonstrates traveling skills, demonstrates balancing skills, demonstrates gross motor manipulative skills, uses fingers and hands

Language: Comprehends language, follows directions, speaks clearly, engages in conversations

Cognitive: Attends and engages, Shows Curiosity and motivation

## **MATHEMATICS:**

Using playdough, help your child mold the playdough into different numbers. To make this fun you can make index cards with numbers and shapes on them even patterns and have them recreate this with the playdough.

Domains:

Social-Emotional: Forms relationships with adult

Language: Comprehends language, follows directions, speaks clearly, engages in conversations

Cognitive: Attends and engages, Shows Curiosity and motivation

Math: Counting and Understanding shapes and numbers

## **LITERACY:**

Take a Gallon sized zip lock bag. Add in paint, shaving cream, whipped cream and you can also add tape over the zipper/double closure for added security not to leak out. Once it is sealed shut, your child can practice writing his/her name with a finger or non-sharp object to draw with. When they get the letter correct move on, if your child knows how to write letters and recognize them move on to sight words and have them practice writing and saying the word as well. I'll attach a list of words for your child to practice with. They can rub their hand over the bag to erase and start again.

Domains:

Social-Emotional: Manages feelings, forms relationships with adults

Physical: Uses fingers and hands, uses writing and drawing tools

Language: Follows directions, speaks clearly, Engages in conversations

Cognitive: Shows curiosity and motivation, attends and engages, Recognizes and Recalls, Makes Connections

Literacy: Identifies and names letters, identifies letter-sound correspondences, uses print context

### **Literacy:**

Get a pan and some flour, coat the pan with flour, the child then draws a letter or word from a bowl that you create with letters A-Z and beginner words

Domains:

Social-Emotional: Manages feelings, forms relationships with adults

Physical: Uses fingers and hands, uses writing and drawing tools

Language: Follows directions, speaks clearly, Engages in conversations

Cognitive: Shows curiosity and motivation, attends and engages, Recognizes and Recalls, Makes Connections

Literacy: Identifies and names letters, identifies letter-sound correspondences, uses print context

### **SOCIAL-Emotional Activities:**

Doing a chore around the house with your child is a great social-emotional activity for your child and gives them time with you and to learn how to do something. Such as: helping with dishes, putting laundry away, helping in the yard vacuuming the floors etc...

Domains:

Social-Emotional: Manages Feelings, Forms relationships with adults

Physical: Demonstrates traveling skills, Demonstrates Balancing skills, Gross Motor Skills, uses fingers and hands

Language: Comprehends language, follows directions, speaks clearly, engages in conversations

Cognitive: Attends and engages, shows curiosity and motivation

**Social-Emotional Activities:**

If you have sidewalk chalk, go with your child to the end of someone's driveway and have your child draw a picture and tell you what it says, write what your child says for a POSITIVE note to a neighbor during this difficult time!

Domains:

Social-Emotional: Manages Feelings, Forms relationships with adults

Physical: Demonstrates traveling skills, Demonstrates Balancing skills, Gross Motor Skills, uses fingers and hands

Language: Comprehends language, follows directions, speaks clearly, engages in conversations

Cognitive: Attends and engages, shows curiosity and motivation