

Motor Skills

Fine Motor Skills



Here's what you need...

- A few medium wash bowls/tubs or a large water play trough/tub
- Different shaped and sized whisks
- Dishwashing detergent or hand soap
- Warm or cold water
- Paint powder dyes or food coloring (optional)

Here's what you do.....

Half fill your tubs or trough with water, we used warm as it was a cool day and it added to the sensory experience.

Squirt in a little soap or dishwashing liquid

Hand the whisks out and first watch to see what they do. I like to ask a simple question like "How could we make bubbles in the water?" or "What can we do with the whisk?"

There is usually a little experimenting but then bubbles start to appear as they stir faster and then begin whisking and they know what they need to do. It's great watching their eyes light up when they realize what they are achieving!

If you have a very young toddler you can model using the whisk or encourage them to splash and stir with their hands to begin making their bubbles. A little help from you to whisk a few first will keep their focus and interest in the activity.

Making these Cheerio caterpillars is a great way to work on fine motor skills, and you can incorporate counting as they add each Cheerio.



Here's what you need...

- Pipe Cleaners
- Cheerios
- Glue
- Googly Eyes

Here's what you do.....

On one end of the pipe cleaner, create a small loop and twist the end to create the "head" of the caterpillar.

Glue the googly eyes on in advance so they have plenty of time to dry, or use a hot glue gun.

Encourage child to string cheerios onto the pipe cleaner.

FARM ANIMALS YOGA



I am a hen.
SQUAT POSE



I am a horse.
THREE-LEGGED DOG POSE



I am a sheep.
CAT POSE



I am a cow.
COW POSE



I am a pig.
HAPPY BABY POSE

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Farm Animals Yoga PRINTABLE POSTER

Round up the Sheep:



Tot School **ROUND UP THE SHEEP**



Here's what you need...

- White balloons
- Marker
- Basket or play pen structure

Here's what you do.....

Draw a sheep face on white balloons and set them free in the yard.

Use a basket or outdoor play pen to hold the sheep.

Encourage children to chased balloon “sheep” around the yard and try to get them all back in the pen.