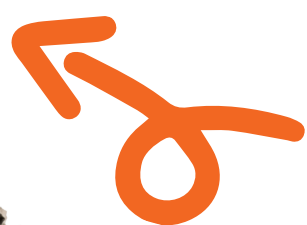




Toddler Main Activity



Developmental Overview – Small Muscle Development Playing with Paper Balls and Pom Poms



You will need:

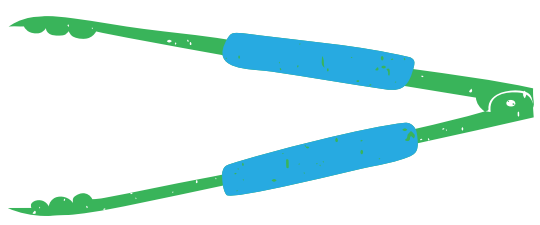
Pom poms

Scrunched up paper from Warm Up Activity

Medium sized container

Container (formula tin/yoghurt tub/box) with hole cut in the lid

Tweezers or small braai tongs



Method:

1. In a standing or sitting position, show your toddler how to throw the pom poms and paper balls into a container that is placed a short distance in front of him/her
2. Demonstrate how to post the pom poms and paper balls into a jar or recycled container with a hole cut in it (e.g. yoghurt or formula tin lid)
3. Now try dropping the pom poms and paper balls into a container with your child watching (encouraging him/her to follow the pom poms using the small eye muscles)
4. Allow your little one to pick up the pom poms with the tongs and put them into the container



Activity Tip:

UPGRADE:

If they manage this with ease you can challenge them by moving the container further away and alternating to the left and right side of the body.

DOWNGRADE:

To make the activity easier, you can try using a bigger container or moving the container closer.

