

Materials needed at home:

- Large box or container (that your child can climb into)
- Tongs
- Duplo/legos and a container with a flat bottom
- Cheerios (or other “threadable” food) and pipe cleaner (could substitute a piece of spaghetti)
- 2-3 inch diameter ball and a large box lid (or cut the top off a box to make one) with a hole cut in it that is larger than the ball
- “Spot Markers”- cut 7-8 inch circles or “puddles” out of paper
- Blue painter’s tape to make a “balance beam”- can use one 6 foot long line or use two parallel lines about 8 inches apart.

Introductions—Welcome song, today’s plan- Farm animals!

Story/Fine Motor

- Songs with movement (gross motor): **Hokey Pokey**
- **Inside, Outside, Upside Down** (book)
- **In and Out-** (all you need is a large box or container)
- **Fine Motor:** Lego Fun (need a pair of tongs and some duplos or legos and a container they fit in.

Gross motor:

- **Balance Beam Walk** (need blue painters tape to make a “balance beam”- can make one line or two parallel lines about 8 inches apart)

Fine Motor Activity/Coordination Activity:

- You will need a 2-3 inch ball and a large box lid (or cut the top of a box, you need sides but don’t want them too high- simply cut a hole somewhere in the lid that is larger than the ball you have.

Gross Motor:

- **Puddle Jumping** (you need some “spot markers”- simply cutting out some circles from construction paper or shelf paper works well)

Fine Motor Activity/Snack:

- **Cherio Caterpillars Go In and Out** (cheerios or other food you can “thread”, pipe cleaner, cup)

Gross motor:

- **Red Light, Green Light** (no supplies needed at home)

Goodbye song (tune of Baa Baa Black Sheep), review take-home

Parent Take Home – Inside, Outside, Upside Down

Spring has definitely sprung and wherever you are, I hope you are able to get outside. The great outdoors is PACKED with opportunities to build both gross and fine motor skills.

1. **Go on a Scavenger Hunt:** Look for acorns, tiny flowers, pinecones. Have your child carry a bucket to collect a few items—Practice squatting and using a pincer grasp as they reach down to pick up a small acorn or pebble (or seashell if you are lucky enough to be near water).



2. **Outdoor balance skills:** step over a log/stick, walk stone to stone, walk along a beam—the possibilities are endless!



3. **Homemade Kerplunk:** Need an indoor activity? This is just fun (credit to Kate at laughingkidslearn.com/fine-motor-threading-activity-using-straws-and-cardboard-tubes/). All you need is a bath tissue roll and some straws.

4. **Marble obstacle course!** Speaking of fun and reusing/ repurposing items: save up those bath tissue and paper towel rolls to make this super fun project.

