



Down Syndrome Achievement Centers
educate. inspire. believe.

Leaps & Bounds
Purposeful Programs
Planes, Trains and Automobiles

Introductions—Welcome song, today's plan

Story/Fine Motor

- Songs with movement (gross motor): **Wheels on the Bus**
- **The Little Engine that Could** (book)- fun moving
- **Fine Motor: Make a train** (glue, precut pieces from construction paper)

Gross motor: Towel/blanket balance beam (need several large towels, roll up and lay end to end to make a balance beam)

Fine Motor: Egg Carton Boat Need half of the bottom of a egg carton, 2 straws, scissors, hole punch, a piece of paper

Gross Motor/Sensory Activity: Magic carpet ride (a fitted sheet works best)- first in sitting then tall kneel AND **Heavy Work Pulling** (add pillows, cushions to the sheet)

Fine Motor: Shape Roads (draw large shapes on paper, have your child use a small car to "trace" the shapes)

Gross motor: Balloon Badminton (a balloon and two paper plates)

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

Materials needed at home:

- **Make a train** (glue, precut pieces from construction paper: large rectangle for train body, 2 circles for wheels, long skinny rectangle to connect wheels, right angle triangle for front of train, rectangle for smoke stack and a square)
- **Towel balance beam**- several large towels rolled up longwise
- **Egg Carton Boat** An egg carton, 2 straws, scissors, hole punch, a piece of paper (a fun pattern is great if you have available, wrapping paper works well)
- **Magic carpet**- fitted sheet, pillows and cushions (or stuffed animals) to fill
- **Shape roads**: a small car/train car and paper- draw several large shapes- square, rectangle, triangle and circle.
- **Balloon Badminton**: balloon, two paper plates (can also cut out 2 circles from cardstock or cardboard)

Parent Take Home

Our homes and yards are filled with all we need for loads of fun and gross/fine motor practice!

1. **Make an agility ladder:** Use rolled towels as the ladder “rungs”, have your child step over forwards first, then try sideways, then try jumping over. Check it out in this fun video from Pediatric Therapy Network: <https://www.youtube.com/watch?v=IOQ8J58ZRfs>
2. **Like arts/crafts- this is a fun airplane craft:** Borrowed from the fabulous Mrs. Plemons, start by sponge painted the blue sky then add the plane. <https://mrsplemonskindergarten.com/2016/11/tot-school-transportation.html>
3. **Transportation themed snacks:** Who doesn't like having fun with food—have your child help put them together for a great fine motor activity. These look yummy and fun. Another Mrs. Plemon's activity.
4. **Stoplight Bean Bag Toss:** Simply cut out three circles- red, green, and yellow. Use bean bags (or rolled up socks). You can work on both underhand and overhand throwing.



Tot School
AIRPLANE CRAFT



Tot School
TRANSPORTATION THEME SNACKS

