



Down Syndrome Achievement Centers
educate. inspire. believe.

**Leaps and Bounds
Purposeful Programs
The Grouchy Ladybug**

Introductions—Welcome song, today's plan- Grouchy Lady Bug

Story/Fine Motor

- Songs with movement (gross motor): **If You are Happy and You Know It**
- **The Grouchy Ladybug** (book)- move like a bug
- **Fine Motor**: Lady Bug Craft (white paper plate, glue, red marker/crayon, precut black spots, 6 precut black “legs”, and a precut ½ circle for the head)

Gross motor: Obstacle Course (need a marker/crayon and construction paper, a hula hoop and pool noodle is great if you have them but optional)

Fine Motor: Ladybug Counting and Sorting Need 5 red circles (cut out or just drawn on red paper) and something small for spots (raisins, buttons, whatever is on hand).

Gross Motor: Simon Says (no materials)

Fine Motor: Move That Ladybug (a red pom-pom, straw, piece of paper, 2 pipe cleaners)

Gross motor: Bowling (a playground ball and 6 “bowling pins”- can use solo cups for “pins” or rolls of toilet paper)

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

Materials needed at home:

- Ladybug craft: white paper plate, glue, red marker/crayon, precut black spots, 6 precut black “legs”, and a ½ circle)
- For obstacle course: Construction paper, marker/crayon for tracing, hula hoop and pool noodle are optional but great if you have them
- 5 red circles- either cut out or drawn on red paper, something small for sorting such as raisins or buttons
- Bowling: 6 “pins” (toilet paper rolls or red solo cups work well), a ball to “bowl”
- Red pom-pom, straw, piece of paper, pipe cleaners

Parent Take Home – Under the Sea

The Grouchy Ladybug offers great opportunities to talk about bigger and smaller, using please and thank you manners, and emotions.

- 1) **Bean Bag Balance Game:** This fun game is courtesy of PinkOatmeal.com. Your child can use their foot or hands or move the bean bag into different sized containers- start small and move your way up.
- 2) **Balance with a ball:** Also from Pink Oatmeal, this is a fun way to work on single leg balance, a challenging skill for many of our kiddos.
- 3) **Backyard Obstacle Course:** You need a bunch of pool noodles but this just looked so fun.
- 4) **Ladybug Snack!** All you need are strawberries and chocolate chips. Make them together for a great and yummy fine motor activity.
- 5) **Playdough ladybug:** Use red playdough, beads, and pipe cleaners to make a sweet ladybug. Use several and make it a counting activity!

