



Down Syndrome Achievement Centers
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Leaps & Bounds Purposeful Programs On the Farm lesson

Materials needed at home:

- Picture of a sheep (print or hand drawn), cotton balls (or white pom poms, balled paper), glue
- 2-3 farm animals (ring toss targets- if none, canned food or plastic bottles work well) and rings- can make with 2-3 pieces of rolled paper if none.
- More pom poms and a container (the taller the sides the harder the activity will be)
- Ball, a low stool
- Barn pieces- large square and triangle, small squares and rectangles for windows and door
- For snack: rice cake or cookie (or you could trim a piece of bread to make it round), pink frosting (tinted cream cheese would work), a slice of banana, 2 blue berries, and a sliced strawberry

Introductions

- Welcome song, today's plan- Farm animals!

Story/Fine Motor

- Songs with movement (gross motor): **Old McDonald**
- **Barnyard Dance** (book)
- **Animal Walks-**
- Fine motor: **Fluffy Sheep** (glue, cotton balls or white pom poms or white paper/tissue paper balled up, piece of paper with outline of a sheep hand drawn or printed)

Gross Motor:

- **Farm Animal Ring Toss** (2 or 3 small farm animals to toss the rings onto, rings of any kind- dive rings work well but you can also make a ring by cutting one out from cardboard or a paper plate)

Fine Motor Activity:

- **Red Barn** piece of white paper, red square 6x6" for main barn, black triangle for roof, 2-2x2" squares for windows, 2x4" rectangle for door

Gross Motor

- **Pom Pom Activity** All you need is a bucket (or other container) and a bunch of pom poms

Fine Motor Activity/Snack:

- **Make a Cookie Pig**

Gross Motor

- **Ball Play** All you need is a ball and a stool

Goodbye song

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

Parent Take Home – On the Farm

Looking for more ways to build gross & fine motor skills? Check these out!

1. **Sheep Round Up:** I love this super fun and easy activity. All you need are some balloons and a “pen” (you could use whatever you have at hand- run some tape or rope around several chairs). Thanks to Mrs. Plemons at <https://mrsplemonskindergarten.com/2017/05/tot-school-farm.html>
2. **Milking the cow:** This just made me smile (same website as above). All you need is a disposable glove (assuming your child is not sensitive to latex gloves)- fill it with water, poke some holes in the tips of the fingers and let your child. What a fun way to work those little hands (best outside!).
3. **Writing with carrots:** Yes, you read that correctly. If you have a little one who is not interested in using crayons or pencils, this might be a fun option. Dip the end in paint and have some fun!
4. **Farm Animal Bowling!** Throwing a ball (or pair of socks) to knock something over is almost ALWAYS a big hit with little ones. Feel free to use whatever you have available for bowling “pins.” (Thanks again to Mrs. Plemons- above).



Tot School
ROUND UP THE SHEEP

