

### **Language, Cognitive & Affective Development**

- **Welcome Song & Gathering -Hello, Hello! Can You Clap Your Hands?**  
“Hello, hello! (wave one hand, then the other)  
Can you clap your hands? (clap)  
Hello, hello!  
Can you clap your hands? (clap)  
Can you stretch up high? (stretch towards the ceiling)  
Can you touch your toes? (bend down and touch your toes)  
Can you turn around? (turn around)  
Can you say “hello”? (wave, then say hello)  
Can you stomp your feet? (stomp your feet)  
Hello, hello!”

### **Social, Physical & Attention Development**

- **Purposeful Play Stations** -Promote opportunities for proactive language & social communication skills, promote gross and fine motor play to increase balance, strength, independence and participation. Parents should move through the stations with the child, have volunteers modify as needed.
- **Sensory/Fine Motor Station: Snake Warmer**
  - You will need:
    - Sock with no holes
    - Ribbon or yarn
    - Tall cup
    - Scissors
    - 2 Cups Rice
    - Markers to decorate sock
    - Optional: Googly Eyes, Essential Oil

#### **Instructions**

- Mix a few drops of your favorite essential oil into the rice and mix.
- Place the sock in the tall glass and fold over the top, makes it easier to fill with rice!
- Fill your sock with the one cup of rice
- Repeat with second sock
- Insert the end of one sock into the other so there is an overlap of about four fingers wide
- Make a knot at the top of the overlap – pull it tight to keep the socks connected
- Separate the rice into even sections and tie off with ribbon, make four additional sections
- Now decorate!
- Place your worm and ½ cup of water in the microwave for 30-45 seconds to use as a weighted heating pad!



Down Syndrome Achievement Centers  
educate. inspire. believe.

# Destination Discovery Purposeful Programs Snakes Lesson

## Gross Motor Station: Snake Fortune Teller

- You will need:
  - Paper Fortune Teller/ cootie catcher
  - Instructions on how to make one are here: <https://www.apartmenttherapy.com/how-to-make-a-fortune-teller-221014?amp=1>
- On the outside of the fortune teller write four colors
- On the inside flaps write numbers
- Under each flap write an exercise
- Now, whatever number you pick before the exercise is how many you have to do!

## Fine Motor Activity: Snake bubbles

- You will need:
  - Plastic water bottle – emptied
  - Sock or piece of fabric
  - Rubberband
  - Dish soap
  - Sugar
  - Water
  - Bowl
  - Scissors
  - Parental help needed for the first step 😊
- Carefully cut the bottom off of your water bottle
- Wrap your sock or fabric around the bottom of the bottle
- Secure with a rubberband
- Mix ½ cup of dish soap, 1 ½ cups of water, and 2 teaspoons of sugar carefully.
- Dip the fabric end of your water bottle into the bubble solution
- Blow into the top of the waterbottle to make your bubble snake, be careful to blow out and not breath the bubble solution in
- How big can you make your snake!?

## Good-bye -It's our time to say goodbye!

It's our time to say goodbye to Mommy, it's our time to say goodbye to mommy, it's our time to say goodbye to mommy, say bye bye bye.

- Repeat with Daddy, sister, brother, everyone!

## **BONUS ACTIVITY- Snake Book Mark**

### **Materials**

- Cardboard
- Yarn or ribbon
- Red construction paper
- Optional: googly eyes

### **Instructions**

- Cut your cardboard into a snake shape
- Cut a small slit into the bottom of the snake
- Take your yarn and cut a long piece. Tie a knot on one end.
- Pull the yarn through the slit until it gets to the knot
- Wrap your yarn around and around the cardboard until you get to the top. You can change colors, change ribbons, make your snake unique!
- Add googly eyes and a snake tongue to the face.
- Now check out a good book and enjoy your new bookmark!

