



# Band-Aid Peel Up

## 1 year—2 years

**Objective:** The child builds fine-motor skills through peeling Band-Aids up off of a tray.

### **Materials needed:**

High chair tray

Band-Aids

### **Procedures:**

#### **DOCTOR THEME ART, USING BAND-AIDS!**

1. Have your child sit in a highchair for this activity.
2. Stick a few Band-Aids on the tray.
3. Help as necessary. Show your child you can peel the Band-Aid's up using your fingers.
4. Allow your child to try to peel the Band-Aid's on their own. See what they do.
5. This activity builds fine-motor skills, pincher-grasp ability, and hand-eye coordination skills in your child for future writing skills.



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### **Milestones to meet:**

The child builds fine-motor skills and hand-eye coordination by peeling up Band-Aids.

### **Evaluation:**

Did this lesson work for your child? Why or why not?