



# Tongue Depressors & Cotton Balls

## 1 year to 2 years

**Objective:** The child can use fine-motor skills through picking up tongue depressors and cotton balls and putting them in a cup, and balancing the cotton balls on top of the tongue depressors.

### **Materials needed:**

Tongue depressors (or popsicle sticks) At least 20

Cotton balls

Cup

### **Procedures:**

1. The goal of this lesson is to help build fine-motor abilities of picking up, pinching with two fingers, and putting objects inside of a cup; with the potential of putting cotton balls on top of the sticks as a form of balancing.
2. While sitting on the floor with your child, put out all of the tongue depressors (popsicle sticks) for them to freely explore with on their own. Watch to see what they do; putting them in their mouth may be expected at this age!
3. Now show them how to put the sticks and balls



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inside of the cup. Put them in and out. Teach the concept of in and out and encourage child to do it with you.

4. Now model and show your child how you can put the cotton balls on top of the sticks, balancing them. Encourage them to try and put them on top.

5. Show your child you can bang two depressors (sticks) together making "music" noise with them. See what they do; or if they try to mimic you.

### **Milestones to meet:**

The child can use fine-motor development in picking up, pinching using two fingers, and putting sticks and cotton balls in and out of a cup. The child can mimic the actions of an adult. The child shows a willingness to stack cotton balls on top of a tongue depressor or popsicle stick.

### **Evaluation:**

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