



# Lids On and Off

## 1 year— 2 years

**Objective:** The child uses their fine-motor skills and hand-eye coordination to take lids off and put them on cups.

### **Materials needed:**

Cups with lids

### **Procedures:**

1. Put all of the cups with lids on the floor, table, or high chair tray (depending on where you are doing this activity with your child) in front of them.
2. Start with the cups having no lids on them.
3. Show your child how they can put the lids ON the cups. Emphasize the word "ON" when showing and telling child.
4. When taking the lids "OFF" emphasize the word and show child how to do so.





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5. Let your child explore and learn with the cups and lids on their own. Encourage by helping their hands with your hands, to put the lids on and off the cups.
6. Continue activity until child no longer shows any interest.

### **Milestones to meet:**

The child can use fine-motor skills to grab cups.  
The child demonstrates signs of hand-eye coordination to put lids on and off cups.

### **Evaluation:**

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