



Physical: Ball Socks

Ages 2 years to 3 years

Objective: The child builds motor skills through grabbing & throwing balls of socks into a basket.

Materials needed:

Different pairs of socks (pairs rolled up into a ball)
1 laundry basket

Procedures

1. Sit on the floor with your child for this activity. Make sure the socks are rolled up.
2. Put the laundry basket down in front of them.
3. Now put the balls of socks on the floor in front of you and your child.
4. Model to show them what to do. "Toss and throw" the socks inside the laundry basket.
5. Give them a starting point (close to the basket for easy throwing at the "target"). You can even put a piece of tape down on the floor and have them "stand on the tape please" to throw.



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5. Encourage your child to grab and throw the socks into the basket. Help as needed.

6. Continue until all of the balls of socks have been tossed in the basket or your child no longer shows any interest.

7. To make it harder, after all of the socks have been thrown in, move the tape back further to make the starting point more challenging to throw and aim. Encourage your child's potential to be the best they can be always by challenging their potential to the highest of levels!

Milestones to meet:

The child can grab and hold a ball of socks. The child can toss and throw an object into a basket to build motor skills. The child follows directions.

Evaluation:

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