



Physical: Spaghetti Noodles and Strainers

Ages 2 years to 3 years

Objective: The child will use fine-motor skills through pushing noodles through holes in a strainer.

Materials needed:

Cooking strainer or Colander (with holes)

Un-cooked long spaghetti noodles (you can also use pipe cleaners for this activity instead of noodles)

Procedures

1. Sitting on the floor or at a small table, put the colander (strainer) down in front of your child.
2. On a plate or large cookie sheet, put the noodles down.
3. Model and show your child what it is you want them to do. Pick up one of the noodles and push it through one of the holes in the strainer. It is okay if the noodle breaks.
4. Tell your child what it is you want them to do with the noodles, "pushing them through the holes."
5. Allow your child learn and do on their own freely. Sit with them to encourage learning.



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Milestones to meet:

The child can use fine-motor skills to pick up spaghetti noodles and push them through holes.

Evaluation:

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