



Physical: Squeezing

Ages 2 years to 3 years

Objective: The child will use gross and fine-motor skills through squeezing different objects.

Materials needed: (any or all of the items listed)

Bubble pop wrapping paper

Play dough

Balloons (slightly blown up)

Stuffed animals

Procedures

1. Place one object at a time down in front of your child.
2. Help and model to show your child what it is you want them to do.
3. Start having them "squeeze" and use their fingers/hands to manipulate with the desired object. Such as with the bubble pops, have them "pop" the bubbles.
4. With the play dough, have them squeeze it.
5. With the stuffed animals, show how you can squeeze them tight as a form of "hugging" them. Ask child to hug and squeeze them with you.



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6. Pick up the blown up balloons, using your hands, slightly squeeze them. Help your child to try.

7. Teach the concept of squeezing to build physical development in your child's fingers and hands using other objects if desired.

Such as:

- * squeezing balls
- * using water bottles, encourage your child to squeeze water out into a sink or bathtub
- * squeezing water out from wash clothes and sponges in the bath or sink.
- * squeezing/hugging pillows

Milestones to meet:

The child can use fine-motor skills, their fingers and hands, to squeeze different objects.

Evaluation:

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