



Physical: Cup & String

Ages 1 year to 2 years

Objective: The child will build fine-motor skills and hand-eye coordination after grabbing a piece of string from a hole in a cup.

Materials needed:

1 small Styrofoam cup (make a pre-made small hole in the bottom of it)

1 foot long piece of string or yarn

Procedures

1. Pre-make the hole in the bottom of the cup as stated above.
2. Sit your child on your lap for this activity.
3. Put one end of the string through the end of the cup (going in the cup, so your child will be encouraged to pull it out of the bottom of it)
4. Show your child the bottom of the cup with the string hanging out of it. Encourage their hand (or help them) to grab the end of the string and pull it out.
5. Continue to teach to build skill and capability.



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6. Build language development and meaning in actions by using your words to tell your child what

you're doing. As you put the string through the bottom of the cup, you say: "Put string in. Push." Now as they are pulling the string out of the hole in the bottom of the cup, you say: "Pull string out."

7. Hand your child the string and the cup and watch to see if they try to put it in the hole by themselves, and pull it out. Encourage and help with this skill.

Milestones to meet:

The child can grab a piece of string and pull it out of a hole. The child shows hand-eye coordination and imitates a willingness to do action of pushing and pulling a string through a hole in a cup.

Evaluation:

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