



Football

Finger paint

Ages 1 year to 2 years

Objective: The child is able to use their fingers and hands to build tactile awareness after painting a football using the color of their favorite team.

Materials needed:

Football cutout (print from resources page)

Paint Mixture - White vanilla yogurt and whatever food color that matches your favorite teams color.

Add a few drops of the color, mix together in yogurt.

Procedures:

1. Sit with your child in their highchair for this activity wearing old clothes or go shirtless; for this activity may get messy! Do in an easily cleanable area, such as the tiled floor or kitchen.
2. Put the football picture cutout in front of your child on the tray.
3. Put a spoonful of yogurt paint mixture on top of the football picture.
4. Model what you want your child to do. Stick one finger, or your hand, in the yogurt paint and smear it around on the football cutout.



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6. Watch and encourage your child to finger paint with you.

7. You may have to help your child's hands/fingers as necessary if they do not show any participation or idea of what it is they are suppose to do. Help and model to teach as necessary.

8. Your child may try to eat this! If they do put it in their mouth, it is okay, its food, no harm no foul! Make sure your child is not allergic to yogurt.

Caution: only use one or two very small drops of food coloring. If you do not trust food coloring, let child paint it white or just using plain yogurt.

Milestones to meet:

The child can use their fingers and hands to paint and build tactile and fine-motor development.

Evaluation:

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