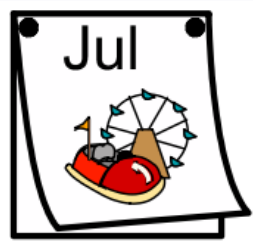
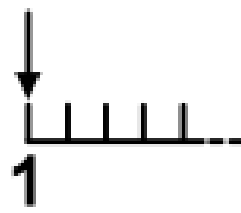




Wednesday



July



1st



Sensory

Activity

Pick-up Toe Rescue!

A fun and possibly a bit silly activity to share but great for balance and control.

You will need:

- Large tub, bucket or washing up bowl – not too tall – 1/3 full of warm water
- Small household items that would sink in water eg toy cars, pebbles, marbles
- Smaller tub/container
- Towel!

What to do:

- With your child, drop the items in the water and see them sink. Listen to the noises.
- Stand or sit next to the tub and place one foot in the water.
- Balance on your own or hold a hand and use your toes to pick an object up and place in the smaller tub. Trickier if you bring it up to your hand first!
- Try again – use the other foot this time.
- Keep going until all the objects are removed.
- You could make it into a story – the objects/toys need rescuing from.....What could it be?

Alternatives:

- Add ice – try and pick up the ice cubes!
- Play without the water
- Use objects that float – trickier
- Play in pairs, one on each side of the tub. Be prepared to get wet!
- Use a timer and try and remove all the objects before it finishes.

Adapted from 'The Out-of-Sync Child has Fun' by Carol Kranowitz

Sensory benefits: Tactile, vestibular, proprioceptive; motor planning, fine motor skills, bilateral co-ordination (using both sides of the body simultaneously), crossing the midline of the body (left to right, right to left), social-emotional skills



Please send us a photo or video on Evidence for Learning ! 😊