

HAND-EYE COORDINATION

Hand-eye coordination, pencil grip, proprioception, language development, crossing the midline, tracking, cause and effect

1. TOOTHPICK ACTIVITY

Clean out an empty spice bottle that has those little holes in the top. A plastic one is safer, but glass can also work under supervision. Provide your child with some toothpicks and ask them to put the toothpicks into the spice bottle through the holes on top. This is an excellent way to build up better hand-eye coordination.

2. STICKY TAPE AND BALLS

Take sticky tape or masking tape and double it up into a loop with the sticky side facing out. Attach these loops to the fridge or a cupboard door. Scatter them from very close to the ground to as high as your child can reach. Encourage your child to stick light plastic balls to the loops of tape. If you don't have balls like this, you can adapt this so that your child sticks torn pieces of paper to the loops of tape. Talk about where your child is stretching. Use language like 'up', 'down', 'left', 'right', etc.

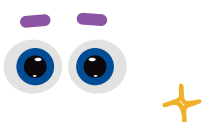
3. TRACKING EXERCISE

Screw a medium-sized hook to the ceiling above an open area in your home. Attach a piece of string or fishing gut to the hook and then tie the other end to a tennis ball or a similarly sized ball. The best way to do this is to pierce the tennis ball and thread the string through, then tie a knot. This can be tricky. Items like a hammer, nail, and needle might make it a bit easier.

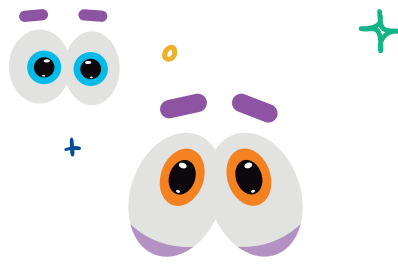
Have the string long enough that when your child is lying on their back beneath the hook, they are able to reach the ball. Encourage your child to hit the ball gently and then watch it move around. Initially they can move their heads to track the ball, but they can move on to tracking it with just their eyes.

A note on safety

The toothpick exercise should be done under supervision. The tracking exercise has the potential to knock things off shelves, for example. Test the system out yourself first to ascertain the 'reach' of the ball.



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