

**Name of Lesson/Programme:**

Elastic band exercise



**Section:** 3 Self management skills

**Lesson:** 43

**Purpose:** To increase fine motor skills and finger strength.

***\*MAKE SURE YOUR CHILD IS SUPERVISED DURING THIS ACTIVITY\****

**Materials Required:**

1. Egg Carton
2. Elastic bands (***MAKE SURE CHILDREN ARE SUPERVISED AT ALL TIMES USING THESE***)

**How to:**

**You will need the child to sit next to or directly across from you.**

1. To begin, open the egg carton.
2. Give your child the bands to stretch over each peak of the egg carton (as seen in the picture above)
3. Repeat step 2 with a few different bands.