

Section 3- Self Management Skills Lesson Number :

• NAME OF LESSON •

Tearing and Scrunching Up Paper

MATERIALS REQUIRED

Large pieces of paper -old newspapers/pages from magazines, coloured paper (different thickness) etc.

HOW TO

1. Have your child sitting down and put a piece of paper in front of them.
2. Demonstrate how to tear long strips of paper. Do it slowly.
3. If your child is not able to tear the paper by himself/herself stand behind your child and do it together (hand over hand).
4. As soon as your child starts performing the action independently reduce guidance.
5. When you have torn several strips of paper start scrunching them up one by one into small balls. Again show your child how to do it first and then guide them if necessary.

