



Note: Please supervise these activities with your child at all times.

Name of Lesson/Programme:

Transferring exercise

Yoga and Sensory Work
Part 1: Sensory Activities
Lesson Number: 6

Purpose:

This is a pre-requisite for writing skills. It encourages strengthening of the muscles of the hand.

Materials Required:

1. This is a table top activity. 2 bowls one filled with small pom poms
2. A plastic child sized tweezers as shown above

How to:

You will need the child to sit at a table next to you or opposite you. You will need to sit close enough to the child to help them direct the activity if necessary.

1. Have the child sitting at the table and in front of them place the 2 bowls. One filled with some pom poms and the other empty.
2. Take the plastic tweezer and place it into the child's hand and direct the child to take one pom pom and place it into the bowl.
3. Do this a couple of times so the child understands what you want them to do.
4. Then allow the child to complete the task of transferring the pom poms back and forth between the two bowls.

Follow on activity: You can use an ice cube tray and place the pom poms into the ice tray and get the child to take them out individually and place in a bowl. Vice versa get the child to take a pom pom from the bowl and place in the ice cube tray using the plastic tweezers.