

Name of Lesson/Programme:

Threading card.

Section 3: Self Management Skills

Lesson: 55

Purpose: For your child to increase their fine motor skills.



Make sure your child is supervised during this activity

Materials required:

1. String or a shoelace
2. Hard card/ cereal box
3. A hole punch
4. Sellotape

How to:

Make sure your child is sitting near or opposite you.

1. To begin this exercise you'll have to make the card that will be threaded. Using hard card or the card from a cereal box, cut to size making a number of holes around the edge using a hole punch. If you don't have a hole punch, pushing a pencil through the card making the holes is an alternative. **ADULTS ONLY!!**
2. Take a length of string and tie one end to one of the holes so it doesn't get pulled through as the child is doing their threading.

3. Next wrap the free end of the string with some Sellotape to stop the string from fraying and also making a hard surface for the string to pass through the hole.
4. Begin threading. Your child can make many different patterns using the string and card, they can thread along the edges, go across the card and even thread back through a hole that had previously been threaded through.