



Name of Lesson/Programme:

Colouring Activity (On wall)

Section: Section 3 Self Management

Lesson: 36

Purpose: To strength your child's wrist.

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

Materials Required:

1. Paper
2. Crayons
3. Blue tac/ Selloptape or similar

How to:

1. Before you begin stick paper to the wall.
2. Get your child to colour the paper in different directions.
3. Another option would be to draw a design on the paper and get your child to colour it in.