

## Name of Lesson/Programme:

Pom Poms & Clothes Pegs

**Section:** 3 Self Management Skills

**Lesson:** 52

**Purpose:** For your child to complete a fine motor transferring activity.



**\*Make sure your child is supervised during this activity \***

### Materials required:

1. A clothes peg
2. Pom poms or cotton balls
3. A cup or bowl.

### How to:

**Make sure your child is sitting near or opposite you.**

1. To begin this exercise your child will need to pick up the clothes peg by its handle.
2. Squeezing the handles together they will pick up one of the pom poms/ cotton balls and transfer into the container. They will need to squeeze the handles a second time to release the pom pom/ cotton ball into the container.



3. For a more difficult version of the exercise your child can turn the clothes peg upside down and pick up the pom poms/ cotton balls by squeezing the handles together.
4. When they have done this they can transfer the pom pom/ cotton ball into the container releasing their grip. This is a more difficult version of the exercise as there must be tension kept on the handles during the transferring exercise so the pom pom/ cotton ball doesn't fall.