



**Name of Lesson/Programme:**

Cleaning a mirror

**Section:** Section 3 Self management skills

**Lesson:** 41

**Purpose:** To strengthen your child's wrist

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

**Materials Required:**

1. Polish or cleaning paste (Water is another option if your child is allergic to anything)
2. cloth

**How to:**

1. To begin, have the mirror stuck or held to the wall at a height that is accessible to your child.
2. Spray the polish, water etc... onto the mirror. **(ADULTS ONLY!)**
3. Using the cloth, clean the mirror.
4. Use a least to most prompt to help your child if they need it.