

Name of Lesson/Programme:

Sticker Peeling & Sorting

Section 3: Self Management Skills

Lesson: 53

Purpose: To increase your child's matching and fine motor skills.



Make sure your child is supervised during this activity

Materials required:

1. Various coloured stickers
2. A sheet of white paper
3. A pencil

How to:

Make sure your child is sitting near or opposite you.

1. Begin by taking the sheet of paper and drawing a line down the centre and across dividing it into four quarters.
2. Next take one of the coloured stickers, peeling off the backing and sticking it to one of the areas on the sheet.
3. If your child find it difficult to peel the sticker you can help by peeling the sticker a little bit so they are able to grip the sticker and the backing, peeling it the rest of the way themselves.

4. When there is a different colour in each corner of the paper they can now match the colours to the areas.
5. This exercise can be done independently or with least to most prompt.