

Motor skills development

Spooning

Spooning – transferring beans from bowl to bowl

Material: Mat, tray, an empty bowl, spoon, a bowl with beans

Presentation

1. Show the child how to hold a spoon, ask him “Would you like to hold it and see?”
2. Hold the spoon with your right hand thumb, index finger and middle finger. Scoop the beans which are on the left side of the tray to the empty bowl that is on the right side of the tray, gently with least noise.
3. Once the first cycle is complete, keep the spoon down silently and then check for spillage.
4. Pick with pincer grip and put it one by one in the last filled bowl.
5. Transfer the beans back and complete the second cycle from right to left.
6. After completion, keep the spoon down and check for spillage again.

Aims: Development of order, concentration, Development of gross and motor skills, wrist and finger muscles, eye-hand coordination, independence, patience, precision, control, emotional development, preparation of language -vocabulary, Preparation for writing, social development – can eat with people, transferring beans from one bowl to another, care of environment

POINTS OF INTEREST:

1. Seeing the full bowl of beans transferred to the empty bowl.
2. Noise made while transferring the beans from one bowl to another.
3. Completion of task.
4. Holding the spoon.

Age: 2 ½ years

Variations: Spooning seeds, pasta, rice, cooked vegetables, cereal, macaroni, sand, porridge