

# The Whole Child

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## April

### 1. Gross motor skills

Balance: Let your child keep her balance while sitting on a large ball. You may need to support her.

### 2. Fine motor skills

Fingerpainting: Allow your child total freedom to express herself by means of this handpainting activity. Provide her with plenty of large pieces of paper – brown paper, newsprint, old boxes etc. Use one color paint at a time. A recipe follows after the activities below.

### 3. Visual skills

Visual discrimination: Take an appealing picture from a magazine. Look at it with your child and discuss it. Now cut the picture in half and ask her to piece it back together again. Cut it in quarters and repeat the exercise, cutting the picture into even smaller pieces as she progresses.

### 4. Auditory skills

Auditory discrimination: Look at picture books together and teach your child the sounds that various animals and things make. E.g. Baa says the sheep, moo says the cow, tick-tock says the clock.

### 5. Mathematical skills

Relations: Encourage your child to compare the sizes of different items around your home. E.g pencils, plasticware containers, etc. Read or tell your child the story of Goldilocks and the Three Bears to reinforce this concept.

### 6. Language skills

Active Language Development: Show your child different facial expressions that express various emotions like happy, sad, angry, shy, frightened. You could also show a tired face, a started face, a sleepy expression etc. Let your child try to identify the expression and then imitate it. Take turns pulling faces and guessing the expression.

### 7. Faith-building

Bible Reading: Continue with your Bible reading as part of your bed-time routine. Some families read from an adult Bible, but we enjoyed reading [The Beginners Bible](#).

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## Finger Paint

### Ingredients

- 1 cup flour
- 1 cup sugar
- 2 cups cold water
- 4 cups boiling water
- 4 teaspoons non toxic powder paint (or food coloring)

### Method

1. Heat flour, sugar and cold water in a pot, stirring constantly.
2. Add the boiling water and keep stirring until the mixture thickens.
3. Mix the paint to a paste with a bit of water and add it to the mixture. Stir well.
4. Allow to cool.
5. Store in an airtight container for a few days only.