

The Whole Child

www.shirleys-preschool-activities.com

April

1. Gross motor skills

Balance: Find a spacious, comfortable area on the floor or the grass and play 'aeroplane' by lying on your back and lifting your child onto your feet above you.

2. Fine motor skills

Manual dexterity: Take large pieces of newspaper and ask your child to use one hand at a time to screw them into balls. This is good for the muscles of the hands. To give the activity a further purpose, make a target and let your child aim and throw the balls at the target. You could use a low laundry basket, waste paper bin or an easy object like a chair as the target!

3. Visual skills

Visual analysis and synthesis: Encourage your child to build age appropriate puzzles.

4. Auditory skills

Music appreciation: Expand your child's musical horizons by listening to different genres of music. More about Music Appreciation at <http://www.shirleys-preschool-activities.com/music-appreciation.html>

5. Mathematical skills

Numerical conceptualising: Encourage your child to count by asking her to put away three toys at a time, then four, then five if she can count that far!

6. Language skills

Practice opposites by making some statements like this:

The car is not inside the house, it is... (outside).
The grass is not above the sky, but... (below).
The tree is not shorter than me but... (taller). etc

Encourage your child to complete the sentence correctly. You may need to practice these concepts a few times before the child gets them right!

7. Faith-building

Spend some time romping, cuddling, tickling or holding and stroking your child. Tell her how much you love her and how much God loves her too. Experts agree that children may have different love languages and loving touch, words of appreciation and time are a few that you can use to convey your love to them.