

# The Whole Child

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## February

### 1. Gross motor skills

Body Awareness:

Ask your child to touch the following body parts, first on her own body and then for variation, on a doll or with her eyes closed:

Head, Arms, Legs, Stomach, Back

Later on in the year, ask her to point out her eyes, nose, mouth, hand, feet and thumb.

### 2. Fine motor skills

Tactile perception: Place two objects, such as a small ball and a teaspoon inside a pillow case. Ask your child to remove one of them by placing his hand inside the pillowcase without looking. Add other objects to make the game more fun and challenging.

### 3. Visual skills

Shape perception: Let your child feel the difference between a round object like a ball and angular object, like a wooden block by feeling it with her eyes closed. Then show her that the ball can roll easily, but the block cannot.

If you have a shape set toy, let her feel the difference between circular shapes and other shapes that have corners.

### 4. Auditory skills

Auditory Discrimination: In a quiet moment, encourage your child to identify sounds that he may hear in your environment. E.g. the hum of a fridge or computer, a car passing, a barking dog, bird calls, wind, etc.

### 5. Mathematical skills

Spatial relations: using toy farm animals, place two animals facing the same direction. Ask your child which one is walking in front and which one is behind. Place another object or animal some distance away from the two and ask which animal will reach it first and which one will be last.

### 6. Language and thinking skills

Classification: Mix together about 10 each of two sets of toys that have small parts, such as construction blocks and farm animals. Ask your child to sort them into two separate groups. You can expand the game by adding more parts or a third set of objects for her to sort.

### 7. Faith-building

Teach your children self-control. They need to learn fast that some behaviours are not acceptable and that you expect them to behave appropriately. They need to honour their parents in the way they speak and behave.