

The Whole Child

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Week 30

Gross motor skills – eye-hand co-ordination

Play ball games with your child using a small ball like a tennis ball. Show her how to toss the ball back and forth between her two hands quickly like a juggler would do. Let her bounce the ball up and down to the ground using the palm of her hand. Do the exercise with both hands. Play any other ball games you choose, rolling, throwing, catching or kicking the ball, but stop when your child loses interest or concentration.

Fine motor skills - manual dexterity

Let your child hold a small ball with the fingertips of both hands. Show her how to spin the ball forwards with her fingertips. Repeat spinning the ball backwards.

Visual perception

Using plastic shapes from a toy shape set or cut from paper, place five different shapes in front of your child. Discuss and name the shapes with her. Ask her to look away while you remove one and replace it with a different shape. Your child must try to determine which shape has been replaced. Replace more than one shape at a time as she improves at the game.

Auditory perception –auditory and numerical conceptualising

Let your child stand with her back to you. Clap your hands and ask her how many times you clapped. Repeat clapping once, twice, three, four and five times at random.

Faith building

The Bible encourages us to be thankful in all circumstances. Model this to your children and point out others that are less fortunate than themselves. Help them to appreciate all the blessings in their lives.

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Language and thinking – auditory memory

Teach your child some short nursery rhymes. Recite them together until your child knows them by heart. Although you will find plenty of nursery rhymes at www.shirleys-preschool-activities.com/rhymes.html, I still recommend that you rather buy a nicely illustrated book of nursery rhymes that you can enjoy together.

Week 31

Mathematical skills

Ask your child to count one, two, three, four or five objects and hand them to you. Repeat this activity often as you go about your daily activities.

Language and thinking

Ask your child questions using the words who, what, where, why and how. Ask questions which will require her to think up her own answer which will neither be wrong or right, but test her general insight: Why do we need to eat food? How do you make a bowl of cereal? Why do people drive cars? Where do fish live?

Gross motor skills & language development

Ask your child to touch and name the body parts that she uses

1. to smell (nose)
2. to feel (skin)
3. to taste (tongue)
4. to hear (ears)
5. to see (eyes)

If your child enjoys this game, continue naming body parts, even smaller parts like elbows, wrists, neck, ankles, palms, soles etc.

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Visual perception

Let your child build any puzzles that you have that are appropriate for her age.

Fine motor skills – manual dexterity, eye-hand co-ordination

Allow your child to play with play dough or modeling clay. She should be able to roll it flat with a rolling pin and use cookie cutters. Also encourage her to shape it into long snake-like shapes as well as to roll it into small balls. You'll find a play dough recipe under Modelling and Construction on my Preschool Crafts page at www.shirleys-preschool-activities.com/preschool-crafts.html.

Faith building

Remind your child that when we pray, we are talking to the King of kings and Lord of lords, but also to a dear Friend who loves us very much. Be ready to answer questions about where He is and why we can't see Him.