

LEARN to play PLAY to learn



Rubber bands

Support your child's learning and development using things that can be found at home - things that are low-cost/no-cost and reusable.

Rubber bands

For fine motor, hand eye coordination activities

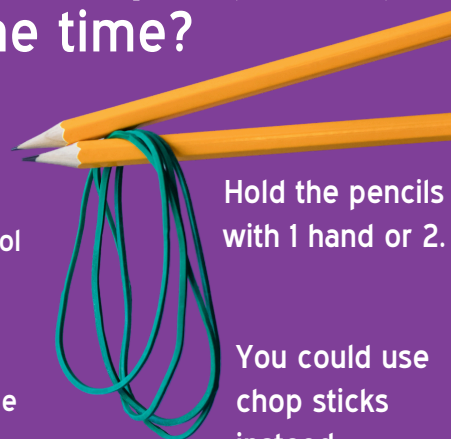
Prepare children for daily tasks like writing, using scissors, buttoning clothes, and zipping jackets



How many can you pick up at the same time?

Develop:

- fine motor control
- regulate finger pressure (too much pressure breaks the object, while too little causes it to drop)

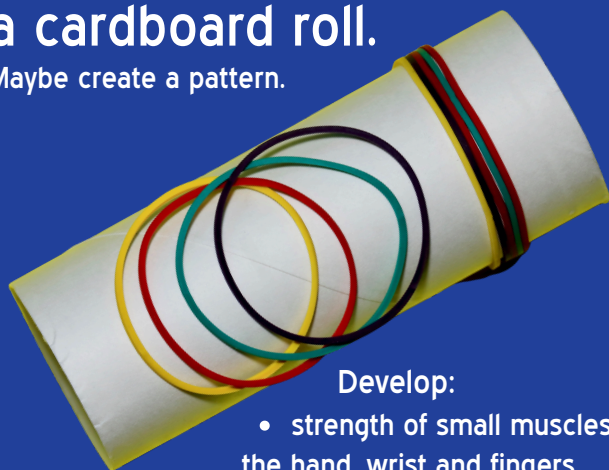


Hold the pencils with 1 hand or 2.

You could use chop sticks instead.

Stretch rubber bands over a cardboard roll.

Maybe create a pattern.



Develop:

- strength of small muscles in the hand, wrist and fingers.

Hold a pencil in one hand and hang rubber bands on the pencil with the other.

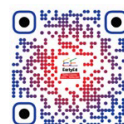


Develop

- focus, concentration and patience
- problem solving
- balance

HELP YOUR CHILD - LEARN TO PLAY AND PLAY TO LEARN

Developed by teachers and therapists in partnership with Play for All Australia and families who have child with a disability or developmental delay. Funded through Start Strong Pathways, NSW Department of Education.



For information go to <https://www.earlyed.com.au/startstrongplay/>
ARBN: 648 016 531 ABN: 42 096 307 200 CFN: 10570 Early Education (EarlyEd) Inc.

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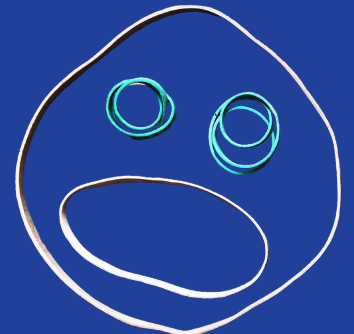
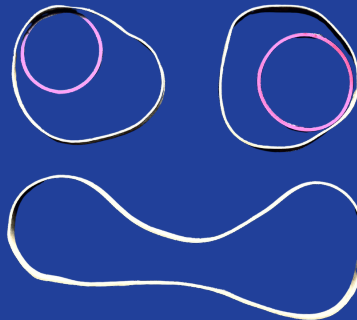
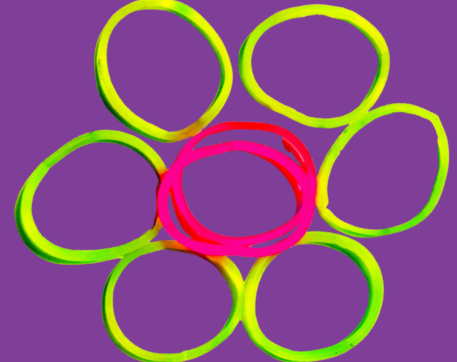
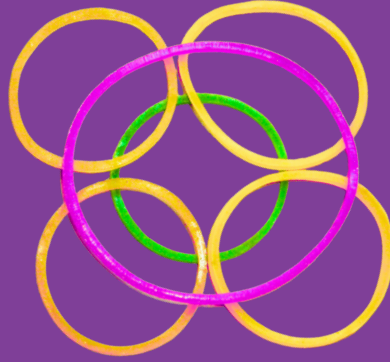
EarlyEd

Early intervention for
children with disability

Make patterns and pictures.

Develop:

- two hand (bi-lateral) co-ordination
 - One hand to hold and the other to move.
 - visual motor skills
- Children need to identify what kind of shape they want to make, colour and work out how to make it.



Serving up the rubber bands

Develop:

two hand (bi-lateral) co-ordination (One hand to hold and the other to move things.)

- balance and body stability
- visual motor skills
- fine motor skills



Dial up or down how hard it is.

- make the challenge "just right"
- not too easy not too hard

Use long or short forks or tongs

Use deep or shallow, small or large bowls

Move the bowls closer or further away



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