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| <b>Activity Name:</b> | <b>Under and Over</b> | <b># 00128</b> |
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|                         |   |
|-------------------------|---|
| <b>My Child Learns:</b> | <ul style="list-style-type: none"> <li>• Following directions</li> <li>• Gross Motor skills</li> <li>• Fine Motor skills</li> </ul> |
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| <b>What Do I Need?</b> | • No additional materials are required |
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| <b>How To?</b> | <p><b><u>Gross Motor</u></b><br/>Spend some time outside in the garden or at the park. Encourage your child to go under and over various objects with their body. For example – “let’s jump over the log”, “can you crawl under the swing”, “I can walk under the branch”. Encourage your child to tell you whether they are going under or over.</p> <p><b><u>Fine Motor</u></b><br/>Using some small plastic toys or some string, encourage your child to move them over or under items around the house. For example – “I can put the string under the table”, “Can you make your dinosaur jump over the paper”, “Let’s hide the pencil under the placemat”. Encourage your child to tell you whether they are going under or over and make it a game!</p> |
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## Developmental Areas

|   |   |            |   |  |             |
|---|---|------------|---|--|-------------|
| ✓ |  | Cognitive  | ✓ |  | Language    |
| ✓ |  | Social     | ✓ |  | Emotional   |
| ✓ |  | Fine Motor | ✓ |  | Gross Motor |

\* Click on any of the links for more information about developmental areas