



Approaches to Learning **Activity for 54 to 60 Months**

Counting Caterpillar

This activity helps children set simple goals and see a visual representation of their progress.

Materials:

- Paper
- Markers

What to do:

1. Talk with the child about a goal he would like to set for himself. Help him choose something like reading a book with a teacher or parent or trying a new food. Pick something not tied to "good behavior" but to tasks and trying things.
2. Ask the child how many times he would like to do the task he selected. Help him pick a number that will be challenging but that he can accomplish in a week or so.
3. Give the child a piece of paper with a circle so he can make a caterpillar face. Give him short pieces of pipe cleaner to make antennae.
4. Help the child draw or trace the number of circles out from the caterpillar's face to match the number of times he would like to do the task.
5. Instruct the child to color in a circle each time he accomplishes or practices the task. Explain how much longer it will be until the goal is met.

