



Physical Health, Well-Being, and Movement Skills Activity for 42 to 48 Months

Lacing through Swiss Cheese

This activity encourages eye-hand coordination, which is the ability of the brain to coordinate information from the eyes with the precise movements of the hand. This is necessary for catching a ball or copying a design from a chalkboard.

Materials:

- Laundry basket
- Yarn
- Tape

What to do:

1. Place a laundry basket right-side-up on a table and tie one end of the yarn to a section of the laundry basket. Create a "long needle" by cutting 1 to 1.5 inches of tape and placing it on the other end of the yarn.
2. Demonstrate lacing the yarn through the different holes of the laundry basket, working from side-to-side and up-and-down. Encourage the child to use both hands to push and pull the yarn through the pretend "Swiss cheese."
3. Have the child figure out how to unlace the yarn without tangling it, once the yard is completely laced through the basket. You may need to offer a clue: "Which hole should we put the yarn in; this one or that one?"

Variations:

- A. Weave on paper dinner plates, if the laundry basket is too cumbersome for the child. Prepare the plate by punching holes in it.
- B. Turn the laundry basket upside-down; this makes lacing on the inside more difficult.

