



Physical Health, Well-Being, and Movement Skills Activity for 36 to 42 Months

Polka Dot Flowers

This activity primarily encourages the use of one hand more than the other in one-handed or two-handed activities. This is necessary for skilled tasks like painting a picture or cutting with scissors.

Materials:

- Plastic eyedroppers
- Colored food dye
- Small containers of water
- Coffee filters

What to do:

1. Have the child help you squeeze one to three drops of dye into the water. Use darker colors of food dye to provide a strong contrast between the dyed water and the clear plastic tubing of the eyedropper.
2. Encourage the child to practice squeezing water in and out of the eyedropper. Have her use the pads of her fingers when she pinches the eyedropper.
3. Dye the coffee filters with different colors to make tie-dyed flowers once the child understands how to control the eyedropper.

Variations:

- A. Encourage the child to use the eyedropper by playing with the colored water in an old ice-cube container, mixing colors together. Or, have her use the eyedropper to give toy figurines "showers."
- B. Use containers of water with twist or pull lids. Encourage the child to stabilize the container with one hand and twist or pull off the lid with the other.

