

Reach for the Stars!

Gross Motor/Visual Motor Activity



What you'll need:

- Party streamers
- Construction paper (4 different colors)
- Tape
- 4 paper plates

Directions:

1. Cut 4 stars on each sheet of construction paper. You will have 16 stars in total, consisting of 4 different colors. 12 stars will be used for the streamers. The remaining 4 will be used for the paper plates (be sure they are all a different color).
2. Rip 12 strips of party streamers. The strips will need to be long enough to hang from the ceiling, with the bottom being in close reach of the child.
3. Tape a star to the end of each streamer and then tape the streamers to the ceiling.
4. Tape a star to each paper plate.
5. Place the paper plates on the floor, a few feet away from the hanging streamers.
6. The main objective of the game is to reach for one star at a time and place it on the corresponding paper plate.
7. Encourage the child to use one hand to hold the bottom of the streamer and one hand to pull off the star. This will promote bilateral coordination.
8. Continue until all of the stars are sorted on their respective plates.

Ways to increase difficulty:

- Place the streamers higher above the child to increase the reach demand.
- Incorporate a midline cross when reaching for the star.
- Time how long it takes the child to complete the activity. Have them try to beat their time or compete against siblings or friends!

Ways to decrease difficulty:

- Allow the child to pull the entire streamer down if they are having difficulty using two hands to retrieve the star.
- Reduce the amount of colors or number of stars being used in activity.

Activity found at: <https://mrsplemonskindergarten.com/2017/02/tot-school-space.html>