

Recycling Empty Yogurt And Margarine Containers

Encouraging sensory stimulation and body awareness: Fill tubs with different materials such as liquids, pebbles, sand, rice etc. seal them and use them as shakers.

Encouraging basic movements: Use empty tub as shoes, use them as obstacles to step over, walk around, step into.

Promoting hand skills: Put different materials inside the tubs, use tubs for painting. Fill tubs with various material to make them heavy/light. (sand, water cotton, paper, dirt)

Enhancing pre- number and math skills: Grade tubs in size, use tubs to make shapes and build. Use tubs for sorting, matching and counting.



Resource: “Sensory Motor Activities For Early Development” by Chia Swee Hong, Helen Gabriel and Cathy St John.