

**healthy  
bodies**

**Ages 1.5  
and up**



## **Pom Pom drop - strengthen fine motor skills**

**Support your child's fine motor skills and hand eye coordination through playing this fun pom pom drop activity**

### **Learning benefit/skill development**

- Helps strengthen fine motor skills in the hands and fingers through manipulating the tongs and the small pom poms (requires a pincer grip)
- Supports hand eye coordination
- Encourages language development as you talk about what you are doing and helps learn about positioning through the use of words in/through/out

### **What you'll need**

- Tongs
- A small box
- Masking tape
- Colourful pom poms
- Cardboard tubes

### **Instructions**

- Use the masking tape to attach the cardboard tubes to the box
- Add the pom poms and place the tongs next to the box
- Encourage your child to use the tongs, or their fingers, to pick up the pom poms and drop them through the tubes.

Extension: use paint or coloured paper to colour the tubes, then use matching pom poms and encourage your child to drop the coloured pom pom through the matching coloured tube.

### **Special instructions**

Please supervise your child in this activity so pom poms aren't mouthed