Peel and Place Sticky Notes

Toddler readiness-Grade 1 | Fine motor | Pinch practice | Color

Learner: _____ Date: _____

With a grown-up, use large sticky notes on a clean table or wall-safe surface. Point to, act out, or help complete each step. A helper may lift a corner first.

1 **FIND THE LOOSE EDGE**

2 **PINCH THE CORNER**

3 **PEEL SLOWLY**

4 **CHOOSE A TARGET**

5 **PRESS THE NOTE DOWN**

6 **SMOOTH WITH ONE HAND**

Grown-up check: Suggested order shown. Use large paper notes, supervise closely, and keep adhesive away from mouths. Stop for hand pain or sensory discomfort; helper-assisted movement counts.

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