Pick Up and Drop In

Below Pre-K-Preschool | Fine-motor play | Parent-guided

Learner: _____ Date: _____

Use 3 to 5 large, safe objects that cannot fit in a mouth and one wide container. Hand-over-hand help is optional, never forced.

PICK UP

Use a whole-hand grasp.

MOVE OVER

Move toward the container.

LET GO

Open the hand over it.

DUMP OUT

Start again if wanted.

Grown-up note: Keep the activity short, playful, and led by the learner's comfort.

Grown-up check: The goal is exploring grasp and release, not perfect accuracy. Use only large, clean, unbreakable objects with close adult supervision.

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