Roll and Unroll a Work Mat

Toddler readiness-Grade 1 | Practical life | Motor planning | Color

Learner: _____ Date: _____

Use a small towel or soft mat on the floor or table. Point to, number, or practice the steps. A helper may steady or roll it.

1 **SPREAD FLAT**

2 **SMOOTH IT**

3 **START ONE EDGE**

4 **ROLL SLOWLY**

5 **CARRY WITH TWO HANDS**

6 **UNROLL + SMOOTH**

Grown-up check: Suggested order: spread it flat; smooth it; start one edge; roll slowly; carry with two hands; unroll and smooth. Any safe comfortable method is valid.

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