

Healthy Movers

Hot Hot Hot Treasure



**Photocopy me to share
with parents and carers**

Parents/Carers

This week we are playing the Hot Hot Hot Treasure activity card. The children control different objects with their hands. This type of activity supports the skills of holding cutlery, getting dressed independently and holding pencils and crayons.

Ask your child to show you:

- ☐ how they can move objects from hand to hand and around their body; and
- ☐ how they can do this while moving.

Join in with them; children love to see adults having a go. Let them teach you how to do it.

Encourage the children to practise this object control each day; repetition helps movements to become automatic.



Healthy and Happy me

These activities enable children to explore their body by manipulating objects around through, and over.



Social me

Hot Hot Hot Treasure helps children to share and cooperate.



Physical me

These activities help with object control and manipulation both when still and travelling. Including picking up, passing from hand to hand, rolling, throwing, exchanging and carrying.



Creative me

Hot Hot Hot Treasure allows children to imagine they have found treasure that is hot, and wriggly.



Thinking me

Using a range of equipment the children will experience different sizes shapes and textures and make decisions when controlling them.



Did you know?



Manipulating objects is fun and useful but don't forget we develop from the head downwards and the inside outwards so fine motor skills using small muscles are developed after the large muscle groups of stomach, shoulders and arms. Don't neglect the big movements!