

Healthy Movers

Wiggle, Weave and Watch



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

Parents/Carers

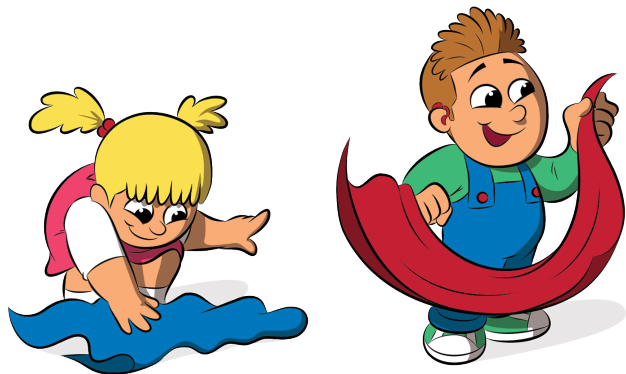
This week we are playing the Wiggle, Weave and Watch activity. This helps children to control objects with their hands and provides opportunities for children to track objects with their eyes. This type of activity supports the skills of holding cutlery, getting dressed independently and holding pencils and crayons.

Ask your child to show you:

- ☐ how they made shapes in the air with their fabric (a cloth or clean duster would work); and
- ☐ how they scrunched and threw their fabric and watched it land with their eyes, keeping their head still if possible.

Join in with them; children love to see adults having a go.

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



Healthy and Happy me

The Wiggle, Weave and Watch activity provides opportunities for children to succeed and feel good about themselves.



Social me

The Wiggle, Weave and Watch activity helps children to share scarves when playing the game.



Physical me

Playing this activity provides opportunities for children to develop their object control skills, such as scrunching, passing, throwing and picking up.



Creative me

This activity supports imagination.



Thinking me

This activity helps children with decision making.



Did you know?



Eye tracking (the ability to follow an object with your eyes, keeping the head still) starts and develops during the first five years of life. It is eye tracking that forms the foundation for future reading: from left to right or up and down depending upon the language.