



## DIY tugging box



An empty box



Assorted bits of ribbon and pipe cleaners (recycle ribbons from presents, pipe cleaners are inexpensive in supermarket craft sections and shops like The Works)



### Steps:

This activity provides an opportunity for little ones to develop both their gross and fine motor skills: Little muscles must work hard to tug and pull the ribbons out and little fingers must work hard to grasp a smaller object. It also helps them to develop hand-eye coordination, explore a 'cause and effect' action as well as stimulating their sense of touch through exploration of different textures.

1. Make sure you have chosen a relatively sturdy box that isn't too big for your child to have between their legs as they sit on the floor.
2. Use a sharp pencil to punch 3 or 4 holes on each side of the box.
3. Poke a ribbon or pipe cleaner through one hole and out another on a different side.
4. Make sure the length of ribbon hanging out of either hole is long enough for your child to wrap their whole hand around.
5. Tie off both ends with a knot so that it can't disappear inside the box when it's pulled.

What's



next?

To work muscles a little harder, increase the size of the box you're using and put longer lengths of ribbon through the holes. Put something heavy in the box to keep it still and sit your child a little distance away from it. Give them one end of ribbon to pull on. Because the ribbon is longer they will have to use both hands and pull harder to pull it all the way through to the knot on the end!