

#2 Shabbos Preparation



FLOWER ARRANGING

GO OUT WITH YOUR CHILD AND PICK FLOWERS FROM THE GARDEN OR PARK. GIVE YOUR CHILD A BOTTLE OR A VASE AND LET HIM ARRANGE THE FLOWERS IN IT, IN HIS OWN WAY. EXPLAIN ABOUT FLOWERS NEEDING WATER. IF IT'S NOT POSSIBLE TO COLLECT YOUR OWN FLOWERS, LET THEM ARRANGE SHOP BOUGHT ONES, WHERE APPLICABLE.

EXTENDED ACTIVITY:



TAKING OUT RUBBISH
WITH HELP OF ADULT



HELP MOMMY SET THE TABLE



SWITCH OFF PHONES



FRUIT KEBABS

YOU WILL NEED: GRAPES (CUT IN HALF)
BANANAS (SLICED)
TANGERINES
APPLES (CUT IN LITTLE PIECES)
KEBAB STICKS

CUT UP THE FRUIT; TRY TO INVOLVE THE CHILD IN THIS STAGE AS MUCH AS POSSIBLE. ONCE THE FRUIT ARE READY, GET YOUR CHILD TO SKEW ONE PIECE OF FRUIT AT A TIME ONTO THE KEBAB STICK. THEY CAN USE JUST ONE TYPE OF FRUIT, CREATE A SEQUENCE WITH ALL THE AVAILABLE CHOICES OR DO THEIR OWN PATTERN.

THIS ACTIVITY WORKS ON FINE MOTOR SKILLS AND DEVELOPS SOCIAL SKILLS, IF SHARED BY 2 OR MORE CHILDREN. EXTEND PLAY BY COUNTING THE PIECES AS THEY PUT THEM ON AND THEN COUNTING THE KEBABS, WHEN THEY ARE ALL DONE.

THIS IS A GREAT OPPORTUNITY TO TALK ABOUT THE BROCHOS WE SAY.

ALSO SPEAK ABOUT HOW THE FOOD GROWS, EXPLORE THEIR TEXTURE AND SMELLS (SENSORY INTEGRATION)