

## Sunrise Kids Club Virtual Preschool

### Fine Motor Activity 1: Moon Sand

Through this activity, preschoolers will practice fine motor skills, science, and math!

- It will exercise the small muscles in hands and fingers and focus on hand-eye-coordination.
- It makes for a great opportunity to ask open-ended questions. “What does it feel like?” “What can you make with it?” How is it different from other things (i.e. playdough, clay, regular sand)?”
- Using cups and scoops in different sizes experiments with mathematical concepts such as size, weight and volume all while playing!

#### **Materials:**

- 4 cups of all- purpose flour
- 1/2 cup baby oil (vegetable or canola oil substitute)
- Ground Colored Chalk (optional)
- Large spoons/forks
- Mixing bowl
- Measuring cups
- Smaller spoons
- Toys
- Large container or art/baking tray



#### **Instructions:**

Using your hands and your child’s hands, large spoons, and forks, mix flour and oil together in a large mixing bowl until completely combined. When you get a crumbly substance, add ground chalk. Transfer your moon sand to a large container/tray and add measuring cups, spoons and small toys. Have fun!



*There’s no rules on what you can use in the sand, so, get creative!*

