

10 Days to Conquer

CLOTHING FASTENERS

Day 1

- 1 - POP SMALL BUBBLE WRAP WITH FINGERS FOR 5 MINUTES.
- 2 - MAKE A TOWER OF 30 LEGOS. TAKE THEM APART ONE BY ONE.

Day 2

- 1 - PULL OFF 20 SMALL PIECES OF TAPE AND STICK ONTO THE TABLE. PULL EACH PIECE OFF ONE BY ONE.
- 2 - PINCH PLAY DOUGH OR PUTTY WITH THUMB, FIRST FINGER, AND SECOND FINGER 20 TIMES.

Day 3

- 1 - PRACTICE STRINGING BEADS OR LACING CARDS FOR 10 MINUTES.
- 2 - TEAR COLORFUL PAPER INTO SMALL PIECES AND MAKE A MOSAIC.

Day 4

- 1 - PICK UP 20 CRAFT POMPOMS, FEATHERS, OR OTHER MANIPULATIVES USING A CLOTHESPIN AND PLACE INTO A BOWL.
- 2 - CUT A SLIT IN THE TOP OF AN EMPTY PLASTIC CONTAINER. PUSH 20 PENNIES THROUGH THE SLIT INTO THE CONTAINER.

Day 5

- 1 - MAKE A TOWER OF 30 LEGOS. TAKE THEM APART ONE BY ONE.
- 2 - PINCH PLAY DOUGH OR PUTTY WITH THUMB, FIRST FINGER, AND SECOND FINGER 20 TIMES.

Day 6

- 1 - PRACTICE STRINGING BEADS OR LACING CARDS FOR 10 MINUTES.
- 2 - PULL OFF 20 SMALL PIECES OF TAPE AND STICK ONTO THE TABLE. PULL EACH PIECE OFF ONE BY ONE.

Day 7

- 1 - CUT SLITS IN A PIECE OF FELT OR OTHER FABRIC. PRACTICE PLACING A LARGE BUTTON THROUGH THE SLITS 20 TIMES.
- 2 - WITH CLOTHING OFF OF THE CHILD'S BODY, ENGAGE THE ZIPPER AND HAVE HER PRACTICE PULLING IT UP AND DOWN 10 TIMES.

Day 8

- 1 - WITH CLOTHING OFF OF THE CHILD'S BODY, PUSH LARGE BUTTONS HALFWAY THROUGH BUTTON HOLES AND HAVE THE CHILD HELP PULL THEM THE REST OF THE WAY THROUGH. PRACTICE 10 TIMES.
- 2 - WITH A BELT OFF OF THE CHILD'S BODY, PRACTICE UNBUCKLING WITH ASSISTANCE 10 TIMES.

Day 9

- 1 - WITH CLOTHING OFF OF THE CHILD'S BODY, PRACTICE ENGAGING THE ZIPPER (PUTTING THE END INTO THE ZIPPER PULL) HAND OVER HAND 10 TIMES.
- 2 - WITH CLOTHING OFF OF THE CHILD'S BODY, PRACTICE ZIPPERS, BUTTONS, AND BUCKLES WITH ASSISTANCE.

Day 10

- 1 - WITH CLOTHING OFF OF THE CHILD'S BODY, PRACTICE ZIPPERS, BUTTONS, AND BUCKLES INDEPENDENTLY.
- 2 - TRY ZIPPERS, BUTTONS, AND BUCKLES INDEPENDENTLY ON CLOTHING WHILE WEARING THEM!

SHARE YOUR SUCCESS
STORIES!
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