

Core Skills Analysis

Physical Education

- The 3-year-old student demonstrated improved hand-eye coordination through the squeezing motion involved in the activity.
- The activity helped the student enhance their gross motor skills by engaging in a physical, hands-on task.
- The repetitive squeezing action aided in strengthening the child's muscles and improving overall physical dexterity.
- Through the activity, the student also practiced coordination and balance as they controlled the force applied while squeezing lemons.

Fine Motor Skills

- The precise action of squeezing lemons allowed the student to refine their fine motor skills and grip strength.
- By focusing on squeezing lemons, the student developed hand muscles and improved finger coordination.
- The activity promoted finger dexterity and control, leading to increased precision in small movements.
- The sensory experience of squeezing lemons encouraged tactile exploration, supporting the refinement of fine motor skills.

Tips

For continued development, consider incorporating other activities that involve squeezing or manipulating objects of different textures and sizes to further enhance hand-eye coordination and fine motor skills. Encourage the child to engage in playdough sculpting, using child-safe scissors to cut paper strips, or picking up small objects with tweezers to continue strengthening their hand muscles and coordination.

Book Recommendations

- [The Lemonade Stand](#) by Carmen Oliver: Follow the journey of a 3-year-old who sets up a lemonade stand and learns about hard work and entrepreneurship.
- [Squeeze the Day: A Story About Squeezing Lemons](#) by Kirsten Jaskela: Join a young child as they embark on a lemon-squeezing adventure and discover the joy of hands-on activities.
- [Lemonade in Winter: A Book About Two Kids Counting Money](#) by Emily Jenkins: Explore the mathematical concepts of counting and money as two children decide to sell lemonade on a cold winter day.