

## T's Super Helper Skills Adventure!

Welcome to a special adventure where T gets to be a super helper! Today, we'll explore some fun activities that big kids do. We'll play with water, get our hands super clean, and even help make a yummy snack. These activities will help T learn to do things independently and carefully.

### Overall Materials Needed for Today's Adventure:

- **Pouring Activity:** Small tray, two small clear graduated pitchers/containers (child-sized, one with a spout if possible), water, optional food coloring (e.g., blue), small sponge/cloth.
- **Handwashing Activity:** Accessible sink or basin with warm water, mild liquid soap (child-friendly pump), step-by-step visual handwashing chart (simple pictures), small hand towel, small stool if needed.
- **Meal Prep Activity:** Age-appropriate soft fruits (e.g., berries, grapes), colander or bowl for washing, clean bowl for washed fruit, access to a sink with running water or basins for washing/rinsing, small soft vegetable brush (optional), clean towel.

### Lesson Activities:

#### Activity 1: Water Wonders - Pouring Practice

**Focus:** Developing fine motor skills, hand-eye coordination, concentration, and understanding of volume and capacity in a simple way.

#### Materials for this activity:

- Small tray to catch spills
- Two small, clear, graduated pitchers/containers (child-sized; 'graduated' implies visually distinct sizes or levels if available – the key is seeing water transfer. One should ideally have a spout.)
- Water (a drop of blue food coloring can make it more engaging)
- Small sponge or cloth for wiping spills

#### Set-up:

1. Place the tray on a low table or floor where T can comfortably work.
2. Fill one pitcher about halfway with water. Place both pitchers on the tray.
3. Keep the sponge nearby.

#### Presentation (How to guide T):

1. Invite T: "T, would you like to do some special water pouring today?"
2. Sit with T. Say, "Watch me first."
3. Gently pick up the pitcher with water using two hands if needed for stability.
4. Slowly and carefully, position the spout over the empty pitcher and tilt to pour the water. Keep movements deliberate and try not to talk too much, so T can focus on your actions.
5. Place the now-empty pitcher back on the tray.
6. Show T how to wipe up any little spills with the sponge: "Oops, a little spill! We can wipe it clean like this." Squeeze the sponge into a separate small bowl or back into the main water source if it's just water.
7. Invite T to try: "Now it's your turn to pour, T. Would you like to try?"
8. Allow T to practice pouring back and forth. Encourage independence but offer gentle support if T seems unsure (e.g., "Try holding with two hands for good balance."). Remember, spills are okay and a great chance to practice wiping!

#### Observe and Encourage:

- Note T's grip, how T controls the pour, and T's ability to focus.
- Offer specific praise: "You're holding the pitcher so steadily!" or "Great job pouring the water into the other pitcher!"

## Activity 2: Sparkle Clean Hands - Handwashing Fun

**Focus:** Learning hygiene, following a sequence, and developing self-care skills.

### Materials for this activity:

- Accessible sink or a basin with comfortably warm water
- Mild liquid soap in a child-friendly pump dispenser
- Step-by-step visual handwashing chart (simple pictures for: wet hands, soap, rub palms, rub back of hands, rub fingers, rinse, dry)
- Small hand towel
- Stool if the sink is too high

### Set-up:

1. Place the visual chart near the sink at T's eye level.
2. Ensure soap and towel are easily reachable for T.

### Presentation (How to guide T):

1. Transition: "Wow, great pouring! Now, before we help with our snack, let's get our hands sparkle clean!"
2. Go to the handwashing station with T. Point to the first picture on the chart.
3. Demonstrate each step slowly, matching your actions to the visuals. You can sing a simple song like (to the tune of 'Row, Row, Row Your Boat'):  
*Wash, wash, wash your hands,  
Play our happy game.  
Rub and scrub, and scrub and rub,  
Germs go down the drain! (Hey!)*
4. Guide T through the steps:
  - "First, we wet our hands." Help T turn on the tap to a gentle stream (or use the basin).
  - "Next, we get some soap." Show T how to pump the soap.
  - "Now, let's rub, rub, rub!" Rub palms together, back of hands, between fingers, emphasizing the pictures.
  - "Time to rinse all the bubbles away!"
  - "And now, we dry our hands very well."
5. Encourage T to follow along, offering help as needed. Make it fun!

### Observe and Encourage:

- See if T follows the sequence with the visual cues.
- Praise efforts: "You're making bubbly hands!" or "Your hands look so clean and sparkly!"

## Activity 3: Fruity Fun - Snack Prep Helper

**Focus:** Simple food preparation, responsibility, gentle handling, and connecting actions to results (clean fruit for eating).

### Materials for this activity:

- Age-appropriate fruits that are easy to wash (e.g., berries, grapes, small apple sections).
- Colander or a bowl for washing
- A clean bowl for the washed fruit

- Access to a sink with a gentle stream of cool running water (or a basin of clean water for washing and another for rinsing)
- Small, soft vegetable brush (optional, good for fruits like apples)
- Clean hand towel or paper towels for drying hands/area if needed

### **Set-up:**

1. Have the unwashed fruits in one container and the clean bowl ready.
2. Set up the colander in the sink or the washing basin.

### **Presentation (How to guide T):**

1. Invite T: "T, your hands are so clean! Would you like to help wash some fruit for our snack?"
2. Show T the fruits. "We need to wash them before we can eat them."
3. Demonstrate with one piece of fruit: "Watch me. I take one berry, and I gently rub it under the water like this." (If using a brush, show how to gently brush the fruit). "We want to be gentle with our food."
4. Place the washed fruit in the clean bowl.
5. Invite T to help: "Would you like to wash a berry?"
6. Supervise T closely. Let T pick up fruits one by one (or a few if small like blueberries) and wash them under the water or in the basin. Guide T to place washed fruits into the colander or clean bowl.
7. Talk about the process: "Look how the water cleans the fruit!"

### **Observe and Encourage:**

- Watch how T handles the fruit and follows instructions.
- Praise T's gentle touch and effort: "You're doing such a great job washing the fruit!" or "Thank you for helping make our snack yummy and clean!"
- Connect to the outcome: "Soon we can enjoy these delicious fruits you helped prepare!"

### **Conclusion & Snack Time!**

Once the activities are complete, or when T shows signs of finishing:

- Acknowledge T's efforts: "T, you were such a super helper today! You poured water so carefully, washed your hands like a pro, and helped get our fruit ready!"
- Transition to enjoying the snack: "Now, let's enjoy the yummy fruit you washed!" This provides an immediate, positive reward for T's participation in the meal prep.
- While enjoying the snack, you can briefly talk about what T did: "Did you have fun pouring the water?" or "Washing the fruit was helpful, wasn't it?"

### **Important Notes for the Grown-Up:**

- **Follow T's Lead:** If T is deeply engaged in one activity, allow more time. If T seems tired or disinterested, it's okay to shorten or skip an activity and try another time.
- **Mistakes are Learning:** Spills and imperfect actions are expected and part of the learning process. Stay patient and positive. Focus on the effort and participation.
- **Safety First:** Always supervise closely, especially around water and with food items.
- **Enjoy the Process:** The goal is exploration, skill development, and joyful interaction with T!