

# Title: Picking Vegetables (Pincer Grasp; Tool Use)

Age Group: 14 months / Toddler

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Type of Activity: Fine Motor / Tool Use

## Materials:

- Any small-sized real vegetables, or small toy
- Child-sized or regular tongs, or they can practice with just their hands
- 2 Bowls or Pots

## How to Do it:

- This is a simple I-do-it; you-do-it activity for late infants / early toddlers to try.
- First show your child how to pick-up vegetables using either size of tongs (or you can use your hands).
- Then encourage your child to try.
- You can use any other collection of items in this activity – whatever you have on hand.

## Root Skill / Extension:

Being able to grasp tongs and use them to pick something up takes a lot of practice. This simple-looking activity will increase children's fine motor skills and enhance their hand-eye coordination.

Extension: You can build language skills by naming the vegetables and their colours. Also, exposing children to what whole vegetables look like is a good step forward into the world of big-kid eating! If they like this activity, you can try sorting and moving other items, like small blocks or pom poms.