


# 2-3 Physical Development

## Activity Instructions - Making a Mark


With this activity, your child can build up the muscles in their arms, hands and fingers as they play and experiment with making different marks. It's also a great sensory activity, which some children find really engaging.

### Milestones This Supports:



I can explore different tools and materials, learning how to hold and use them.

I can manipulate small objects with one or both of my hands, for example, I can build a tower with seven small blocks by myself.



I can use my thumb and fingers to hold mark-making tools.

### You will need:

- flour or dry rice
- a flat tray or container
- paintbrushes
- sponges
- Mark-Making Sheets (included but optional)



1. Cover the bottom of your flat tray or container with flour or dry rice and hand your child a paintbrush.
2. Show your child how to make lines straight up and down, side to side or round in a circle. Can they have a try? You could see who can make the biggest line or circle - children often love a competition!
3. Let them explore making marks with their paintbrushes, then rubbing them out with their hands - messy but great for learning!
4. You could let your child use sponges instead of or as well as brushes. Your child will naturally hold these differently to how they hold the paintbrush, which is great for building their fine motor skills.
5. If you want to, you can print and laminate the Mark-Making Sheets (included) and pop them in the tray before you cover with flour or rice. Your child can trace the patterns to increase their pencil control.

## More Ways to Play

- Be a human bridge! You could make a bridge using your body for your child to crawl underneath. As your child gets stronger, they can have a try at holding their weight between two chairs to make a bridge for you to crawl under too.
- Add in more skills such as throwing or using a bike (or similar).
- Use different textured blankets, cushions and so on to create a more sensory play feel to your obstacle course. This can promote your child's learning and enjoyment of this activity.
- Join in! Your child will love seeing you be playful and silly, plus you get to model how to do different movements and show them it's okay to have a try at different things. And it's fun for you too!

**Disclaimer:** Welcome to Twinkl Tots. We hope you find the information on our course and resources useful. This course is provided for informational and educational purposes only. As all children are different and develop at their own pace, your child might show development at different times or in different ways. Our aim is simply to give you general guidance and the information may not apply to your specific situation. If you have any concerns about your child's development, please speak to your health visitor or GP.

The physical activity contained within this resource may not fit your specific situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision, including changing the activities as appropriate. We are not responsible for the health and safety of your group or environment so we cannot accept liability for any loss suffered by anyone undertaking any activity referred to or described in this resource. It is also your responsibility to ensure that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional. You may also wish to take guidance as to whether and how participants should warm up before taking part in any activity and carefully assess any environmental risks and be sure participants have a safe space in which to take part. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care.



