

Year -1	Year -2
<b>Preliminary Activities</b>	<b>Care of Self Activities</b>
Unrolling and Rolling a Mat	Tying a Bow & Lacing Using Dressing Frames: Bow Frame
Ext: Sitting Beside a Mat	Tying a Bow & Lacing Using Dressing Frames: Lace Frame
Walking Around a Mat	Ext: Tying a Bow on a Present
Ext: Walking Around Multiple Mats	Ext: Tying Ribbons in Hair
Walking on the Line	Ext: Tying a Shoelace
Ext: Carrying Objects	<b>Care of Environment Activities</b>
Ext: Following Instructions	<b>Making Orange Juice</b>
Ext: Introducing Rhythmic Movement	Ext: Making Lemonade
Ext: Balancing an Object	<b>Grating Soap</b>
<b>Carrying a Tray</b>	Ext: Making Soap Balls
Ext: Walking a Greater Distance	Ext: Grating Cheese
Ext: Using Different Styles of Trays	<b>Peeling and Chopping Carrots</b>
Ext: Changing the Object on the Tray	Ext: Chopping Other Vegetables & Fruits
<b>Wiping Up a Spill</b>	Ext: Using Other Types of Choppers
<b>Pouring Beans Using Two Identical Glasses</b>	<b>Wrapping A Present</b>
Ext: Pouring Using Three or More Glasses	Ext.: Wrapping Presents Different Shapes
Ext: Using Different Containers & Materials	<b>Sewing a Button</b>
Ext: Pouring Using Containers with a Spout	Ext: Sewing Buttons Different Shapes
<b>Pouring Water from a Pitcher</b>	
Ext: Pouring Water from a Flask	
Ext: Pouring Water through a Funnel	
Ext: Pouring from a Teapot into a Teacup	
Ext: Transferring Water with a Ladle	
Ext: Transferring Water with an Eyedropper	
<b>Transferring with a Whole-Hand Grasp</b>	
Ext: Transferring Smaller Objects	

Transferring Water with a Sponge	
Ext: Transferring Water with a Cotton Cloth	
Transferring Beans with a Spoon	
Sorting Buttons with a Pincer Grasp	
Ext: Sorting Different Objects	
Sorting Beads Using Tongs	
Ext: Sorting Other Materials Using Tongs	
Opening and Closing Containers	
Ext: Matching Boxes and Lids	
Ext: Matching Jars and Lids	
<b>Care of Self Activities</b>	
Washing Hands	
Ext: Putting on Handwash	
Opening and Closing Fasteners Using Dressing Frames: Large Button Frame	
Opening and Closing Fasteners Using Dressing Frames: Small Button Frame	
Opening and Closing Fasteners Using Dressing Frames: Snap Frame	
Opening and Closing Fasteners Using Dressing Frames: Zip Frame	
Opening and Closing Fasteners Using Dressing Frames: Hook and Eye Frame	
Ext: Fastening the Clothes of Others	
Ext: Fastening One's Own Clothes	
Folding Clothes: Napkin	
Folding pants	
Ext: Folding Towels	
Using Locks and Keys	
Ext: Matching Locks and Keys	
Ext: Opening Locks and Latches	
<b>Care of Environment Activities</b>	

Using a Dustpan and Brush	
Sweeping	
Clipping Clothespins	
Ext: Hanging Clothes on a Clothesline	
Washing a Vessel	
Polishing a Mirror	
Ext: Polishing Silver, Copper, or Brass	
Caring for a Plant	
Ext: Arranging Flowers in a Vase	
Planting a Seed	
Buttering Bread	
Ext: Sharing a Snack with a Friend	
Using a Rotary Egg Beater	
Sifting Sugar and Rice	
Fastening Nuts and Bolts	
Ext: Matching Nuts and Bolts	
Ext: Fastening Flathead Screws	