“Shake Rattle and Roll”

A fun activity for you to do with your child at home for little or no cost. This activity will encourage the following:

**Fine Motor Skills** - putting small items into a container
**Large Motor Skills** - shake the container and dance to the music
**Communication and Language** - use new words, shake, rattle, loud, ready steady go
**Turn Taking**

**What you Need**

- Empty containers – water bottles with lids, jars with lid, tins with lids
- Fillers – Rice, dried popcorn, lentils dried beans.
- Stickers to decorate
- Sticky tape

**Activity**

Collect all the things you need. Put the fillers (rice, lentils, dried beans) in small bowls.

Have a selection of containers. Encourage your child to choose their container and what they want to put in it.

Help them by you showing them what to do, then letting them have a go.

Once they have filled their container (Half full) put the lid on and secure with the tape, winding on several times. Use the sticker to decorate their shaker.

You can play stop and go game. Letting you child shake the rattle and then say “ready steady STOP!” Then “ready steady GO!”, This will encourage the child to join in.
You can also listen to favourite song and dance and shake rattle to the music.

Make sure you tick of the activity on the virtual children’s centre list and share it when you come back into the Children’s Centre. Take a photo to show us your fabulous work see how many activities you can do.