**MATERIALS:** A tray with different varieties and sizes of bottles with lids.

**AIMS:** Coordination of movements

Independence

Concentration

Skill of screwing and unscrewing lids

**PRESENTATION:**

**UNSCREWING:**

a) Pick the tray with both hands from the shelf

b) Bring it to the working table, and place it on the table gently.

c) Pick a bottle with your right hand and place it on the table.

d) Hold the lid of the bottle that is placed on the table with your left hand to unscrew the bottle.

e) Hold the lid of the bottle with your thumb, index, and middle finger of your right hand.

f) Turn the lid in a clockwise direction.

g) Lift and replace the fingers after every turn.

h) Lift the lid of the bottle.

I) invert the lid using your index finger and thumb

m) Place the lid on the surface

n) Withdraw your hands one at a time

**SCREWING:**

a) To screw/close the bottle, hold the bottle with your left hand.

b) Pick up the lid with your first three fingers of your right hand.

c) Invert the lid with the index finger, rotating the wrist

d) Position the lid right above the mouth of the bottle.

e) Once it’s positioned well, start turning the lid in anti-clockwise direction

f) Lift and replace the fingers after every turn.

g) Once the lid is on, withdraw your hands one by one.

h) Invite the child to choose another bottle and repeat the activity.

**EXERCISE:** The child’s own activity as shown in the presentation

**POINT OF INTEREST:**  a) positioning the lid accurately

b) Lifting the finger every time we turn

**AGE: 2 ½ years**