

## **CARRYING A BOX**

**MATERIALS:** BOX

**AIM:** Coordination of movement, Independence, Social adaptation

**PRESENTATION:**

1. Pick up the box from the table using the fingers of both your hands, where in the fingers should hold the base of the box and the thumb must be on the side-top of the box.
2. Lift it up to the level of your torso and hold it steadily.
3. Locate a clear route and start walking along the path slowly and gracefully
4. Make sure to pause and look down when you are around the corners.
5. Tilt and adjust the box accordingly if the path is narrow.
6. be sure not to stamp the mats while walking.
7. Once the path is clear, continue walking towards the shelf.
8. Place the box back on the shelf.
9. Give each child a turn.

**AGE:** 2 ½ years

**GROUP:** SWATHI, DEVI, SOWMYA, MANUSMRUTHI