**'Quiet time' Learning activity/experience:**

'Toy Retrieval'

This activity helps strengthen the fine motor skills, as well as coordination.

*\*See attached image above for an example\**

*Items you will need:*

* A clear box or tub
* Masking tape
* Plastic eggs or small toys
* Kitchen tongs

1. Label the eggs or toys, with letters or numbers on each one
2. Places all the toys in the bottom of the clear tub
3. Using the masking tape, tape across the top of the box creating a sort of spider web shape
4. Using the tongs, the child has to retrieve whichever number or letter toy from the bottom of the tub and out through the masking tape spider web!

This activity is great for number and letter association, as it encourages the child to recognise which toy obtains the number/letter they need to retrieve, as well as using their fine motor skills to correctly use the tongs to pick the toy up and out through the web. This activity can also be used for more developed individuals - for example, you could use a bowl with a mix of letters and numbers, in which the child must pick one at random. The child would then use the tongs to retrieve that same number/letter from the box. Additionally, to make this activity even harder, the letters that the child has picked out, they could see if they could try to form a word. However for the younger individuals, you could just label the toys with numbers, and once everyone has taken out all the numbers, the child could see if they could arrange the numbers in order, e.g. 1-5 to 1-10.This activity can also be played with the whole family, with each member using each side of the box to retrieve the toys, or additionally in teams - for example, some members of the family need to retrieve one colour of toys, while the other team retrieves the other colour, thus making this activity into a fun competition!