

Cup Flips!

Cups are for drinking...unless you are playing a fun Cup Flip game! How fast can you race between two sets of cups, flipping them from upside down to right side up or vice-versa? Will you race on your own, or play with a team?

Here's how to make and play the game:

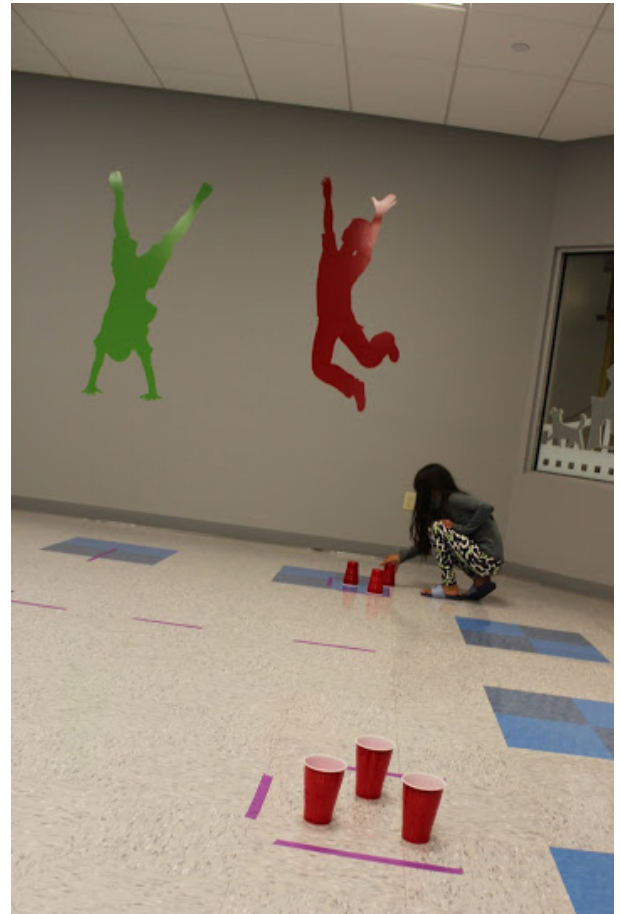
Place several cups right side up on the floor. Set up a second set of cups upside down about 8 feet away from the first set.

Race back and forth between the sets, turning one cup over each on each run until all the cups that were right side up are now upside down, and all the cups that were upside down are now right side up!

Time how long the race took, and challenge yourself and/or your friends to beat the best time.

You can make the game more fun by...

- increasing or decreasing the distance between cups.
- increasing or decreasing the number of cups.
- racing until all the cups are back in their original positions.
- making sets of cups for each player for a multi-player or multi-team race.



Activity Skill Focus: Manual Dexterity

What is it?

Manual dexterity is the ability to use your hands in a skillful, coordinated manner to grasp, manipulate, and release objects. Manual dexterity includes muscular, skeletal, and neurological functions that all work together to produce small, precise movements.

Why do we need it?

Babies start utilizing dexterity when they grasp an object placed in their hand. We use this skill in most daily tasks, including picking up objects with our hands, writing, eating, and getting dressed.

How can you support the development of your child's manual dexterity?

The development of manual dexterity is related to the development of the nervous system; it is a process that starts in infancy and continues throughout childhood. Activities that highlight grasp and release of objects will strengthen the underlying skills needed to build and maintain strong manual dexterity skills.

Other activity suggestions: sewing, building with small blocks, and playing instruments

