

## Folding Napkins

**Purpose:** The purpose of this activity is to develop the movements needed for folding, including muscular control of the fingers. This activity also prepares for geometry; independence and concentration.

**Directions:** For this activity, the child will carry the tray/basket of napkins to the table using both hands. The child will remove the napkins leaving them unfolded/flat and pile them neatly on the table, and set aside the basket/tray. The child will then pick up the napkin from the top of the pile and lay it flat on the table. With his/her index finger he/she will trace the horizontal stitched line on the napkin. Using the pincer grasp, he/she will take the top corners of the napkin and bring them towards the bottom two corners and then smooth the napkin along the horizontal stitching. Holding the napkin down with one hand, he/she will use the pincer grasp to fold the napkin in half and then smooth the napkin along the vertical stitched line. The child will then carefully set the folded napkin aside and repeat with the remainder of the unfolded pile of napkins.

Once the child has mastered the vertical-horizontal stitched napkins he/she can move on to different stitched designs. (As seen in picture)

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