

Activity Share: **Eating With Chopsticks**

Age group: Preschool age

Materials Needed:

- Wooden Chopsticks
- Rubber Band
- Food/ Noodles to pick up with the chopsticks (noodles were easiest for the preschoolers, but we have tried them with other foods).

Directions:

- Use the rubber band to fasten the chopsticks together on one side.
- Assist the child to hold the sticks in one hand.
- Support the child to pinch the sticks together to pick up the food.
- This motion of using chopsticks also helps develop your child's fine motor skills.

