

# Routine Reminder Bracelets

This craft supports fine motor development and helps children understand the sequence of their daily activities. It also encourages memory and provides a tactile way to connect with their routine.

## What you need:

- Large Colourful beads or large pasta shapes coloured (safe for this age)
- Elastic string or pipe cleaners
- Small cards or pictures representing parts of the child's daily routine (optional)

## Step-by-step to dye pasta:

1. Put dry pasta in a plastic bag or container.
2. Add a few drops of food colouring.
3. Add about 1 teaspoon of rubbing alcohol or vinegar to help spread the colour.
4. Seal the bag and shake gently until the pasta is evenly coated.
5. Spread the pasta out on wax paper or a tray to dry completely (about 30 minutes to 1 hour).



## What to do:

1. Show the children the pictures/cards of the child's daily routine.
2. Pick a colour that represents each part of their daily routine. For example, a blue bead could mean "morning," a yellow bead "snack time," a red bead "play time," and so on.
3. As they string the beads/pasta, talk about each part of their day in order. Ask questions like: What part of your day is your favourite? What happens after lunch time? Can you tell me the order of your bracelet?
4. Once finished, the children can wear the bracelet as a fun, colourful reminder of their routine!

Add a "Routine" twist: After creating their routine bracelet, read **Eddie Gets Ready for School** by David Milgrim together. This fun and relatable story reinforces the idea of routines and can spark conversations about how everyone's day might look a little different!

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