Valentine's Day
Bilateral Coordination
Lacing Activity

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Bilateral Coordination

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Valentine's Day Bilateral Coordination Activity

Description

This Valentine's Day activity is designed to promote development of fine motor, visual motor, bilateral coordination, and hand-eye coordination skills.

Materials Needed

- ☑ 1 Heart template (attached)
- ☑ 1 Post Card (attached)
- ☑ 1/8 inch Hole Punch
- ☑ Tape
- ☑ Scissors
- ☑ Needle
- ☑ Yarn or Ribbon (1/8 inch/3mm)

How to Assemble

Heart

1. Print out heart template (attached) on heavy cardstock paper
2. Cut out heart (1 per child)
3. Using a small hole punch, punch each dot around the hole
4. You can also poke each hole with needle if you do not have a small hole punch.
5. Thread a needle with a piece of ribbon or yarn.
6. Using the needle, sew around the heart. The holes close together are where the yarn/ribbon will be sewed in the back.
7. The larger gaps of space is where the yarn/ribbon will be sewed (and shown) in the front.
8. Once sewed all around the heart, cut excess yarn/ribbon and tape to back of heart.

Post Card

1. Print postcard (attached) on heavy cardstock paper (2 different versions included)
2. Color postcard with markers, crayons, glitter glue, or other mediums.
3. Fill out card with name of receiver and sender.
4. Tape assembled heart to the middle of the postcard.

Graphics by Krista Wallden
http://www.teacherspayteachers.com/Store/Krista-Wallden
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Heart Template

Instructions:

- ☑ Print on heavy cardstock paper.
- ☑ Cut out heart (1 per child).
- ☑ Using a small hole punch, punch each dot around the hole.

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Postcard

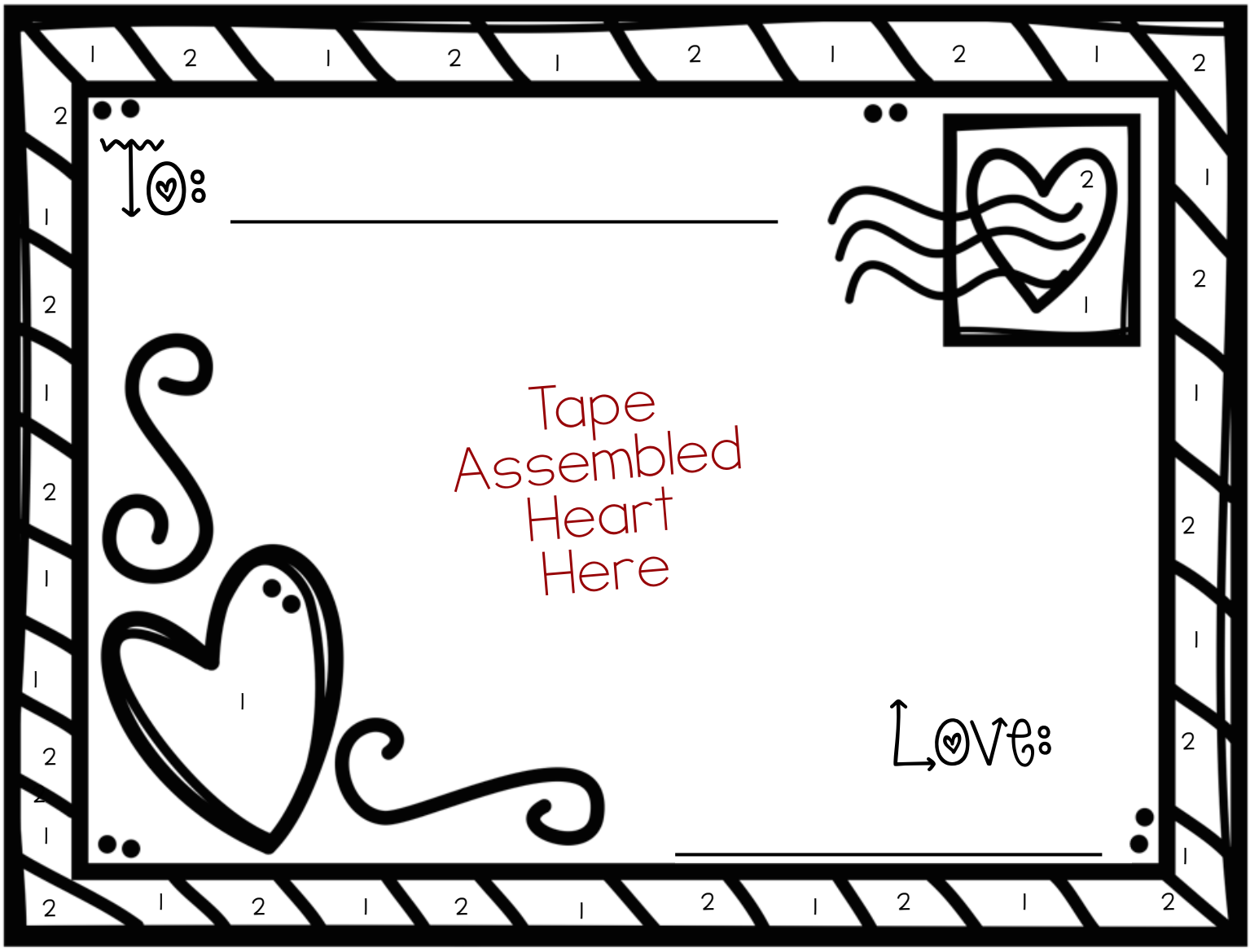
VERSION 1

Assembly Instructions:

- ☑ Print on heavy cardstock paper.
- ☑ Cut out.
- ☑ Color postcard with markers, crayons, glitter glue, or other mediums as indicated on the color code or color using your own colors.
- ☑ Fill out card with name of receiver and sender.
- ☑ Tape assembled heart to the middle of the postcard.

Color Code

1	Pink
2	Red



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Postcard

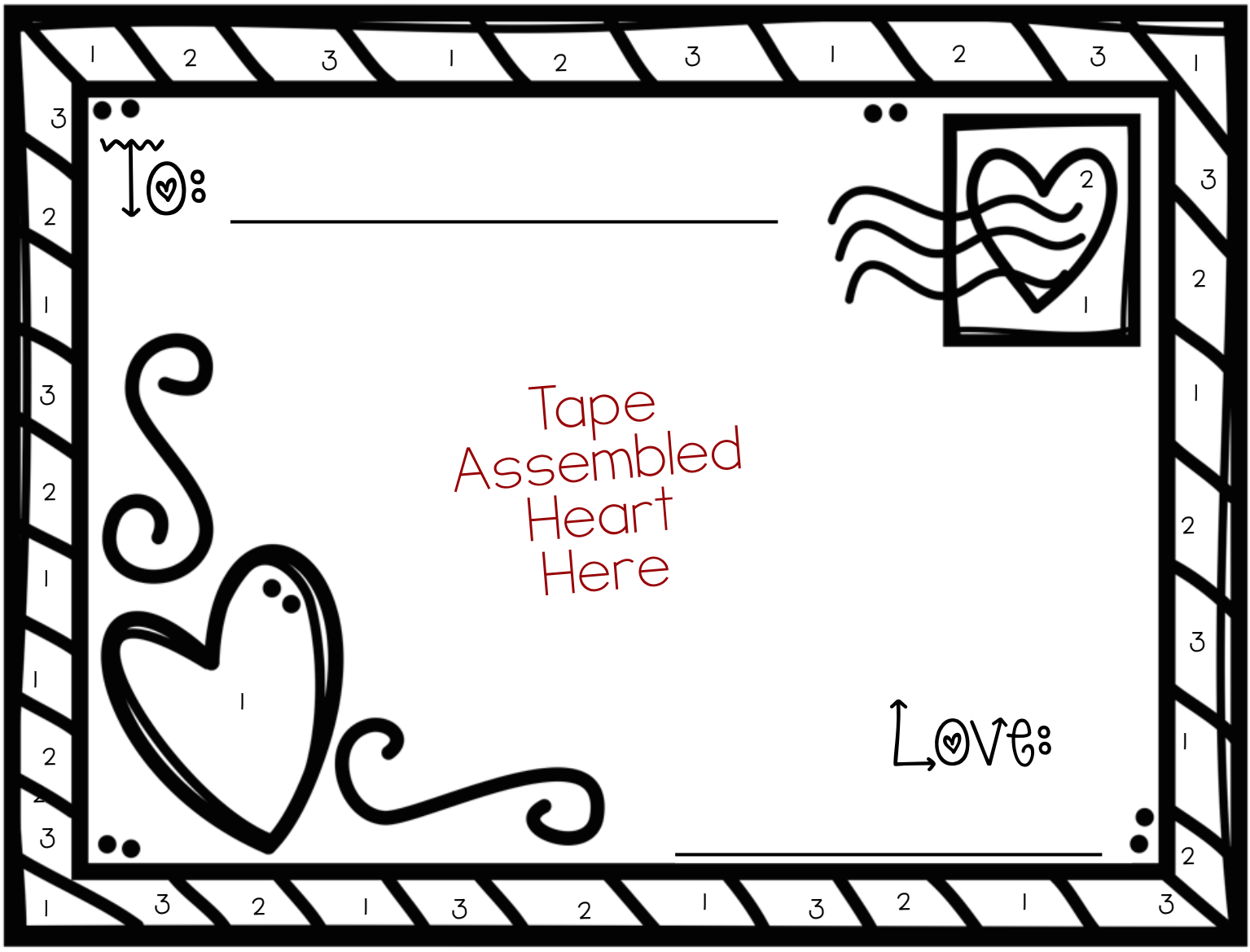
VERSION 2

Assembly Instructions:

- ☑ Print on heavy cardstock paper.
- ☑ Cut out.
- ☑ Color postcard with markers, crayons, glitter glue, or other mediums as indicated on the color code or color using your own colors.
- ☑ Fill out card with name of receiver and sender.
- ☑ Tape assembled heart to the middle of the postcard.

Color Code

1	Pink
2	Red
3	Purple



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