



Paper-Cup Race

Wave your arms and fan the paper cup to the end with a fan.

Helps Your Child Grow



Gross Motor

Repeatedly swinging the arm to move air toward a cup gives your child purposeful practice coordinating upper-body movement.



Cognitive Self-Regulation (Executive Functioning)

Trying different fan angles and routes until the cup reaches the finish gives your child a visible reason to adjust a strategy.

Steps

- Turn several paper cups upside down on a table. Gather two small handheld fans and mark a finish line.
- Show how to fan one cup gently so it slides toward the line without tipping over. Hand the other fan to your child and invite them to try.
- If the fan is difficult to use, help your child adjust the arm movement until enough air reaches the cup.
- Once the action is familiar, add one or two cups and see whether your child can move several to the finish.
- For another challenge, place two books between the start and finish as obstacles. If a cup touches a book, return it to the start.
- Join the race with your own marked cups and see whose set reaches the finish first.

Tips

- When the paper cup moves, connect the result with your child's action: "It kept moving forward. How did you fan it?" If needed, describe what worked.
- You can also agree on a new rule or obstacle that makes the trip to the finish line more challenging.

Observations

- Waves the fan to move the paper cup toward the finish line
- Tries different approaches until one works