

# Carrying your lunch tray



Use Dycem matting to stop items slipping on a tray



## Steps to being independent

1. Say, "Watch while I show you how to carry something on a tray."
2. Place the sponge on the tray.
3. Lift the tray with thumbs on top of the lip, fingers on the bottom, and elbows close to but not touching your body. Hold it about waist high.
4. Walk slowly to a table, while keeping the tray level, and at the same time looking in front of you.
5. Arrive at the table; slowly lower the tray and softly place it on the table, while sliding your fingers from under the tray.
6. Invite the child to carry the tray to another table.
7. If the child is successful, move on to the next heavier object.
8. When choosing heavier objects, choose items that will break (old unwanted cups/ mugs/ plates). If you practice carrying non-breakable items, then you are less likely to concentrate as there are no consequences if you drop the item.

Free Social Story  
-Waiting for lunch  
<http://bit.ly/2ng1g2c>



## Line Up Song

- 1 2 Listen and Do 
- 3 4 Face the Door 
- 5 6 Hips and Lips 
- 7 8 Line up Straight 
- 9 10 Let the Quiet Walking Begin 