

Using Your Work Rugs

Our work rugs are designed to be used on the floor. By allowing children to use rugs in addition to tables, we give children opportunities to refine their motor skills, develop their will, and stretch out! Here are some ideas on how to use the rugs to maximize their benefits.

Keep your rugs stored as tightly rolled-up cylinders. You can stack them like logs in a basket or even in a fireplace log-holder. When children want to use a rug:

1. Show them how to take it out of the storage basket, holding it with thumbs on top and fingers inserted into the center of each rolled end.
2. Carry it horizontally in front of you, close to your torso.
3. Let the child choose the location to place the rug.
4. Place the rug in front of you and slowly and carefully unroll it towards you. Take a few steps back as needed until the rug is completely unrolled. Smooth it out along the way.
5. Ask the child, "Would you like a turn?" Of course, they will say yes! Then say, "I'll get it ready for you."
6. Carefully roll the rug back up, rolling it away from you and stepping a few feet forward as needed until it is completely rolled. As you roll, check the edges from time to time to make sure they are parallel (no edges or "tails" sticking out).
7. Carefully lift the rug with thumbs on top and fingers inside the center of each end.
8. Carry it close to your body and return it to the

storage basket.

9. Say, "Now you can have a turn. You can bring the rug anywhere you like." Help the child do it well.

Once the children are comfortable rolling and unrolling rugs, they can be free to use them for their activities.

1. Working with one or a few children, choose an activity that you would like to do on a rug. Say, "I feel like sitting on the floor today. Let's do this on a rug!"
2. Ask one of the children to get the rug and spread it out for your activity.
3. Go and get the activity and put it on the rug. The rug now acts as a table top, defining the area where the activity is kept. The children can sit or lay next to the rug. (Note: We do not recommend doing art activities on rugs; the art supplies may stain them.)
6. When the activity is complete, put the work away. Then, come back and put the rug away.

For fun, layout many rugs throughout the room and play a follow-the-leader type game where you practice walking around the rugs without stepping on them at all. This is a fun way to teach the children not to step on the rugs (or another child's work) while developing their gross motor skills.

