

Water Play

Water play is a great activity and it can be done inside and out

Water play activities help to develop and strengthen children's gross and fine motor skills. Children enhance their gross motor skills, coordination, and physical fitness through lifting, pouring, carrying, and splashing, while actions such as squeezing help to develop the small muscles in a child's hands.

Reminder that all activities with water must ALWAYS be supervised



IDEAS

Provide a bucket with handle and a paint brush to "paint" on outside fences or brick walls

Provide a tub or tray of water

The following can be added, or just allow your child to have the sensory experience on their own:

- + Bubbles
- + Ice cubes
- + Autumn leaves
- + Sticks and pebbles
- + Use cold water, then change to warm to enable the children to feel the temperature difference
- + Plastic animals
- + Items to pour and catch

Sit back and watch the children's imagination come to play



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Sensory

Add a few drops of safe scented oils to warm water. This can be a calm, soothing and add to the sensory experience.

Extension

- + Offer spray bottles to develop hand-eye coordination, through aiming at objects (outside)
- + Spray bottles develop fine motor skills as children, squeeze the trigger and adjusting the spray stream
- + For older children, add sand or cardboard to the water tub to see how the water is absorbed and changes texture

Babies

- + Sit your baby in a highchair, beside you while cooking dinner. Add plastic items to give them fine motor development opportunities
- + Sit on the floor on a mat, or in a highchair to play
- + Have some play time in the bath to calm and soothe

