

Elements – Water Play

Activities

To experience different ways of playing with water.

A range of simple activities and ideas to support the development of water confidence.

[△]RED - skill to be worked on
^{*}BLUE - modified equipment

Skill Development activities

[△]Pouring and measuring with control

- Transfer water from a ^{*}jug, bottle or ^{*}watering can into a ^{*}bucket/bath/bottle

Developing [△]coordination and [△]dexterity

- Collect objects ^{*}(apples, table tennis ball or plastic balls) floating in a ^{*}bowl or ^{*}bucket filled with water to practise [△]reaching.
- Collect a ^{*}wet sock from the bottom of a ^{*}bucket OR place ^{*}wet sponge, cloth or sock where young people can squeeze out the water for themselves, onto their ^{*}lap tray, a table or create a trail of water whilst moving.

Top Tip:

Develop individually or bring in family members to explore together and have fun challenges.



Sensory activities

- Use ^{*}water toys, plastic watering cans or bottles, plant sprayers and colanders to make water flow in interesting ways through channels, into ^{*}buckets, sinks
- A tactile approach - use a ^{*}bottle or watering can, to pour water over arms, body, legs to develop [△]water confidence
- Encourage the use of hands, arms, feet, legs to ripple and splash during shower and bath times
- Blow bubbles on a water surface or blow a ^{*}light object (table tennis ball or bottle lid/cap) along a water surface.

Top Tip:

- Play music - a waterfall, a bubbling stream, rainfall, the sea to link the water theme.
- Create a theme - in the jungle (trail through trees to water activity) or moving through a waterfall (hosepipe)