Sybil Elgar School | Our Transdisciplinary Team Newsletter

Summer activities: building skills while cooling down and having fun

Summer time provides opportunities for lots of fun activities using water.
Try some of the following fun activities – which develop skills at the same time

Water exploration and play activities

- Use water play jugs, collanders and cups as a way to develop pouring skills

- Use clean spray bottles to develop hand strength
  - Use these outside for water play
  - Integrate them into shower/ bath time
  - Use them to water some plants

- Squeezing sponges also develops hand strength
  - Use these outside for water play
  - Integrate them into shower/ bath time

- Use tongs to pick squeezy toys out of the water develop hand muscles and coordination

Fun with ice!

- Try freezing water coloured with food colouring as a fun sensory exploration activity
  - Use water to help melt the ice and watch the colours flow.
    - This can be an opportunity to learn about colour mixing such as "what do yellow and blue make?"
  - You can also add a wooden ice lolly stick to act as a handle

- You could also try freezing non-toxic flowers inside the ice cubes
  - Try using a paintbrush with water to gradually melt the ice to 'free' the flowers