

# **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 squeazy 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

