

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

