



Physical Health, Well-Being, and Movement Skills Activity for 18 to 24 Months

Pour and Fill

This activity gives children practice in wrist rotation and how to judge the weight of heavy objects.

Materials:

- Dishpan
- Dry rice or beans

What to do:

1. Fill a dishpan with clean, dry rice or beans.
1. Put spoons, small pitchers, plastic bottles, and a few small bowls in the dishpan.
2. Show the toddler how he can pour the beans into the bottles and bowls.
3. Let him play in the dishpan in his own special way.

Variations:

- A. Provide the toddler with cups, bowls, and funnels during bath time.
- B. Use a water table for this activity.

