



Physical Health, Well-Being, and Movement Skills Activity for 30 to 36 Months

Water Squeeze

Squeezing water out of sponges helps build the muscles and strength in children's hands and fingers.

Materials:

- Dishpan or bucket
- Sponges
- Plastic cups and bowls
- Old shower curtain
- Plastic aprons

What to do:

1. Put an inch of water in a dishpan or bucket.
2. Put several small sponges in the water with a few plastic cups and bowls.
3. Show the child how she can fill a sponge with water and then squeeze out the water into a bowl.
4. Leave the dishpan out on some towels or an old shower curtain for the child to play with in her own way.
5. Use plastic aprons or smocks if the child needs to stay dry.

