

## OT Water Play

Water play provides many opportunities to develop fine and gross motor skills across age ranges. Children can increase their fine motor skills and hand-eye coordination through actions like pouring, squirting, scrubbing, stirring and squeezing. It's also an amazing sensory experience introducing them to textures (slippy, slimy, soapy...) and temperatures.

- Fill a bin or small tub with lukewarm water and toys! Toy shovels, funnels, cups, sponges, pipettes, sieves, pompoms, cars, water balloons, plastic eggs, boats; anything that motivates your child!
- Wash the farm animals! Grab some animal figurines, some scrub brushes, and a bin for soapy water (activity attached).
- Add colorful ice to water. Make the ice by freezing ice cubes with a few drops of food coloring mixed in. Add ice to a tub of lukewarm water and watch the colors release!
- Paint with water. Grab a bucket full of water and some paint brushes, and paint the backyard or the neighborhood sidewalks!¹

