

Water Play

Hello StrongStart friends,

This content is put together by Teacher Maribel (from Seymour) and Teacher Steven (from Tillicum Annex)

Water play is so much fun. Children can spend endless hours in the water, washing their hands, taking baths, "helping" with dishes and watering the garden.

Despite being a bit of work to dry up, water play actually develops young children's **motor skills** (to be able to fill a cup without losing too much water) and **problem solving**. It can promote **language** (using words like wet, cold and warm) and **social emotional growth** (like how to share one measuring cup between two kids). It can also help with **science** (mixing different coloured water together) and **math skills and concepts** (comparing more or less and measuring).

If you are at home, anything goes! You can use buckets, cups, sifters, empty bottles. You can play in the bath tub, on the balcony or in the shaded area outside. It is important to participate with your child as they are learning from YOU! You show them how to pour, measure and mix. You are their first and best teacher 😊 Also, it's never safe to leave young children unattended around water.

Here are some activities for you to try this weekend:

- 1. Paint with water.** Provide your child with a bucket of water and some paintbrushes, paint rollers, spray bottles or old rags. Let them "paint" the fence, balcony floor or wall outside. You can ask questions like "what colour are you using" and "how long do you think it'll take to dry".
- 2. Washing toys.** Ask your children to gather their toys and put them in a bucket, sink or bathtub. Add some soap and ask your child to wash away! It's great because they're pretty much playing to clean up.
- 3. Tea parties.** Give your children a tea pot or liquid measuring cup and some cups. Add water and they will start to pour back and forth endlessly. You can add ice cubes and discuss where it goes after a few minutes.
- 4. Bubbles.** A couple weeks ago, we sent a recipe to make homemade bubbles. You can also try different kinds of soap (dish soap, hand soap, laundry detergent) to see which one makes the most bubbles.

5. **Nature Soup.** While on your walk, collect some leaves, twigs and flowers for a nature soup. Ask your child to host a cooking show and prompt them with questions like "how much flower petals are in this soup" or "what colour is the soup turning".



If you have teeny tiny little ones and soap is out of the question, you can lay them on their tummy or sit them supported with a shallow tray of water in front (e.g., cookie sheet, a mixing bowl).



While you are drying up, catch Teacher Steven read "Mud Puddles"
- <https://youtu.be/wP4yFf9F5Fk>.

Let us know what water activity is your favourite! Thanks for reading.