



Squeeze Me

Experience

Preparation: To prepare for this experience you need to set up two containers next to each other.

In one container, fill it up with water (half full) and place a sponge in the water. The second container remains empty.

Invite your child to soak up the water with the sponge and then squeeze it into the empty container. Repeat this process until all water has been transferred from one container to the next. At the end of the experience tip out the water. If possible, tip left over water onto a garden to recycle the water.

Learning benefits

- Refines fine motor skills (small muscles) and muscle strength in hands
- Promotes eye hand coordination
- Strengthens concept of cause and effect



5 mins



2 - 3 years

Materials

Unused sponges
(any size)
Two containers e.g.
bowls or small bucket

Hints and Tips

Best outdoors
(if indoors best on a
hard surfaced floor
for ease of cleaning
up the spills)

Water safety: Always
supervise water play
with children. If you
have to leave the
experience, tip the
water out.