



# Rock Pool

## Experience

**Preparation:** Take one plastic resealable sandwich bag and fill with water (1/2 way). Add a couple of drops of food colouring to the water (optional). Cut out a couple of simple sea life shapes (Semi-circle for shells, fish shape, and octopus shape etc.) Place these in the water, zip lock the bag (try to release some air in bag before closing). Place in a secondary bag if your bag feels a little too thin.

Place bag in front of your baby. Encourage them to feel the bag and tap the bag to move the sea life around in the water. Talk to your baby during the experience by labelling the sea life, the colours and describe their actions. Empty water once finished.

## Learning benefits

- Strengthens eye-hand coordination and fine motor abilities
- Increases sensory awareness (sight, sound, touch)
- Develops social connections/bond with others
- Promotes communication skills (receptive and expressive skills, listening skills)



3 - 5 mins



6 - 12 mnths

## Materials

Two plastic resealable sandwich bags

Two clean flat kitchen sponges

Food colouring

## Hints and Tips

Indoors or outdoors

### Safety:

Must supervise infants at all times during this experience