

PT ESY Activity Week 4: At Home Water Play

Most of our students are highly motivated by water play activities which makes it a great way to work on student's goals while having fun. Below are a few ways you can incorporate gross motor activities into water play without having to have a pool!

Activity #1: Sponge + bucket relay and sponge toss



What you need:

- 1-2 buckets/containers filled with water
- Sponges or even dishtowel

How to complete the activity:

- Place 1 bucket full of water in one location and then another bucket full of water 10-20 feet away.
- Have various sponges all in one bucket and have your student squat down (or place buckets on table if squatting is difficult for your student) to pick up 1 sponge at a time and carry it to the other bucket.
- You can also do a sponge toss and have your student squat down or pick up a sponge from the bucket on the table and toss it to a family member or into the bucket.

Activity #2: Water Obstacle Course



What you need:

- An item to step over (pool noodle, stuffed animal rolled up towel, etc.)
- An item to walk across (painter's tape line, bathroom rug, yoga mat, etc.)
- Item to pick up (ball, stuffed animal, bean bag, etc.)
- 1 bucket/contained filled with water
- 4-5 items that float or can be put in water

How to complete the activity:

- Set up the step over item, walk across item, and pick up item in a straight line as the obstacle course.
- Place the bucket of water at the end of the obstacle course.
- Place the water toys/items that can go in water at the start of the obstacle course.
- Have your child carry 1 item at a time through the obstacle course and place the water toy in the bucket of water. Have them complete this activity 4-5 times!

Activity #3: Water Sponge Musical Chairs



What you need:

- Either a sponge or a water balloon
- A bucket/container with water
- Music

How to complete this activity:

- Have your student sit on a cool surface outside while tailor sitting (criss-cross) or bench sitting (on a chair with feet flat on the ground, without back touching the back of the chair).
- Start the music!
- Place the sponge in the bucket of water and help your student pass the sponge back and forth to everyone who is playing.
- Have someone be in charge of the music and whenever the music stops that person is out (you don't have to have someone get out, you can all continue playing!).