

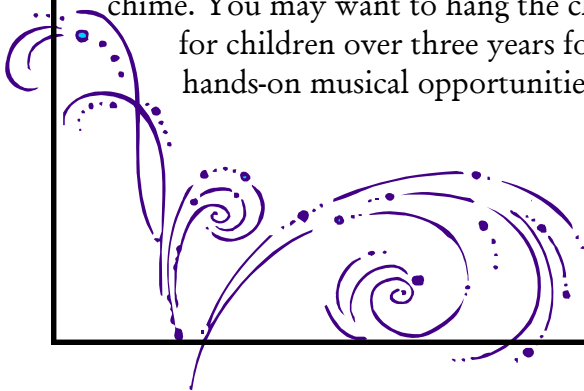
### After My Bath

After my bath I try, try, try  
 To rub with a towel till I'm dry, dry, dry.  
 Hands to dry, and fingers and toes,  
 And two wet legs and a shiny nose.  
 Just think how much less time it'd take,  
 If I were a dog and could shake, shake, shake!



### Wind Chimes

Wind chimes are an excellent item to add to your child's environment- at any age. Wind chimes can be easily made with low-cost or free items around your house. Start with a circular object- such as a plastic lid, a strong aluminum pie tin or a square of wood about an 1/2" - 1" thick. Make a hole in the center of this object to attach a length of cord to hang the wind chime. Make holes around the circumference of the circle to hang the metal objects. Look around the house for objects that will make a great sound when struck together. Wrap fishing line or dental floss around the items and pull the string through the holes in the circle and knot. Make a "striker" by attaching string down from the middle hole with a metal object attached. Small children can be lifted up to jingle the chime. You may want to hang the chime lower for children over three years for continual hands-on musical opportunities.



### Homemade Magnetic Chalkboard

Purchase some chalkboard paint- which comes in black or green. Find an old, smooth piece of magnetic metal (i.e. an old cookie sheet).



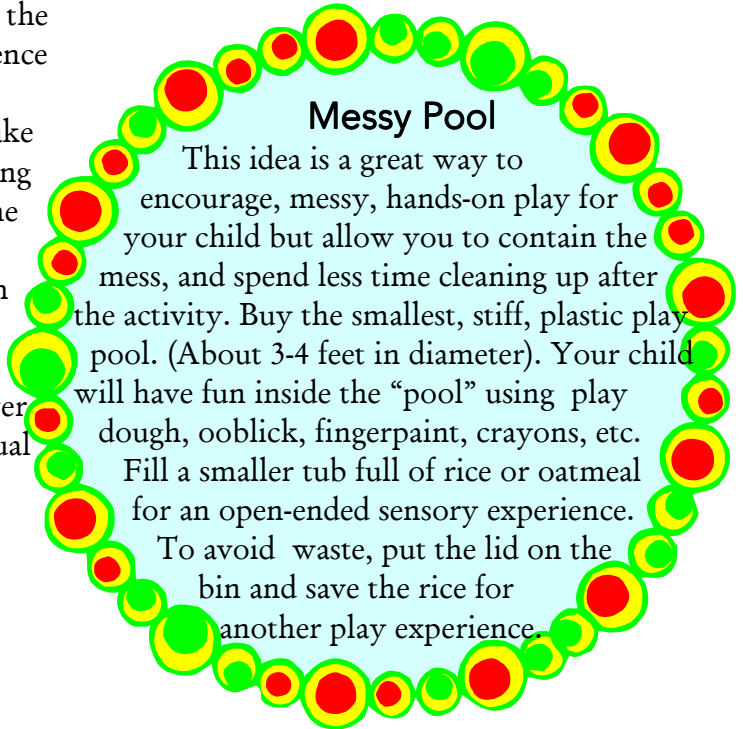
Paint the metal sheet with a few coats of chalkboard paint. Paint coats may need to dry overnight. Also, a small, foam roller or paintbrush will help lay a smooth surface. The magnetic chalkboard can be used on the table or your child's lap. Or you may want to drill two holes near the top and mount on a wall.

*When children work on a vertical surface, they increase strength and endurance in their hands and arms, needed for writing. Chalk boards are better than white-erase boards because the chalk provides more resistance than markers, giving little fingers and hands more "feedback".*

*\*\*Bonus- stray chalk marks are easier to cleanup than markers. Picture, shapes, or letter magnets can be used to enhance language development. Plus hands get stronger when they pull magnets off of the board again and again when playing.*

### Messy Pool

This idea is a great way to encourage, messy, hands-on play for your child but allow you to contain the mess, and spend less time cleaning up after the activity. Buy the smallest, stiff, plastic play pool. (About 3-4 feet in diameter). Your child will have fun inside the "pool" using play dough, ooblick, fingerpaint, crayons, etc. Fill a smaller tub full of rice or oatmeal for an open-ended sensory experience. To avoid waste, put the lid on the bin and save the rice for another play experience.





## Here Are My Eyes

Here are my eyes (*point to eyes*)  
One and two. (*point to each eye*)  
I can wink (*wink*)  
So can you. (*point to your child*)

When my eyes are open, (*open eyes wide*)  
I see the light.  
When they are closed, (*close eyes*)  
It's dark as night

## Finger Puppets

As children pull puppets onto their fingers and wiggle puppet characters into action, tiny muscles in the hand get a fine motor fitness workout. Finger puppet play supports creativity and language development as children create a lively story with their little characters.

Materials need to make finger pup-

pets:

Felt

Fabric scraps, ribbons, buttons

Colored paper, scissors, glue

Thread and needle

A very simple finger puppet can be made from a small rectangle of felt rolled

and taped to fit a child's finger. For those of you that don't mind sewing, cut two thinner rectangles and sew from left to right in an upside-down "u" shape.

Decorate the puppet with scraps of fabric, ribbons, buttons, paper, etc.

Of course, the easiest finger puppets to make are those that are drawn with ink on the pads of the fingers. Any time you are in a pinch to entertain your child with very little else around, make up a



## String Painting

You will need some string, cut 18" long.

Paper

Tempera paint



Fold paper in half.

Squeeze paint colors

onto a plastic or paper

plate. Dip a string in

some paint and place on one half of the paper.

Close the paper onto the paint-dipped string.

Open the paper and remove the string.

You can do this over with the same string and color or use different string dipped in different colors.

Holding the string in-between the fingers requires children to use their "pincer" grasp and strengthens their fingers. Strong fingers are needed for writing.

## Copy Me!

This is a GREAT activity to do with your child.

Begin by copying what your child is doing.

It won't take them long to catch on....and for their movements to become more animated.

This activity not only encourages children to become more active, and gives them a "safe" sense of power—you will get a great workout yourself!

Of course, in *theory*, this game can also be played with your child copying your movements.

## Slowly, Slowly

Slowly, slowly, very slowly (*run fingers up arm*)  
Creeps the garden snail.  
Slowly, slowly, very slowly  
Up the wooden rail.

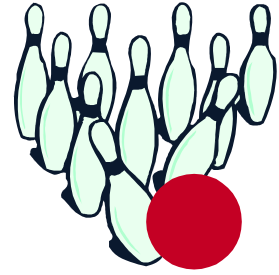


Quickly, quickly, very quickly (*run fingers up arm*)  
Runs the little mouse.  
Quickly, quickly, very quickly  
Round about the house.



## Indoor Bowling

What a great activity to keep in your “back pocket” for those cold, wet days to come.



Find a soft ball that rolls nicely.  
Set up 10 empty water bottles and set them up in an upside-down triangle shape. Let your child have fun rolling the ball and knocking the bottles down. Partly filling the bottles will make this activity more challenging.  
*Variation: You can also stack plastic cups in a pyramid and roll the ball to knock it down.*

## Dot Painting

You will need tempera paint, paper and possibly Q-tips.

Parent or adult can draw a simple picture in wide, dark marker. i.e. a flower  
(Older children may be able to draw the picture)  
Pour some paint onto a plastic or paper plate.  
Child can dip finger in paint and dab onto the drawing. Older children, who can hold a pencil well, can dip Q-tips and dab inside the picture.  
Variations of this activity:  
Use blue construction paper and white paint.  
Draw a snowman and dab the snowman and the sky to make snow.

## Mmmmm Cookie Dough

Store-bought sugar cookie dough in the tube is a delicious and fun item for children to experience (and safe since the eggs used in the dough are pasteurized). Set them down with some dough and cookie cutter and let them have fun! Bake their creations....if there is any dough left.





### This Little Doggie

*(Hold up fingers of one hand  
and point to each finger as you say the rhyme)*

This Little Doggie ran away to play  
This Little Doggie said, "I'll go, too, someday."  
This Little Doggie began to dig and dig  
This Little Doggie danced a funny jig.  
This Little Doggie cried "ki yi ki yi, I wish I were big."

### Turkey Feathers

You will need:

Brown construction paper

Glue

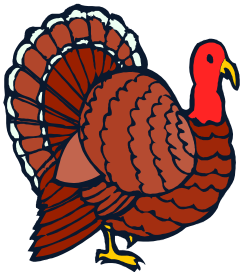
Feathers

Trace your child's hand onto brown paper. Either cut out and glue on white paper, or just leave the brown paper intact. Rub or squirt glue inside hand shape.

Place gluey hand away from the edge of the table.

Place feathers near the edge of the table. Have your child blow the feathers toward the gluey hand.

*Variation: Blow the feathers by blowing through a straw.*



Make your own indoor carnival game. Prop up a hula hoop and take turns throwing beanbags or ball through the hoop. Younger children may find it easier to toss the bean bags in the hoop if it is flat on the floor.



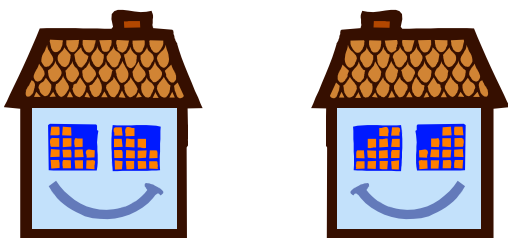
### Heavy Work

Children need to use their bodies. Heavy work involves pushing, pulling, lifting, playing and moving. After children engage in heavy work, they are calmer and have a better attention span. Heavy work is especially important during the winter months when children may be limited in their opportunities for movement. Here are some ideas for heavy work during the winter months: Play tug-of-war, pull a full laundry basket around, push a toy vacuum, mop or sweep the floor (even if it is no cleaner than when they started), rake pine needles, shovel snow (again, even if there is no progress), and wrestling.



### Two Little Houses

Two little houses,  
Closed up tight. (*close fists*)  
Let's open the windows,  
And let in some light. (*open fists*)



### Get Moving with Dice

You will need an empty square tissue box, or other small, square box.  
Cut pictures of animals from magazines or print from images on the web. Tape a different animal picture on each side of the box.



Roll the "dice". Pretend to be whichever animal lands on the top.

You can also make one with dots just like a real die and do a particular activity that number of times. For example, if the die lands with two up, then jump two times.



### "Hammer" and "Nails"

Save that block of Styrofoam from any holiday gifts!  
Let your child practice driving "nails" (golf tees) into "wood" (Styrofoam) with a "hammer" (plastic or wooden toy hammer)  
This is a great activity to help develop hand-eye coordination.

### Printmaking

Printmaking is an art technique where a surface is painted and then pressed onto a piece of paper. Two easy techniques are listed below:

#### Bubble Wrap-

Save bubble wrap from any holiday packaging. You child will paint onto the bubble wrap (a picture, a design...whatever strikes them). Before the paint dries press it *firmly* onto a piece of art paper and gently peel away.

#### Foam Tray Etchings-

Using a clean, foam meat or vegetable tray, cut off the curved edges so you are left with a flat piece of foam. You child can draw a picture with a sharp pencil into the foam. Use a toothpick to make finer lines. Paint the surface of the etched foam tray. Rub *gently and evenly* onto a piece of art paper.



### Rainbow Snow

Brighten up the endless white scenery with some color! Fill plastic spray bottles with water and food dye. Let your child have a blast spraying and changing the color of snow.

Since this activity can be done on an outside step which has been cleared of snow, children who are adverse to snow don't have to get cold and wet and can still enjoy this activity.

Using spray bottles helps strengthen the two fingers and thumb needed for writing.

**Go Bananas!**  
*To the tune of "George of the Jungle"*  
*Begin by standing straight with arms down*  
**Form, form, form, form banana**  
*Slowly raise one arm up over head*  
**Form, form, form, form banana**  
*Slowly raise other arm up over head*  
**Peel, peel, peel, peel banana**  
*Slowly lower first arm down to side*  
**Peel, peel, peel, peel banana**  
*Slowly lower other arm down to side*  
**Go, go, go, go bananas!**  
*Do a crazy dance*  
**Banana Split!**  
*Jump and land with feet apart*



### Cabin Fever Relievers

Keep this list handy. When your children are bouncing off the walls, they are telling you they are craving more sensory input. Here are some ideas on how to provide some- indoors....



- Tug of War
- Jumping on a mat, trampoline or old mattress
- Brushing the dog (this may also involve a game of chase)
- Hide and seek
- Pretending to be animals- crawling, flying, rolling, galloping, etc.
- Spinning around and around- in an office chair, or hold your child's arm, lifting them up and spinning like an airplane.
- Wheelbarrow walking

### Winter Green Thumb



You don't have to wait until spring to watch a seed sprout and grow. Children may enjoy having an open-ended sensory experience-playing with potting soil, filling and emptying their pot with soil. When they have had enough time playing, fill a pot up with soil and let your child help bury some seeds and sprinkle soil over them. Pots can be made from large, empty yogurt containers that have holes poked in the bottom for drainage. The lid can then be used as the drainage tray. Children can mark or decorate labels to identify what is growing in the pot. Use a piece of paper folded over a toothpick or straw. Place in a warm, sunny window and watch them grow!

Plant herbs such as basil, parsley or chives. If you have cats, wheat grass (cat grass- in the cat toy aisle) is a fun treat for the feline members of your family.

- Have laundry basket races, filled with books or other heavy items.
- Make your child into a sandwich, burrito or hot dog by placing heavy blanket over them or wrapping them tight in a blanket- this is very calming.
- Good old-fashioned help with house-work
- Turn on some music and dance!

## The Bunny and the Dog

### Here's a little bunny

*(hold up two fingers on one hand)*

### Sitting in the sun

*(use the sign for sun- hold hand in a "C" shape around the eye and then move your hand up and out to the sky)*

### Along comes a little dog

*(hold two bent fingers on other hand, with hand horizontal to the ground)*

### Watch that bunny run!

*(place first hand behind your back)*

*Of course you can substitute anything your child wishes for the dog or the bunny.*



Children learn by trial and error. As far as art supplies are concerned, children will not know how much or how little to use until they experiment.

In general, they will use extreme amounts at first. If you make your own paints, you will probably be more comfortable allowing your child to work through this developmental stage.

## Homemade Paste Paint

Blend 3 Tablespoons of cornstarch with enough water to make a thick cream.

Add 1-1/2 cups boiling water, stirring continually. Add food dye to the mix until you get the color you want. You can also add more water if you want a thinner paint.

Allow the mixture to cool.



## Indoor Tumbling

-no travel or tuition required

You don't need to spend a lot of money or time to provide your child with tumbling time.

Just set up a tumbling area, over carpet with some additional padding- like a few sleeping bags, a pile of blankets or a twin mattress.

Show your child how to roll like a log, over and over. Coach them to keep their arms above their head.

Show them how to do "egg rolls" by lying on their back, folding their knees to their chest with their arms holding them tight and rock back and forth.

You can also create a tumbling hurdles with tow long pool noodles. Coach them to go under, over and in between. To increase skills as needed, hold the noodles higher. Young children will also benefit from this activity by physically learning the words "under", "over" and "between".

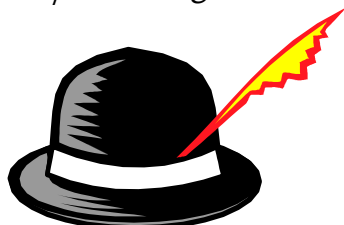
These physical activities help children become more aware of their bodies, keep them active and will help them focus better on cognitive and fine motor activities.

## Yankee Doodle

Yankee Doodle came to town,  
A-ridin' on a pony;  
He stuck a feather in his hat  
And called it macaroni.

Yankee Doodle keep it up,  
Yankee Doodle Dandy;  
Mind the music and the steps  
And with the girls be handy.

*(Use a hat and large feather  
to keep this song interactive)*



## Nature Walks

This may sound boring, but the time spend on a leisurely 1/4 mile walk will ignite your child's imagination and senses. Remember not to rush—the goal is to use your senses and look, smell, feel, and hear. Try not to drill by asking too many questions that have only one right answer, like “what color is that flower?”

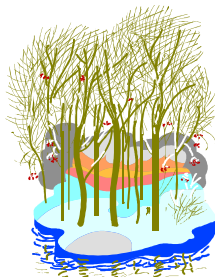
Look at the overall landscape and also focus on the tinier objects such as the pattern on a leaf or an ant hill.

Lift rocks up gently to see what is underneath.

Watch the birds fly. Watch the bugs crawl.

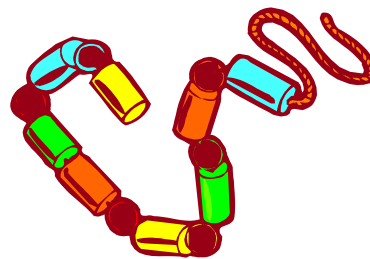
Look for animals and their tracks. Older children may enjoy bringing a camera to remember their discoveries. All children will enjoy bringing along food for snack al fresco!

This activity can be continued inside by offering an array of art supplies to pictorialize the experience.



## Sugar Cube Structures

This activity uses those little muscles in the fingers for writing in school. Set your child up with a box of sugar cubes. Of course, you should closely monitor to child to be sure the cubes aren't making their way into their mouth. This is essentially the same activity as block play but with more skill needed. Structures can be glued, but if no glue is used the cubes can be used for building again. Children may also enjoy a picture of their creation before it is disassembled.



## Noodle Lacing

If you have some rigatoni, penne or other long, tubular pasta, then you have materials to engage your child while you prepare dinner.

Offer some pasta and either pipe cleaners or thick yarn with taped ends. The pipe cleaners will be easiest. Your child does not have to make a “necklace”. Offer the materials and watch their creativity unfold.

If you only have small pasta, even spaghetti noodles, offer a handful along with a piece of thick, dark paper and glue to create a collage.

## Ring Around the Rosy

*(Hold hands and walk in a circle)*

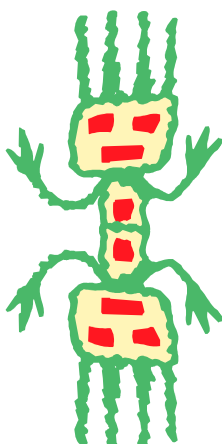
Ring Around the rosy  
A pocket full of posies,  
Ashes, ashes,  
We all fall down *(fall down)*

*(on hands & knees)*  
Picking up the daisies  
Picking up the daisies  
Atishoo, atishoo  
We all stand up *(stand up)*



## Melt a Monster

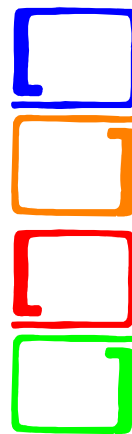
Using a water sprayer is a great activity for strengthening your child's fingers for writing. Depending upon your child's interest and drawing ability- have them draw or help them draw a monster, with markers. With a hand sprayer filled with water allow you child to spray the drawing and watch the monster "melt". This activity can be extended to include drawing of just about anything or just "marks" that your child creates.



## Tumble a Tower

This activity is just plain FUN!

Collect a large stack of Kleenex boxes or other boxes. (We have toy cardboard blocks in our Resource Library). Your child can stack them up and then have a ball tossing a beanbag or small ball at them and watch them tumble!



(Just between us, this game is great for hand-eye coordination)

## Goop

Drawing in a tactile medium helps your child develop strength and awareness of their hands needed for writing.



To make Goop- add water to cornstarch until you get the consistency of toothpaste. Offer your child the Goop on a rimmed cookie sheet.

The "drag" of this mixture will provide lots of feedback to increase your child's her overall control of her fingers.



### Little Robin Redbreast by Mother Goose

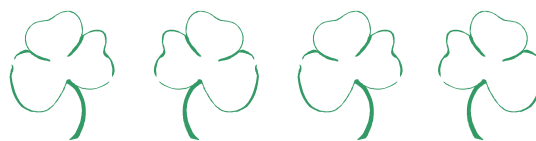
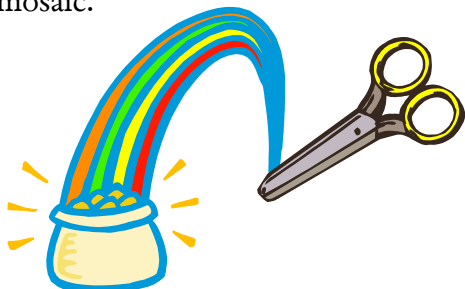
Little Robin Redbreast  
Sat upon a rail;  
Niddle, naddle, went his head,  
*(tilt head from side to side)*  
Wiggle, waggle, went his tail.  
*(wiggle your tail end ;)*

Extension of this activity: Spring is a great time to spot some Robins. Spend some time watching Robins move, build their nest, and listen to them sing.



### Mosaic Rainbows

Cut various colors of construction paper into strips about 1/2" wide. Position your child above a bucket or bin. Your child can then practice cutting small pieces of paper from the strips and watch them fall into the bucket. If you have a good vacuum or a large, vinyl tablecloth for the floor, you can let your child enjoy the fruits of his labor by tossing the paper pieces like confetti. If you use white paper only, you can pretend it is snow. The small pieces of rainbow paper can also be glued onto one sheet of paper to create a mosaic.



### Making Green

*(We're not talking money or recycling)*  
What a simple activity! Place yellow and blue paint side by side on the same paper plate. Leave the rest up to your child! Provide a large piece of paper and a paint brush to create a green work of art!  
This is a great language opportunity to talk about different objects that are green. The book, "The Color Kittens" by Margaret Wise Brown is also a great book to pair with this activity.

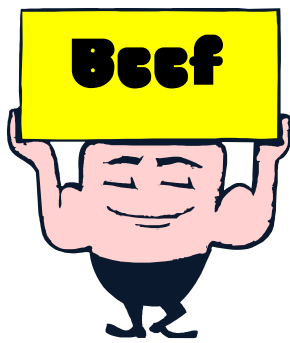
### Water Glass Prisms

You will need:

- glass of water
- sheet of white paper
- the sun

Fill the glass all the way to the top with water. Put the glass of water on a table so that it is half on the table and half off of the table. Be careful that the glass doesn't fall. Then, make sure that the sun can shine through the glass of water. After you do that, place the white sheet of paper on the floor. Adjust the piece of white paper and the glass of water until a rainbow forms on the paper.

Why does this happen? Light is made up of a lot of colors. When light passes through the water, it is broken up into the colors seen in a rainbow.



## up their Sensory Diet

All children need an environment rich with opportunities to feed their need for optimal development. When we were kids we climbed rocks and trees, played hopscotch, jumped rope, went down the slide head first on our bellies, twisted the swing tight and let it slowly unwind, spinning us round and round. We enjoyed the large, metal carousel in the park and swung on the monkey bars until we had blisters. We hung upside down on the jungle gym letting all of the blood rush to our head. We rolled down hills and did somersaults until we were dizzy. Wrestling sibling and friends in the grass along with piggy back rides and wheel barrow walking were great impromptu activities.

Today's children NEED these type of activities. While many of the above activities we enjoyed as children are no longer considered "safe" or are not appropriate in group settings- there are countless, safe ways to provide this type of sensory input to children in today's' world.

First let's explore what they NEED?

**Vestibular movement** can rev you up or calm you down. Sensory processing of the vestibular sense involves sensory receptors of the inner ear telling us how our body is moving in relationship to space and gravity. It is the sense that allows us to coordinate movements of the eyes, head, and body. Vestibular movements are fantastic for improving speech and language skills.

**Proprioception** refers to input to the muscles, joints, ligaments, tendons and connective tissue. It refers to motor control and planning, body awareness, grading of movement (knowing how "hard" or "soft" to perform a task), and postural stability. Proprioceptive input keeps kids' bodies calm, organized, and arousal levels regulated.

**Heavy work and Deep Pressure Activities** gives children proprioceptive input to help children regulate their arousal levels. The premise behind these activities is to help their bodies receive regular input into their muscles and joints in the most appropriate ways so they can get the input they crave and settle their bodies down. This means children who get plenty of heavy work opportunities can better focus on fine motor activities when the need arises.

### **Bilateral Coordination**

This refers to coordinating movements on both sides of the body at the same time. This can mean using the two sides for the same action (like using a rolling pin) or using alternating movements (like climbing stairs). **Crossing the midline**, which relies on good bilateral coordination, means using part of one side of the body in the space of the other part. Crossing midline is a very necessary skill that is needed for both reading and writing.

**Activities that offer Proprioceptive Input:**

Carrying:

- A water can or hose
- A back pack
- Anything with weight in it

Pulling & Pushing:

- A wagon
- A play shopping cart with something heavy in it
- A laundry basket with heavy items
- Tug of War- younger children should be seating for this so they don't have far to tumble
- Pushing a toy vacuum
- Mopping or sweeping- even if the floor is no cleaner
- Shoveling and raking
- Riding bikes

Jumping & Bouncing:

- Have a "crash pad" with padding on the floor and wall that kids crash into
- Jumping, galloping, skipping, hopping

Other:

- Wheelbarrow walking
- Sack races
- Lizard crawl (belly on floor, push with elbows)
- Crawling in tunnels
- Crab walking
- Wrapping child firmly in a blanket- like a burrito
- Have children lay on bellies in a circle- roll a large exercise ball over their backs
- Roll a bolster over their back as they lay on their bellies and pretend to be gingerbread cookies
- Stacking pillows or heavy blankets or a beanbag chair on the child (head free, of course)

**Activities that offer Vestibular input:**

- Whirling around and around
- Headstands
- Forward rolls (somersaults)
- Cartwheels
- One-point swings
- Log rolls (rolling over, and over- keep arms above heads)
- Dangling with head over the edge of a couch
- Rocking horses or boats
- Sit n Spin
- Ring Around the Rosies
- Sliding down the slide

**Activities that offer Bilateral Coordination opportunities:**

- Jumping jacks
- Skipping
- Twister
- Simon Says
- Kicking a ball
- Riding a trike

### One, two, three, four, five...

One-two-three-four-five  
*(count on one hand)*

Once I caught a fish alive  
*(sign "fish"– palms together– thumbs up  
swimming forward)*

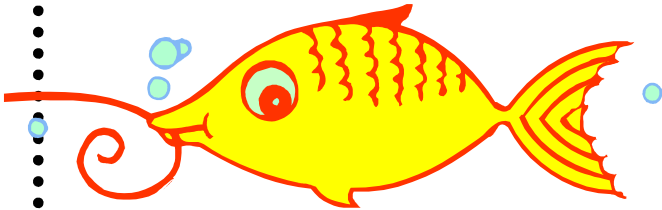
Six-seven-eight-nine-ten  
*(count on two hands, starting at six)*

Then I let it go again  
*(palms together-forward and then separate  
each a different directions)*

Why did you let it go?  
*(Palms up near shoulders as if questioning)*

Because it bit my finger so  
*(toggle finger back and forth like "no-no")*

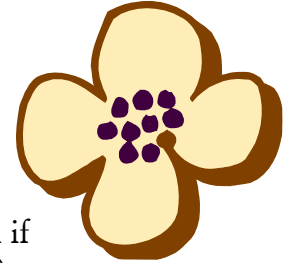
Which finger did it bite?  
This little finger on my right  
*(hold up pinky finger on the right)*



### Biscuit Blossoms

Only 3 ingredients in these from  
"scratch" biscuits.

2 cups self-rising  
flour  
1 cup whole milk  
1-2 Tablespoon oil  
*(add a little more oil if  
you use lowfat milk)*



Mix until the ingredients form a glob  
and then knead gently about 20-25  
times. Children who are don't like  
messy can help add the ingredients and  
stir with a spoon. You, or another will-  
ing child can knead the dough.

Flatten dough with hands until it is  
about an 1" thick and cut into flower  
shapes with a cookie cutter. Place a  
berry or dried fruit in the center of the  
flower and bake at 425 degrees until  
golden brown (8-12 minutes).

### Nature Treasure Hunt

Spring is a fantastic time to go on a treasure hunt and look for interesting bits of nature to admire and collect...such as feathers, bits of blossoms, sage, and wildflowers.

#### Sun Catcher

A great way to display your child's treasure is by using clear contact paper.

Cut a circle or other shape from a roll of contact paper– about the size of a dessert plate.

Have you child stick all of his treasures on the sticky side of the paper. Seal with another piece of contact– roughly the same size and trim. Hang in a nice, sunny window!

#### Bookmark

This is the same concept as above– just alter the shape to a small, narrow rectangle.

#### Placemat

Again, the same concept as the sun catcher....just cut a large, nice rectangle.



### Baby Bumblebee

I'm bringing home a baby bumblebee,  
Won't my mommy be so proud of me,  
(Cup hands together as if holding bee)

I'm bringing home a baby bumblebee,  
Ouch! It stung me!

(Shake hands as if just stung)

I'm squishing up a baby bumblebee,  
Won't my mommy be so proud of me,  
(Squish bee between palms of hands)

I'm squishing up a baby bumblebee,  
Ooh! It's all over me

(Open up hands to look at 'mess')

I'm wiping off a baby bumblebee,  
Won't my mommy be so proud of me,  
(Wipe hands off on shirt)

I'm wiping off the baby bumblebee,  
All clean!

(Hold hands up to show they are clean)



### Nature Prints

Spring is a great time to go on a nature hunt. Set out on a small journey, with a bucket for your treasures. For this activity, you will be using the plant materials you collect.

Native plants like pinion pine, Jeffery pine, sage, blooming bitterbrush, and lilac work great. You may also choose other non-natives in your flowerbeds.

Cut a piece of white, or light colored fabric about the size of a placemat (use pinking shears if you have them).

Select a natural stick that is slightly longer than the shortest side of the fabric.

Lay your vegetation on top of the fabric and put a layer of wax paper over the plants and between your work surface and the back side of the fabric. Use a rubber mallet, or wooden hammer or rolling pin to smash the plants into the fabric. The thinner the plant material the better (a petal-rather than a flower). Peel off the plant pulp. The back side of the fabric will be hung on the stick at the front. Glue the top of the fabric to the stick and tie a ribbon to each end of the stick for a beautiful wall hanging.



### Koosh Ball Paintings

You will need a large sheet of butcher paper or an old sheet. Hang the paper or sheet on a fence or an outside wall that is "paint proof". Place pans of paint and Koosh balls on the ground.

Encourage the children to throw the Koosh balls at the paper. If your paper is hung above a dirt area, spreading a vinyl tablecloth under the paper will help keep the koosh ball clean.

This makes a great design and is a lot of fun. If possible have the children do this activity in the bathing suits so you can hose them off when they are done. Or a run in the sprinkler is always fun.

