

## Name of activity: Fine Motor Car Wash

**Purpose / Key words:** fine motor, self regulation, bilateral coordination

**Age range:** K- grade 2

### Materials

- Spray bottle filled with water
- Shaving cream
- Toy car(s)
- Sponge
- Small bowl of water
- Surface you do not mind getting messy, such as a table covered in trash bags, the bath tub, or a big plastic storage bin



### Instructions

1. Set up the activity:
  - a. Create 2 stations: a “soap” station and a “rinse” station
    - i. The soap station will include the shaving cream
    - ii. The rinse station will include the spray bottle filled with water, the sponge, and the small bowl of water
2. The child begins by placing a toy car in the “soap” station and squirts shaving cream onto the car to act as “soap”
3. Next, the child moves the car to the rinse station and uses the spray bottle to rinse most of the “soap” off
4. The child then does a final rinse by getting the sponge wet in the bowl of water and uses both hands to ring the sponge out over the car
5. Once rinsed, the child moves the car to the side to dry and begins to follow these steps to wash the next car

### Activity Modification

- **To simplify**
  - Have shaving cream already in a pile for the child to “drive” the car into
  - Have the child rinse the car just by dunking the car into a bowl of water
  - Provide the child with a hand-over-hand assist to operate the spray bottle
- **To make more challenging**
  - Incorporate a drying station into the activity, so the child will also have to dry the cars off

- Have the child wash a larger toy, which will require the child to use more strength and endurance