

Name of activity: Pom Pom Squeeze Water Play

Purpose / Key words: fine motor, self regulation

Age range: K- grade 2

Materials

- Pom poms of various sizes
- Large container of water
- Smaller empty containers

Instructions

- Place the pom poms into the large container of water and instruct the child to try to fill up the smaller empty containers by squeezing the water out of the pom poms
 - The child can experiment by squeezing one pom pom at a time and squeezing a bunch at a time



Activity Modification

- **To simplify**
 - Have the child squeeze the water back into the large container already filled with water
 - Provide hand over hand assistance to help the child squeeze the water out of the pom poms
- **To make more challenging**
 - To work on bilateral coordination (using both sides of the body at the same time), the child can use two hands to squeeze the pom poms
 - If the child needs to work on crossing midline (reaching across the middle of the body) the activity can be set up so the child will have to reach across their body to squeeze the pom pom into the empty container. To do this, set up the empty container on the side opposite of the hand the child will be using to hold the pom poms.

Link /resource:

https://www.fantasticfunandlearning.com/pom-pom-squeeze-water-play.html?utm_source=MadMimi&utm_medium=email&utm_content=Pom+Pom+Squeeze+Water+Play&utm_campaign=20150307_m124736289_RSS+Feed+for+http://w