

Ready!! Set!!! Wash!!!

The following activities are designed to strengthen the hand muscles and develop skills needed for fine motor manipulation and handwriting skills.

- Clean-up!!! Clean-up!!!!
 - Rag time - get a rag wet and squeeze the water by wringing from one end to the other. Wipe the table. Rinse the rag out and hang it on a hanger using clothespins.
- Splish splash takin' a bath!!!!
 - Bath crayons and foam soap - draw/write letters/shapes on the bathtub wall
 - Sponges - squeeze water into a cup or container. Repeat until the cup is full.
 - Washrag - wring and hand with clothespins
 - Ping pong pick-up - using tongs, pick up the floating ping pong balls and place in a bucket
 - Meat baster/eye dropper - fill a cup or container
- Sidewalk squirt
 - Chalk letters and shapes - using sidewalk chalk to write on the drive or sidewalk, form letters and shapes.
 - Water bottle squirt - clean the letters/shapes by squirting water from the bottle

