

Cumbria County Council
Early Years Team

**What can I do
today?**



This week it is...water

Monday – outside

Children love to play with water outside. You could try:

- Teaching them to use an outside tap or water source so they can fill different containers on their own. This may take some time for them to learn.
- Providing spray bottles full of water for them to clean surfaces. You can use old bottles but make sure there aren't any harmful liquids left in them. This also helps to strengthen their fingers ready for when they begin to write.
- You could play chasing games such as water-spray tag.
- Give them paint brushes and buckets of all different shapes and sizes for them to “paint” surfaces with water. This will help their co-ordination and teach them about different textures.
- Chalk a fire on the wall and be a fire fighter by putting it out with your hose or squeezey bottle.
- Encourage them to care for plants by making sure they have enough water to grow.