

## Ten Active Movement Ideas for Water and Finger Play

---

Fill a bucket, a trough, a small bath or paddling pool with water and let the children explore using their hands and feet. All water play activities must be **actively supervised** by an adult and ensure water is emptied once Water and Finger Play time is over!

- 1) Let the children swish their hands around in the water. Talk about what the water feels like on their hands, sing a song like "Wheels on the Bus" and do the actions with hands in the water. Now do this using your feet!
- 2) Using plastic cups in the water tip the water from cup to cup and/or back into the water. Talk about how heavy the cup feels with water when the cup is full compared to half full or even empty. Let the water flow through the fingers.
- 3) Perform the following finger play songs by putting hands in and out of the water, make up other songs and do the same!

### **Round and Round the Garden**

Round and round the garden, went the teddy bear.  
One step, two steps. Tickle under there.

### **Incy, Wincy Spider**

Incy, Wincy spider  
Climbed up the waterspout  
Down came the rain  
And washed poor Incy out.  
Out came the sun  
And dried up all the rain  
And Incy, Wincy spider  
Went up the waterspout again.



- 4) Create water paint brushes by dipping a paint brush in water and painting on concrete/cardboard. Let the child paint their hands, arms, legs and feet with the water paint brush.
- 5) Make bubbles in the water using hands or use bubble mixture and blow bubbles high and low or try to catch up with hands.
- 6) Put holes in the bottom of yoghurt cups and use as showers over the fingers and feet.
- 7) A large sponge can be cut up to make smaller washing sponges. Use sponge to play washing games. Squeeze water out of the sponge onto hands.
- 8) Create a current in the water by stirring it round, watch as the water settles and then stir the other way.
- 9) Let the water drip off the end of the child and adults fingers. Talk about the different sizes of hands.
- 10) Create ice and ice slushy baths. Let the child feel the cold and texture with their hands. Watch the ice melt.

*Suggestions provided by Alissa Hills, Active Movement Advisor for Sport Auckland.*