

Sponge Squeeze

Target Age:

Late Two-Year-Old

Materials You Will Need:

one large sponge, two large bowls, water, towel for clean-up

Skills Learned:

- * Gross Motor
- * Grasp and Release
- * Coordination

Activity Category:

- * Daily Living Skills

Activity Contributor:

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What To Do:

This fun activity develops strong hand muscles and fine motor skills. Place two large bowls on the floor or at a table. If you're working on the floor, you will want to place a towel or bath mat under each bowl. Fill one bowl halfway with water. Demonstrate how to submerge the sponge under the water; pick it up with two hands; move it to the empty bowl; and squeeze all the water into the empty bowl using two hands. Continue until all the water has been transferred. Invite your child to do the same.



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