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Activity: Washing Dishes

Instructions:

This is a perfect activity to do outside.

First, fill up the bin with water, you can use soap if you prefer. Only fill it about half-way or less or you'll end up with water slopped all over. 😊

Next, place plates and dishes into the bucket, I recommend using dishes that are light enough for the child to hold on their own.

This is a really fun sensory activity! Even if your child cannot do it all by himself, do the activity with him/her, it is important to work from behind your child, so your child gets a whole body feel for the movement involved washing dishes and use hand-under-hand as much as possible. Talk about what you are doing, the texture of the sponge or wash rag, if you cut the sponges into shapes can talk about that, the water temperature, why and when we wash dishes!

Target areas

Washing dishes is one of the activities we do almost all of our life! It incorporates fine motor, independent living, and sequence (first we fill up the bin, next we put our dishes in the bin, etc).

Materials:

- Apron
- Bin
- water
- Dish soap
- Wash rag, or kitchen sponge (you can cut the sponges into various shapes to practice shapes recognition)
- Drying rack
- Plates or dishes (you can use clean or not very dirty dishes)

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