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Activity: Spray Bottle Play

*Description of activity:*

We will be using spray bottles to “paint” on paper, follow patterns, and learn body parts.

*Materials:*

1. Spray bottle
2. Water
3. Washable paint, markers or crayons

*Instructions:*

Fill spray bottle with water and use to paint on paper. You can also add some washable paint to the water for more variety.

*Grading:*

- Target Practice: Draw medium sized circles around the paper and have your child try to “hit the targets”.
- Sensory Target Practice: Use glue ahead of time to draw targets on the paper. Your child can feel for the target and then try to hit it with the water. You could also tape objects to the paper and have your child try to find a specific one. For example, “Susy, can you find the firetruck with your hands and then get it all wet”?
- Patterns: Color circles on the paper using 3 different colors. Give your child a pattern and see if they can hit the colored targets in the correct order.
- Sensory Patterns: Complete the same pattern activity but with familiar objects taped to the paper. They can feel the objects first and then complete the pattern.
- Body Parts: You can control the squirt bottle if it is appropriate. Spray water on your child’s body parts (feet, hands, belly, back, etc.) See if they can name the body part. You can also ask your child to raise or touch what body part they want to get wet. Reinforce body parts if they are unable to complete the above. For example, “I am going to get your right hand wet”. Then spray their right hand and verbally label “right hand” or use a communication device.

*Target areas:*

Sensory exploration, tactile discrimination, body awareness, sequencing, hand strength, independent living skills, recreation and leisure.