

Title: Pouring Station

Age Group: Infant / Toddler

Submitted by: **Marlene (Group Centre)**



Type of Activity: Sensory

Materials:

- 1 Large rectangular plastic bin
- 3 Plastic measuring cups (a variety of sizes, if available)
- 3 Plastic drinking cups
- 1 Small plastic water jug
- Food coloring
- Water (tap or filtered)
- A towel for spills

How to Do it:

- Start by gathering all material listed above and locate a space to present this pouring station to your child. You can involve the help of your child by having them place each item into the large bin as you continue to gather the items.
- Once you have all the items placed in the large bin, fill the water jug and measuring cup about halfway. Be mindful of the weight and make sure your child can lift the containers with water.
- Place 1 drop of food coloring into 3 different water containers to give the water contrast.
- Place your child in a comfortable position, in front of the bin and allow them to explore.

Root Skill / Extension: Sensory/ Gross motor movement

- This activity fosters gross motor movement while your child reaches, lifts, and pours water from one container to the next.
- You can extend this learning opportunity outdoors on a nice sunny day or provide a variety of materials instead of water e.g. flour, rice, sand, shredded paper etc.