



RAINY DAY ADVENTURE

Ages

1.5-6 Years

Time

15+ Minutes

Materials Needed

sponges, buckets

Environment

Any outdoor space

DEVELOPMENTAL OUTCOMES



Sensory development and increased body awareness. “My hands are wet. My cheeks are cold.”



Understanding absorption and that adding water to the sponge makes it wet.



Cause and effect → Adding water makes the sponge heavy; wringing it out empties the sponge and makes it lighter.



Fine motor strength and grasp development as children wring out the sponges.

PREPARATION

Put out various containers. Literally can be anything (bowls, cups, measuring cups, buckets)

Give your child a few sponges. Hand towels and wash clothes will work, too.

ACTIVITY

“Let’s see if we can fill these containers with rain water.”

Get creative! There is no right or wrong way to do this.

Use the sponges to collect rain as it falls. Find a puddle and watch the sponges soak up the water. Find natural places where water sits, like on blades of grass, and see how much water the sponge can soak up. Wring out the sponge into the various containers until they are full. You can race and see who fills up their container first, or work together. Options are endless!