

# **STEPPING STONES**

# **TWO HAND GRASP: SPONGE SQUEEZING**

#### **MATERIALS:**

- TWO MATCHING BOWLS
- 4 OZ OF WATER IN ONE PLASTIC BOWL (ON LEFT)
- SMALL SPONGE (SIZE TO FIT INTO THE BOWLS BEING USED)
- ONE TRAY
- ONE PLACEMAT

## **OBJECTIVES:**

- DEVELOPMENT OF ORDER, CONCENTRATION, COORDINATION, AND INDEPENDENCE.
- DEVELOPMENT OF EYE-HAND COORDINATION.
- DEVELOPMENT OF FINE MOTOR SKILLS.
- DEVELOPMENT OF SELF-ESTEEM.
- DEVELOPMENT OF USING THE SPONGE.
- LANGUAGE: WATER, ABSORB, LEFT AND RIGHT, SPONGE; COLOR OF SPONGE; FEEL OF THE WATER

### **PRESENTATION:**

- 1. CARRY THE MAT TO THE TABLE AND ROLL IT OUT MOVING FROM LEFT TO RIGHT.
- 2. CARRY THE TRAY WITH TWO HANDS TO THE TABLE.
- 3. PLACE THE TRAY IN THE CENTER OF THE TABLE WITH THE FULL BOWL ON THE LEFT.
- 4. INVITE THE CHILD TO SIT ON YOUR LEFT SIDE TO VIEW THE ACTIVITY.
- 5. SAY, "THIS IS THE SPONGE. I AM GOING TO SHOW YOU HOW TO SQUEEZE THE SPONGE TO RELEASE THE WATER WE WILL COLLECT FROM THE BOWL."
- 6. GRASP THE SPONGE WITH BOTH HANDS. LOWER THE SPONGE INTO THE BOWL ON THE LEFT.
- 7. WATCH THE SPONGE ABSORB THE WATER.
- 8. GRASP THE SPONGE WITH BOTH HANDS AND LIFT IT SLIGHTLY OVER THE BOWL. WAIT UNTIL THE DRIPPING STOPS.
- 9. MOVE YOUR HANDS OVER TO THE BOWL ON THE RIGHT.
- 10. SQUEEZE THE SPONGE WITH BOTH HANDS INTO THE BOWL.
- 11. CONTINUE THIS PROCESS WITH THE REMAINING WATER.
- 12. CHECK TRAY FOR SPILLED WATER. USE SPONGE TO WIPE THE TRAY.

We'd love to see photos of your at home learning! Tag us on Facebook and Instagram with hashtag #MeritSchoolAtHome

