St. Michael's House

Garden Games

Water Painting

This can be done with plain water or you can add some food colouring. However, be careful as some food colours stain so might want to do a test patch first.

Fill a bucket with water or water and food colouring. Give your child a real grownup paint brush or a sponge and let them paint on the ground or the walls.

You could also put the water into an empty spray bottle and let them use that instead of the brush.

(Painting on the wall is a great activity to help improve shoulder girdle strength. Using a spray bottle will help to develop hand strength)

Water Hole

Encourage your child to dig a small hole in the muck. Then allow them to pour water into it from a water can or beaker and watch the water disappear.

While the watering can is out let your child water a few plants.

(This activity will help to develop hand and arm strength and coordination)

Parachute Games

Don't worry if you don't have a parachute. You can use a light blanket or a flat sheet instead. The one essential is a minimum of 4 people.

Lift the parachute up and down.

Put a ball on the parachute and roll it to different people.

Ruffle the parachute.

Lift the parachute up and let one person run underneath.

(This activity is excellent to build up shoulder and arm strength)

Obstacle Course

The ideas for this are limitless so pick activities that suit your child. Jump over sticks, crawl under a blanket, throw a ball into a target, Put a rope on the ground and walk along it like a tight rope, put a sweeping brush across 2 baskets and jump over it, put 2 large buckets either end of the garden fill one with water get your child to fill a small beach bucket with water and run to put it in the other bucket.

Clean the Car

There is nothing that young children like more then a bucket of soapy water and a sponge. Once the car is full of suds give them the hose. Just be prepared to change their clothes after!

(This activity will help to build up shoulder, arm and hand strength)