
Squeezing activities

Squeezing is a great way to strengthen hands and fingers, developing control and co-ordination. It is also great fun when combined with water.



Bucket and car sponge, could be used.

Alternatively use a:-

A bath sponge

Mesh sponge/Body-puff.

Kitchen sponge

Natural sponge



Fill empty clean bottles with water, maybe coloured water to make squeezey bottles for fun water play. Alternatively use a spray bottle, with a trigger and spray the garden/house plants with water.
