

Parent Guide: Summer – Day 5 of 5 (Water Fun)

Water Balloon Parachute, Paint The Ice, Soaked Sponge Toss

1

Water Balloon Parachute

Super simple STEAM activity to burn some energy and cool off!

Supplies Needed:

- water balloon
- water
- plastic grocery sack
- string

Join us on our Facebook page for instructions!

2

Paint The Ice

This sensory bin activity is fun (i.e. messy) and cheery (i.e. colorful)

Supplies Needed:

- plastic squeeze bottles
- washable paint (primary colors)
- water
- ice cubes
- storage bin
- shower curtain liner (or trash bags cut open and taped together)

Join us on our Facebook page for instructions!

3

Soaked Sponge Toss

Enjoy the cool off as the cold water soaks you when the sponge hits you! All you need is a couple of buckets, a couple of sponges, a couple of friends, and some water! Fill the bucket with water, soak the sponges, and throw!

If that gets boring, "paint" with the sponges on the sidewalk, draw varying targets with chalk on the sidewalk and toss the sponges for points, water the flowers using the sponges as your vessel, add 2 plastic cups to the mix and see who can fill their cup fastest by wringing the sponges, or just be helpful by washing the car.