



## DRINK POUR STATION

### Materials you need:

- Cups
- Jugs with water – vary with big and small jugs
- A table or stable surface to set up jugs and cups

### Setup for play:

- Set up the jugs of water and cups on a low table outside
- Show the toddlers how to pour the water into cups then stand back and let them explore and experiment!
- Leave the water and cups out while you are all playing outside and encourage the toddlers to pour their own drinks.

### What are they learning with this activity?

As the children pour their own drinks they are learning to:

- Use hand/eye coordination skills and increase their spatial awareness
- Develop new vocabulary and language skills
- Strengthen fine motor muscles, visual motor integration and control
- Persist even when they find the task difficult
- Explore basic concepts of volume and depth perception
- Look after their bodies basic needs

### Extending the play:

- Colour the water and add to a large water tray so the toddlers can practice pouring using different sized jugs, cups and containers. The colour helps them to recognise when a cup is full or empty.