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| Activity | Car/bike wash |
| Materials | Car or bike, Squirt bottle/rag, dish soap, buckets of clean and soapy water |
| Skills Targeted | Fine motor and gross motor coordination and strength |
| Instructions: | 1. Set up an outdoor car wash! Bring your bike or car to a concrete or grassy area (avoid areas that could be slippery) 2. Squirt or wipe with soapy water. 3. Wipe down or squirt with clean water 4. Make sure to get all areas clean! (a good squat is very helpful in developing lower extremity strength) |
| Modifications: | 1. If your child is not yet sitting or standing, this activity can easily be modified into a seated activity washing matchbox cars (or dishes!) Place one clean bin to the left of your child and a soapy bin to the right. They can work on various sitting positions and cross body reach. |