



STEPHEN HAWKING SCHOOL

In the Bathroom



After a shower or bath, support your child to make marks or handprints on a steamy shower screen, mirror on the wall or give them a small mirror that has been in the bathroom at the same time.



- Give your child some shaving foam in a bowl, sink or tray to explore. If they do not enjoy the sensation of shaving foam, try putting some in a Ziploc or sealed sandwich bag and support them to press, squeeze and make marks in the foam inside the bag. You can also add some paint or food colouring to the shaving foam.

- Hide small toys or objects in the shaving foam for your child to find and support them to wash and dry the things they find afterwards.

Extension- hide plastic or magnetic letters and numbers in the foam for your child to find, or use a sharpie pen to write these onto milk bottle lids.

- Follow the simple recipe to make shaving foam paint here (you could do this together with your child)

<https://theimaginationtree.com/shaving-cream-bath-paint/>

Encourage your child to explore the paints in the sink or in the bath or shower.

Extension- give your child a paintbrush and support them to make different marks on the bath, shower or tiles.





Support your child to wash their hands thoroughly using soap and water, and to dry them afterwards.

- Use the sequencing pictures at the end of the handout to help- you could stick these up in your bathroom.

Extension- cut out the sequencing pictures and put them in order with your child. Match to the poster first, then try without the poster.

- Share these handwashing songs with your child:

<https://www.youtube.com/watch?v=L89nN03pBzI>

https://www.youtube.com/watch?time_continue=24&v=zxIQn7KaCNU&feature=emb_title



At bath or shower time, add different things to the bath or filled shower tray for your child to explore:

- bath toys
- Empty washing up liquid and shampoo bottles for filling and squirting
- containers such as jugs and cups for pouring water over themselves.
- Add bubble bath and a whisk, wooden spoon and kitchen tongs



- Balloons partly filled with water and knotted

Extension- count the balloons

Play a simple catching game

- Milk or juice bottle tops which can be floated, filled with bubbles and arranged around the bath, shower or tiles.

Extension- count the bottle tops together

Copy and continue a repeating pattern using 2 or 3 colours such as blue, red, blue, red

- Make soap crayons using this recipe:

<https://diyunlimitedfun.wordpress.com/2016/08/25/diy-bath-crayons/>

with your child and add them to make marks on the bath, shower, tiles or onto your child's body.



- Use a clean empty milk bottle to make a whale water pourer



Fill sink or a bowl on the bathroom floor with a towel underneath for sensory play, or use the sink. For **sensory play**, try adding:

- Bubbles, perhaps with food colouring and whisks, spoons etc.
- Ice cubes, perhaps made with food colouring or with berries or small pieces of fruit inside
- Nail brushes and other scrubbing brushes, loofahs, bath mitts etc.
- Flowers, leaves, slices of fruit and vegetables and herbs (**take care if these might be tasted**).



For **role play**, try adding:

- Plastic toy animals or My Little Ponies to wash, bubbles and a flannel/nail brush/ clean scrubbing brush. Add a towel for drying
- A plastic doll (baby doll, Barbie or similar) to wash as above.
- Spoons, whisks, saucepans, bowls strainers and an apron for cooking role play
- Small play or Lego people
- A set of paper boats (see instructions at the end of the handout)



For **fine motor development**, try adding:

- Upside down bottle tops or jar lids and an empty washing up or shampoo bottle to shoot water into them
- An ice cube tray and a selection of small toys or pebbles, large buttons or other small objects to put inside
- Some corks, bottle tops or large dried beans and a set of kitchen tongs
- Two containers and a scoop or spoon to transfer water from one to the other





Sing a song about tooth brushing together:

<https://www.bing.com/videos/search?q=teeth+brushing+song&docid=608043162636652361&mid=129A9A28CA98A3C4751F129A9A28CA98A3C4751F&view=detail&FORM=VIRE>



Use an egg carton or mini yoghurt pots cut into strips of 3 and add an old toothbrush and some toothpaste with a bowl of water for tooth brushing play.



Go on a bathroom hunt and find all the things on the list at the bottom of the handout.

Tick each item off as your child finds it.

OR cut out the pictures on the list and ask your child to find one that is the same and bring it to you if it can be moved

*Extension- count the objects into a bowl or basket
Ask your child to put the objects back in the right place*

Sort the pictures into groups e.g. things that we use for our hair; things we use for our teeth; things that have taps.

Play 'I spy' in the bathroom using colours, e.g. "I spy with my little eye something that is blue" and/or initial sounds such as "something beginning with 's'"

HAND WASHING

Turn On Water



Wet Hands



Get 1 Pump Of Soap



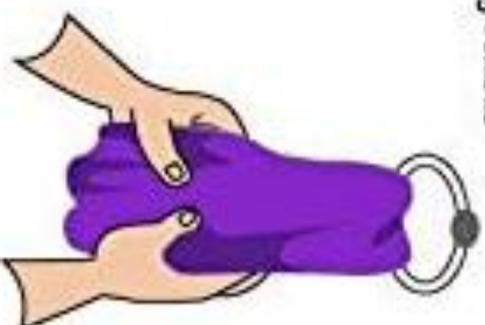
Scrub Hands



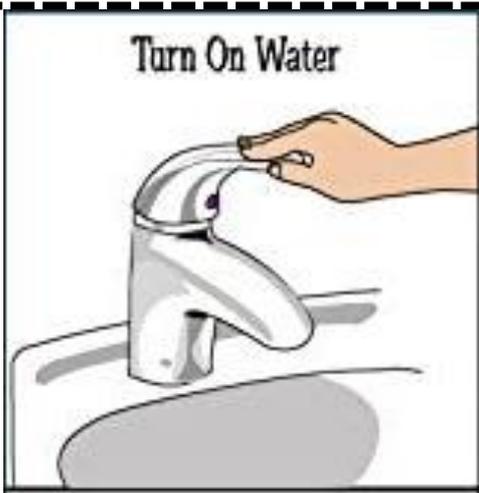
Rinse All Soap Off



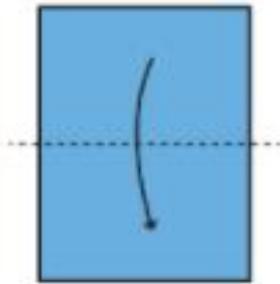
Dry Hands



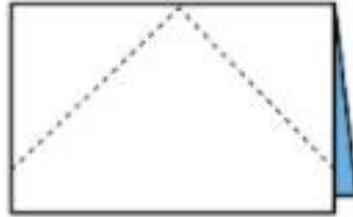
Sequencing pictures



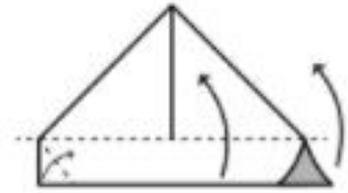
How to make a paper boat



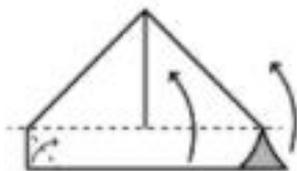
1. FOLD IN HALF



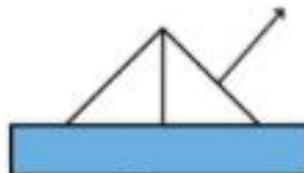
2. FOLD TRIANGLES TO THE CENTER



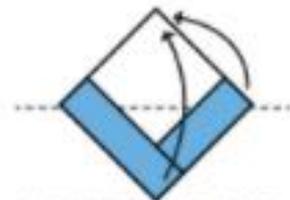
3. FOLD THE CORNERS ON BOTH SIDES TO THE DOTTED HEADLINE



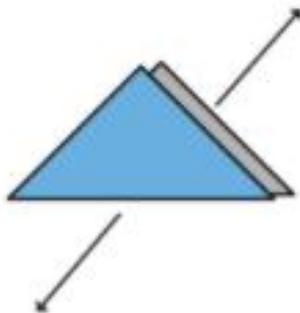
4. FOLD UP FLAPS ON BOTH SIDES



5. PULL THE SIDES OUT AND PRESS FLAT



6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES OUT AND PRESS JUST LIKE STEPS 5



8. PULL TOP TRIANGLES



9. BE SURE THAT THE BOAT IS OPEN ALONG THE BOTTOM

Bathroom hunt.



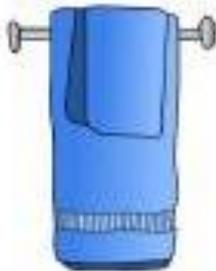
comb



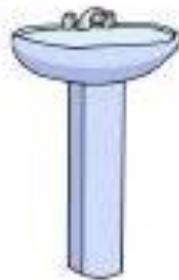
hairbrush



bathtub



towel



sink



toilet



toothbrush



toothpaste



soap