

Squirt Bottle Game

Supplies:

Spray bottle set at the tight setting

Light weight balls

Broom/mop handles or other side rails

Flat table

Towel for drying between turns





Directions:

Arrange the broom handles, or other type of rails, along the long sides of the table. You can place a container at the receiving end to catch the balls. A water proof table cloth at this end is also a good idea to keep the area dry.

Have the child sit or stand at one end of the table with a ball in front of her/him.

Give them the spray bottle and have them squirt the ball all the way down until it drops off the

other end of the table. The child may need to use both hands and, if the child is very young or very weak, they may need hand-over-hand assistance.

