

Pool Noodle Play

Outcome: As your child picks up and places the pool noodles on top of each other, they are strengthening the small muscles in their hands. They are also developing hand-eye coordination and hand dexterity as they stack the pieces on each other.

Materials Needed: Pool noodles and scissors.

Optional Extension Materials: *Pom-poms and a ball.*

How:

Cut the pool noodles into small pieces and allow your child to stack, knock down, and play with the pieces.

If your child is an infant:

Explore the noodles in different ways:

- Roll them on the ground.
- Stack them and help your child knock them over.
- Lay your infant down on their stomach, put a noodle just out of reach, and encourage them to reach for it.

If your child is a toddler:

- Practice stacking up and knocking over the pool noodles together.
- How tall can you stack them before they fall over?

Extension: Stack the pool noodles and roll a ball to knock them over, or stick pom-poms inside the hole of the noodle and ask your child to get the pom-pom out. You can also try exploring and stacking the pool noodles in the water! Does this make it easier or harder?