

## 6 Activities with plastic cups, a bath and a young child

- Draw on the cups with non toxic indelible pens and make up a swimming play  
Or sing a song to your imaginary friends

- Open end down- make "plopping noises" at the surface sing "Horsey horsey don't you stop"  
Then push the cup under the water and let the bubbles escape  
Listen to the funny noises  
Sing  
"If you're happy and you know it make some bubbles"



- Push holes in the bottom of the cups to make shower heads and tickle different parts of your body, name the parts of the body you are washing



- Pour from one cup to another which is even more fun if one cup has holes in it

- Wet your face and then pour water over your face and blow bubbles  
Practice on Mum first... "Mum, ready, go" and pour

- Use the cups as paddles and watch the other cups spin around the bath as you paddle



## 5 activities with a ball, a bath and a young child

- In the water we can roll coloured balls, but they stay still  
Watch the ball spin round  
Just a little touch and it will turn
- Balls are energetic they want to jump  
Push the ball under water, let go and watch it jump out
- Balls will come to you if you paddle  
Start with the ball on your right side, paddle on the left  
And watch the ball wander around in the current and back to you
- Developing hands and fingers  
Try rolling the ball along one arm across your body and down the other side  
This develops fingers and hands  
Now try up one leg across your tummy and down the other leg
- Coordination and cross patterning  
Use your right hand to pick up balls on your left side and then use your left hand to reach across to your right side.  
Now try both arms at once



**Bath-time is fun, right to the very last drop!**

## 5 Activities with soap bubbles and a bath

- Lye back in a shallow bath with the water circling baby's face blow bubbles so their eyes learn to track, watching the bubbles, without moving their head
- Sitting in the bath blow bubbles and try to have them land on your finger or hand
- Using bubble bath froth up the bath and build towers
- Cover different parts of your body with bubbles
- Blow bubbles into the bath make high pitched noises and deep, low noises

## More action songs to sing at bath time

### CRABS and SEA SHELLS (tune of Frere Jaque)

|                      |                                                           |
|----------------------|-----------------------------------------------------------|
| Crabs and sea shells | <i>Crabs (pincer thumb and fingers together)</i>          |
| Crabs and sea shells | <i>Sea Shells (palms up make a shell shape)</i>           |
| Dolphins too         | <i>Wiggle fingers and hands up and down like dolphins</i> |
| Dolphins too         | <i>diving</i>                                             |
| Octopus and penguins | <i>Wiggle your whole body</i>                             |
| Octopus and penguins |                                                           |
| We swim too          | <i>Swim actions with your arms</i>                        |
| We swim too          |                                                           |

### THIS IS THE WAY..

|                                  |                                                     |
|----------------------------------|-----------------------------------------------------|
| This is the way we kick our feet |                                                     |
| Kick our feet, kick our feet     | <i>Lying on tummy help baby kick legs to make a</i> |
| This is the way we kick our feet | <i>splash</i>                                       |
| When we're in the bath           |                                                     |

|                                     |                                                |
|-------------------------------------|------------------------------------------------|
| This is the way we paddle our hands |                                                |
| Paddle our hands, paddle our hands  | <i>sitting in the bath paddle the water so</i> |
| This is the way we paddle our hands | <i>the toys float round in circles</i>         |
| When we're in the bath              |                                                |

### TEN GREEN FROGS

|                                                  |                                     |
|--------------------------------------------------|-------------------------------------|
| Ten green frogs hopping up and down              | <i>Slide down to the end of the</i> |
| Ten green frogs hoping up and down               | <i>bath and push off with your</i>  |
| And if one green frog                            | <i>feet</i>                         |
| should decide to go and swim                     |                                     |
| There would be 9 green frog hopping up and down! |                                     |

### TWINKLE TWINKLE LITTLE TOES

Twinkle twinkle little toes  
This is how my back float goes  
Ears in the water  
Tummy up high  
Like a speed boat I float by

### **IF YOU'RE HAPPY AND YOU KNOW IT**

If you're happy and you know it clap your hands  
If you're happy and you know it clap your hands  
If you're happy and you know it and you really want to show it  
If you're happy and you know it Clap your hands

.. kick your feet  
.. blow some bubbles  
.. splish and splash  
.. wash your tummy  
Wash your knees  
Wash your elbows etc



### **GALLOOP WENT THE LITTLE GREEN FROG**

Galloop went the little green frog one day  
Galloop went the little green frog  
Galloop went the little green frog one day and the frog went Galloop galloop galloop

But we all know frogs go (pause) Ladidadida (pause) ladidadida (pause) ladidadida  
But we all know frogs go (pause) Ladidadida They don't go Galloop galloop galloop

Splish splash went the little green frog one day ...  
Kick kick went the little green frog one day ...