

## Sunshine Sponge Sprints

How fast can you transfer water from one bucket to another? This is the perfect activity to get your child movin' and allow them to have some water fun on a nice sunny day. You can play with one child or multiple!

### Materials needed:

Two buckets

1 sponge

Water

### Instructions:

1. Gather up your sponge and buckets. Fill 1 bucket about a quarter of the way up with water.



2. Go outside and place buckets across from each other. Make the distance between the buckets appropriate for your child to run back and forth.



3. Have your child place the sponge in the bucket filled with water to soak some up.



4. The child grabs the sponge and runs to the empty bucket to squeeze out as much water as they can.



5. Repeat steps 3 and 4 until the water has been transferred from the first bucket to the second.

Have fun!