



Car



Wash

Early Years  
SEND Inclusion Team

Leicestershire  
County Council

Leicestershire  
SEND



You

will



need:



Large ride-on toy/car/bike, bucket of soapy water, large sponges/cloths or a dishwashing brush.



Steps:

Set the equipment up outdoors to look inviting for your child. Fill the bucket with warm, bubbly water, put the sponges nearby and even a washing up brush or toothbrush if you have one to spare.

Model the activity to your child, show them how to dip the sponge or cloth in the water, give it a big squeeze by grasping it with their hands and rub it on the car to 'clean' it.

This activity is great for developing gross motor skills – squeezing, dipping, reaching, lifting, rubbing, wiping, scrubbing etc – these are all actions that work and build little arm muscles, develop hand-eye coordination and balance. Don't be afraid to let your child get bubbly and wet, this is the perfect activity for a sunny day outdoors and it's all part of the experience. You could pop them in a waterproof puddle suit or have a towel and a set of dry clothes handy to change into once they're finished.



What's next?



Try letting them 'sweep' bubbly water over the pavement or patio with a mop or broom, or brush/push around scrunched up paper on the floor. Let them 'dust' with a long-handled feather duster, reaching as high as they can! Or even 'spray' at the fence or at the real car with the hose pipe.

These activities also develop gross motor skills by working muscles and joints and developing children's sense of coordination, balance and physical control. They're also really good fun and feel very important and meaningful to children, who at a young age generally enjoy 'helping' with real life jobs.