

Summer sunny days are coming soon! Perfect time for a pool day! Here are some fun activity ideas using toys and pool equipment to promote sensory regulation, strengthening, and fine motor skills at your local pool!



- Straddle the pool noodle between your legs and ride it like a horse! Scatter items that float around the pool to “feed” your horse.
- Shape your noodle into a “U” and sit on it like a swing
- Use two hands on the ends of the noodle to push the noodle under the water to play “jump rope”
- Hold the noodle as a bat to hit a beach ball tossed to you
- Have friends hold onto one side of the noodle and pull them around the pool as a “taxi”



- Dive down to get rings on the bottom of the pool
- Scoop up the rings using only your feet
- Play “dress up” with the rings, placing them on your head, arms, and legs
- Toss rings to onto/into targets (cones)
- Thread rings on the noodle like a necklace



- Play catch with a friend
- Toss into a target (floating hoop, bucket, floaty)
- Push as far down under the water as you can
- Tie the beachball to a noodle, suspend it up in the air and try to hit it like a punching bag
- Play baseball with the beachball and a pool noodle or barbell



- Draw a picture with chalk on the back of a kickboard
- Write your alphabet along the side of the pool
- Try to color on the pool floor or underwater on the pool wall



- Swim to collect puzzle pieces scattered on the pool surface and put them in the puzzle on the pool edge or propped up on a kickboard

- Hide small constructive play pieces in the eggs (legos, beads, unifix cubes), swim to find them on the pool surface, and open the eggs to find the hidden pieces to build a tower, castle, or car
- Fill the eggs with water and take turns with a friend picking an egg and cracking it open on the friend

- Use waterproof paper or a notebook and crayons with plastic covering to write a silly story, plan an obstacle course, or make a pool map
- Print mazes, dot to dot worksheets, or coloring pages out on waterproof paper or laminate regular paper to complete worksheets on the side of the pool

- Fill and squirt water to fill buckets, “wash” toys, or squirt friends
- Use a water shooter to knock down stacked plastic cups or hit targets (bullseye, picture, in a pool ring)