

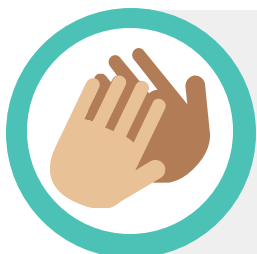
# The benefits of water play

Water has many benefits for children and is a great opportunity for children to explore a range of concepts. It is also a risky play experience and must be introduced with an appropriate level of supervision.



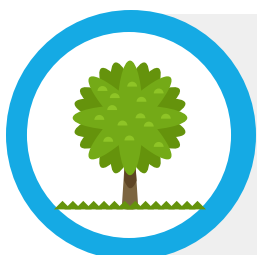
## Relaxing

Water can be mesmerising to watch and soothing to run your hands through. Water play allows children opportunities to self-regulate their stress and anxiety as they play with the water. Providing different tools and resources to watch water pour through can be beneficial.



## Sensory

Water is a very tactile medium and allows children to develop their sensory skills as they feel the water move through their hands and against their skin. The children can also hear the noises the water makes as it splashes, drips, bubbles and moves.



## Sustainability

Water play provides a great way to introduce sustainability concepts such as not wasting water, pouring water on plants when finished, where water comes from, what aspects of nature need water to survive etc. You can also talk about different places water occurs in nature.



## Math concepts

Adding measuring cups to water allows children to explore concepts such as full, half, empty. Using different size and shape containers also allows children to develop an awareness of volume as they see how much water fits in different containers.



## Science concepts

Water allows for a number of science concepts depending on the resources added. This could be adding items that float or sink, items that absorb and items that don't. You can also make water move in different ways such as whirlpools and waves.