

Discovery Dig

Develops coordination and ability to use tools



Sandpits and sand play are hours of fun and activity for kids. Large muscle skills develop as children dig, pour, sift and scoop sand. Hand-eye coordination and small muscle control improves as children learn to manipulate sand tools like hand shovels, rakes and spoons.

You can help enrich the sandpit environment and build on your child's love to dig by creating a 'Discovery Dig' - simply hide some items in the sand pit for them to discover. Plastic animals, gold painted rocks (buried treasure!), and natural items such as shells, pine cones or river pebbles, all work well as items to bury.

Play idea variation: If you don't have a sand pit or want to make this an indoor activity, a big tub filled with rice and placed on a tarp works well.



Develops upper body strength

Digging and scooping sand develops large muscle skills.



Sensory Development

Sense of touch is developed from feeling the sand and hidden items.



Develops social skills

Working together to find the treasure and sharing in each others discoveries.

For more tips and ideas go to fb.me/MightyMoversCBR or bluearth.org