

# Spray Away

An inexpensive dollar store spray bottle can lead to a whole lot of fun and help build fine motor skills that are important for overall development.

Pressing and releasing a spray bottle is much like the manipulation of scissors which builds strength in your fingers, hands and wrists. Spray bottles can therefore help children build scissor skills too. The use of spray bottles can represent an interesting alternative for children who do not enjoy crafts. Here are a few ways you can have fun with spray bottles.



## Painting on large paper:

Stick a large piece of paper on a wall. Fill a spray bottle with a mixture of water and non toxic paint or food colouring. Spray the mixture on the paper to create designs.



## Erasing chalk:

Outside, use chalk to draw on asphalt or on a large homemade outdoor chalkboard. (You can simply apply chalkboard paint on a large piece of wood to create a chalkboard.) Hand children spray bottles filled with water. They can simply spray water on their drawings to see them disappear.



## Spritzing plants:

Fill a spray bottle with water. Walk around the yard and use the spray bottle to water flowers, plants, and trees.