### Sensory Activity For Kids:

# **Pouring Station**

This is a low or no cost activity that my kids enjoy doing. They both like pouring and water play and you can use whatever equipment you have.

This activity is great for when you have no energy left, and you just want the kids to keep themselves busy for a few minutes.

## What you'll need

- Food Coloring
- Water
- Plastic Tray

### Steps

- 1. Gather all the supplies
- 2. Add the cups and jugs to the plastic tray and fill some jugs with colored water.
- 3. Show your kids how to pour and play

#### KIDS PLAY HUB

#### Kids will learn about:

Sensory Hand-eye Coordination Fine Motor Skills

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