



# Water play activities with soap



## Keeping hands clean

To lower the risk of spreading Coronavirus, the government recommend good hygiene, especially keeping hands clean.



Germs are easily spread from one person to another by infected droplets being carried on hands. Germs are then added to any surface that is touched by these hands.

If someone else touches the contaminated surface, the virus can transfer onto their hands.

Some hand washing top tips to remember are:

**Tip number 1:** Encourage the pupil to wash their hands for at least 20 seconds.

**Tip number 2:** The water used for hand washing can be hot or warm; it will still kill germs, as long as soap is used for 20 seconds.

**Tip number 3:** Drying hands after washing is important. One paper towel should be provided for each pupil and binned.

To encourage regular hand hygiene at school, below are some strategies and ideas on how to make hand washing fun and motivating.

## Strategies to support washing hands / water play

- Use visuals - Show the pupil a visual before directing them to water play.



- Visuals can be used for social interactions, like requesting. Have visuals available for a variety of toys/objects that can be put into the water. Support the pupil with making a choice.
- To support the pupil to attend for the full 20 seconds, use a timer or a voice-recording device such as a talking tile.
- Sing a 20-second song whilst washing hands. Wash hands whilst singing and finish hand washing when the song ends. This will help the pupil know the washing has finished. For example you could sing the following lyrics to the tune of, 'Row, Row, Row Your Boat':

Wash, wash, wash your hands,  
Soap will make them clean,  
Scrub the germs, till they fall off,  
Germs go down the drain.

## Fun water play activities that include soap

- Cut a bar of soap up into small pieces then add some water and roll the soap into balls. Make small balls of soap and hide them under water play equipment, play find the soap.
- Wash dolls with soap, use flannels, sponges and other bath time role-play equipment.
- Use cups, beakers and utensils for pouring, filling and emptying.
- Put glitter into a spray bottle, spray the pupil's hands then encourage them to wash the glitter off.
- Place soapy water in a spray bottle, the pupil may enjoy the sensation of having their hands sprayed.
- Place effervescent tablets into the water to create different sensations. (Check out <https://www.sciencefun.org/kidszone/experiments/t> for more safe fun experiment ideas and videos).

## Making Foam Soap

Make foam soap for pupils to explore. Watch us make this soap on our Newham Support for SEND YouTube channel: [https://www.youtube.com/channel/UCu5wLbEaDu\\_KoKhjGtwZfaw](https://www.youtube.com/channel/UCu5wLbEaDu_KoKhjGtwZfaw)



### **You will need:**

- 1/2 cup of water
- 1/4 of clear liquid soap
- Tablespoon of flour (any flour will do)
- Few drops of food colouring (optional)
- Electric whisk or strong arms to hand whisk all the ingredients to make the foam

## Making Ice Soap

- Make Ice Soap for pupils to explore:



### **You will need:**

- Clear liquid soap
- Few drops of food colouring
- Different tactile objects to freeze inside such as feathers, pom poms pupils' favourite character (optional)
- Ice tray, small cake moulds or muffin trays to freeze the ingredients

## More Ideas

- Add foam numbers or letters to the water play.
- Use natural objects in soapy water such as shells or stones.
- Use different scents in soapy water like rose water or lavender.
- Use plastic syringes and water pistols.
- Create a coffee shop, launderette or kitchen, as part of the water play:



- Explore the changes that happen when adding ingredients to soapy water such as adding oil, pepper or food colouring. Use descriptive words to label how it feels and looks e.g. slimy, dry or cold etc.
- Use soap flakes, this is can be visually stimulating as they dissolve and disappear.
- Grate bars of soap for tactile exploration:



- Have fun exploring the changes in materials from wet to dry. Watch and add simple descriptive language to the differences by using words like fizzing or bubbling.



## Fun games and experiments with soap

- Make foam soap in different colours. Put the foam soap into different trays, then play a colour sorting game by placing objects/toys of the same colour into each tray.



### Magic Pepper Experiment



#### **You will need:**

- Water
- ground black pepper
- Liquid soap
- Bowl or plate

1. Get a clean bowl or plate.
2. Add water, sprinkle on some pepper. (The pepper will float on the surface of the water). Rub the pupil's finger into the liquid soap. (Encourage the pupil to place their finger into the bowl or plate).
3. As they do this, the pepper will move away from their finger like magic!



## Set up a car wash in an outside area



### **You will need:**

- Sponge and cloths
- Soapy water
- Cars and bikes
- Apron or change of clothes

1. Section off an area for the car wash.
2. Make sure there is a bucket of soapy water for the pupil.
3. Allow the pupil to choose a sponge or cloth he or she would like to use.
4. Adult should model how to dip the sponge / cloth into the water then, wash the vehicle.

(Make sure the pupil has a change of clothes, so they can change if he or she gets wet).

## Be a frozen Archaeologist!

You will need to prepare this activity a day or two ahead.

1. Find a large plastic box that will fit in your freezer.
2. Fill it with motivating toys, and cover with water.
3. Put into the freezer.



Once frozen the pupil can have fun getting the toys out of the ice, using a selection of tools, e.g. spray bottles filled with warm soapy water, toy hammers or screwdrivers.

## Make bubble snakes



### **You will need:**

- Plastic bottle
- Water
- Liquid soap
- An old sock or similar
- Food colouring (optional)

1. Take the plastic bottle and cut the bottom off.
2. Place the sock over the end of the cut off bottom.
3. Pull the sock all the way over the bottle. (Make sure it is a tight fit).
4. Mix the liquid soap with a little water.
5. Dip the sock-covered end into the liquid soap mixture and blow through the top end to make lovely long bubble snakes.

## Key Points

I hope this pack has given you some ideas around activities to make hand-washing fun. The most important things to remember with all activities are:

- Always have a **visual timetable** prepared for all activities. Make sure that this is suitable for the communication stage e.g. objects of reference or photos, depending on the pupils understanding.
- Emotional regulation is key to a pupil being able to engage in activities. Before an activity, the pupil may need to use a strategy to self-regulate e.g. 10 minutes jumping on a trampoline or squeezing a tactile object.

Most importantly:

**Have Fun**