

# Benefits Of Sand and Water Play

Sand and water each provides children with many learning experiences. While playing with sand, it provides children with options to shape, rake, shovel or build with the sand. Water gives the children options of splashing, pouring and mixing.



- Enables children to develop pride and negotiating skills (asking others not to knock down a sand castle that's just been built).
  - Children begin to explore social roles (washing and drying dishes).
- Encourages children to play co-operatively with others (sharing and taking turns of sand and water play equipment).
  - Develops children's creativity (moulding wet sand into different shapes).
- Teaches problem solving skills (figuring out how to dig a tunnel in wet sand so it won't collapse).
- Children improve co-ordination skills (filling up measuring spoons and cups).
- Develops child hand / eye co-ordination (shovelling sand into a bucket).
  - Gives children an understanding of cause and effect relationships (predicting what will happen when water is added to the sand).