



## Hot and cold-water activity

### Resources you will need –

- 2 bowls
- Water
- A quiet room and no other items on the table
- Trusting adult to work with

### Why use .....

Paying attention to body signals and developing the feeling of cold and warm water through touch can support a child becoming more in tune with their body signals.

It is allowing the child to make choices and think about how they like to feel, through the sensations that they feel when they explore different temperatures.

### How to....

This activity is a very simple way of allowing a child to develop their understanding of the feeling of warm and cold water.

Discuss with the child different objects, places that are warm and cold. What would cold, warm and hot look and feel like to them.

Ask open ended questions, 'I wonder which water is going to feel cold to touch? What does being cold feel like?'

Allow the child to feel the sensations of the water on their hands. How does it make their body feel. Support the child to make choices between the various temperatures.



For more information about how we work please contact:  
[IF@suffolk.gov.uk](mailto:IF@suffolk.gov.uk)

