



Infant and Toddler Activity Sheets

Pom Pom Bottles



Materials

- 1 Empty gallon water jug
- Colorful pom poms
- Colorful buttons (optional)
- Super glue

Area of School Readiness

Approaches to Learning: Approaches to learning According to the [Head Start Early Childhood Learning & Knowledge Center](#), approaches to learning refers to *how* children learn or the behaviors and skills that children need to have in order to be able to learn. These skills include both emotional and cognitive self-regulation, initiative and curiosity and creativity.

Perceptual, Motor, and Physical Development: According to the [Head Start Early Childhood Learning & Knowledge Center](#), perceptual, motor, and physical development includes motor development and health, safety and nutrition. This includes gross motor or large motor skills (like jumping, running, climbing) as well as fine motor or small muscle skills (like holding a fork or buttoning a coat). Health, safety, and nutrition includes skills for self-care (like brushing teeth), knowledge promoting healthy eating habits, and personal safety routines.

Cognition: According to the [Head Start Early Childhood Learning & Knowledge Center](#) cognition is your child's ability to reason, use their memory, engage in problem solving and thinking skills that help children learn about and understand the world around them.

Purpose of the Activity

Initiative and Curiosity: Your child will practice exploring as they watch and move the bottle to see the pom poms and other materials move.

Gross Motor and Fine Motor Skills: Your child will practice using the muscles in their arms and hands as they move and hold the bottles.

Exploration and Discovery: Your child will explore the sensory materials as they play.

Instructions

1. Empty a gallon water jug and let it dry inside completely.
2. Put the pom poms in the jug. Add enough colored pom poms to fill the water jug one quarter to one half full. **Make sure to keep pom poms and other small materials that may be choking hazards out of reach of your child.**
3. Add colorful buttons (if desired).
4. Superglue the cap to the to container and let dry! **Make sure to keep the superglue out of the reach of your young child!**
5. Once the glue is dry, help you child play with the bottle. Bring it out during tummy time or play time and encourage your child to hold it, roll it and watch the pomp oms inside.