



Preschool Sand & Water Tip Sheet

The area set aside for sand and water should be sufficient for the amount of children who will be playing in the space. The containers used can be either free standing (sensory tables) or tubs placed on tables.



Sand or water play should be accessible daily, either indoors or outdoors.

Teachers should be close to supervise play – especially if doing water play with young children.

Number of children allowed to play should be appropriate based on the space, size of the equipment (sand/water table) being used, the ages and abilities of the children.

Floors under the sand or water containers should be easy to clean, and cleaned up as often as needed to prevent slipping or falling.

There should be enough sand or water to facilitate play. Enough sand or water refers to the size of the equipment, and the number of children allowed to play at the table; the children can easily scoop, pour, and manipulate the material without interfering in other's play.



A variety of accessories should be available for use in sand and water, with enough to eliminate competition over them. Variety can include different size containers, different types of scoops, small animals, different cups, etc.,

Different activities should be offered on a regular basis – switching out the type of material used, adding bubbles to water, digging for different theme related materials, etc.

Materials that are similar to sand can be a substitute, as long as children can scoop, pour, sift, manipulate similar to sand. Please ensure any substitute used is not a safety hazard, and is appropriate for the age group.



Alternative Activities – washing babies, doll clothes, or shells.

Concepts and vocabulary introduced through sand\water play may include:

- liquid
- wet
- dry
- weight
- float
- solid
- sift
- force
- measure
- volume