

How to strengthen hand and shoulder muscles?

Use a spray bottle to clean plants, paint rocks or fences with your little ones. These fun activities will keep them happy and strengthen their hand and shoulder muscles. These muscles are used for scissor and drawing skills.

Here is how it works:

- fill a bottle with clean water
 - mix some water based paint colour
 - voila! you are ready to paint rocks or fences
- **use clean water in the bottle to spray plants