



## Washing Cars

Do you support an individual who is a big car enthusiast? Asking them to help you wash a car is a fun activity that gives a nice sense of purpose. It's a good way to get some gentle exercise and can be a good sensory stimulate by letting them help you soap and rinse a specific part of the car.

It often inspires happy conversation about the cars they once owned!

### You will need:

- Car wash soap
- Big sponge
- Bucket of water
- Table for budget (optional depending on the person)

### What you do:

- Put some of the car wash soap in a bucket and fill with water.
- Dip in the sponge and soap up!
- Now start to wash the car with the soapy sponge and encourage a conversation on how the soap bubbles feel and what first car did they own?
- Use a table if need to reduce the amount of bending down.

**Top tip** -If you're worried about things getting too messy, have them help you with some simple polishing.

If you would like to discuss the information included in this resource, please call the NAPA Helpline; our free and confidential activity support service.

