

Infant Sensory Kitchen Exploration



Learning Value:

This activity promotes development and learning by encouraging children to use their senses to explore and interact with the environment.

Materials Needed:

- ▶ Safe kitchen objects, such as wooden spoons, rolling pins, muffin tins, or metal or plastic bowls (no sharp edges or small pieces)
- ▶ Blanket

Participants:

This activity is intended for adult/child interaction.

Directions:

- ▶ **Step 1:** Spread the blanket on the floor and sit on it with your baby. Offer one or two kitchen objects for your child to explore. Verbally label the objects and demonstrate their use. Respond to your baby's communication attempts by repeating and adding to it, e.g., "Yes, that's a cup. You drink out of a cup."
- ▶ **Step 2:** Offer one or two more objects as interest wanes. Continue to interact with your baby. Stack cups and bowls for example or push the rolling pin across the floor.
- ▶ **Step 3:** Move back and let your child explore the materials independently. Stay close at hand to offer encouragement and support