

Home Activity Card



FOOD FUN!

Encouraging curiosity and exploration helps build connections in the brain. What can you explore with all five senses? Explore one (safe!) object with all five senses and post pictures. #grow2gether

Sensory play is important for overall development but specifically for a young child's brain development as they are working with all different materials, smelling different things and hearing different sounds. Their brains are actually building nerve connections and it only makes sense that the more experiences that they have the more nerve connections that they will build as well as language development.

Invite your child to explore a small bin full of rice, oats, beans or even popcorn kernels. Use farm animals, alphabet letters or any other materials or figurines that your child already have. Dump the rice into the bin and let your child enjoy scooping rice into another container.

Learning on the Go!

- Treating this activity like a game or experiment might help you get your child to try a new or unusual food.
- See how many senses you can use during your next trip to the grocery store.



Share with us! We would love to see how you did this activity. Use the hashtag #grow2gether so we can find it!



#grow2gether

