

Home Activity Card



Guess That Snack!

Sensory play is an important part of early childhood learning. It encourages children to explore and use the scientific method by getting them to naturally observe, hypothesize, experiment and form conclusions. Sensory play also helps to build nerve connections in the brain and encourages development of the motor skills needed for everyday life. How can incorporate sensory play at home? Follow along and share your experience with us using #grow2gether.

You can create a fun sensory game at home using just a few household items! All you will need for this fun game is a blindfold and some of your child's favorite snacks/foods! Have your child sit and cover their eyes with a blindfold. One at a time, offer your child a snack. Have them use their sense of smell, touch, and taste to guess what they are about to eat. Once they have made their prediction, have your child take a bite and see if they were correct!

If you want to do this experiment without eating you can! Use dried rice, beans, noodles, playdoh, and items with different textures. Have your child sit down, blindfold them, and guess what item you are handing them using their 5 senses.

Learning on the Go!

- When in the grocery store, ask your child to close their eyes and use their sense of smell to guess what different items are – fruits, veggies, bakery goods etc.
- When on a neighborhood walk, have your child guess what different items might feel like based on what they look like.



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



#grow2gether

