



# Fun with Flour

## Ages 1 years—2 years

**Objective:** While exploring with flour, the child responds by distributing it in a variety of ways

### Materials needed:

Flour (using it instead of sand for safety purposes. If your child is allergic to flour, do not do activity!)

Empty container (deep and big enough to mix and play)

Cups, Spoons, and Pouring Tupperware

Sifters and strainers

Colorful marshmallows and toy cars (optional)

### Procedures:

1. Set up an area on a hard easy-clean up surface for your child to play in the flour. This will be messy. Outside would be good if possible or you can do directly on their highchair tray!
2. Let them feel the flour first without any object being added for creative play.
3. Add in objects slowly. Child can play in one or



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two at a time in the flour for less mess! Talk with your child about what they feel.

4. Your child will enjoy squeezing the flour, pouring the flour, digging and touching, and some will try to eat it!!! Oops, that is okay.

5. You can hide little objects in the flour (like toy cars or colorful marshmallows) and ask your child to search for them. Help them find it! Monitor closely.

6. Parent can also use their fingers to make letters or shapes in the flour on tray to teach.

### **Milestones to meet:**

The child distributes and discovers.

### **Evaluation:**

Did this lesson work for your child? Why or why not?