

Title: Edible Ice Cube Painting for Infants

Age Group: Infant

Submitted by: **Amie S. (Dane Ave.)**



Type of Activity: Sensory

Materials:

- Frozen fruits (I prefer to use berries as the colors stand out – blue, red, purple)
- Plastic containers
- Dixie cups or any object that can be placed into the container for easy grip (remember the ice is cold, and so infants will need an object to hold while they paint with the ice).
- White cloth*: sizes of cloth can vary depending on where you present the activity: for highchair painting you can use a small white cloth; for floor painting a white fabric tablecloth or bed sheet can be placed on the ground.

*Please note – the berries may stain the cloth so make sure you use materials you don't mind being stained

How to Do it:

- 1) Separate berries according to colours.
- 2) Puree or blend each colour of fruit, adding a small amount of water as needed, then pour into containers.
- 3) Place the dixie cup upside down* in the middle of the container and submerge lip in pureed fruit. This step will allow the fruits to freeze to the cup and create a grip for your child to hold while they paint.
*you may need to add a hole in the top of the dixie cup to let air out and allow it to sit in the puree without floating (see photo above)
- 4) Place filled containers in the freezer and wait while it freezes (about 2 hours)
- 5) Once frozen, find a space to present this edible ice painting activity & enjoy!

This activity WILL be messy so find a safe area to explore, taste and create all at the same time.

Root Skill / Extension: Sensory & Art

This activity can be extended outdoors on a warm sunny day. You can place a white large bed sheet or fabric tablecloth on grass or soft surface, and allow your child to explore the senses through taste, touch, smell and see their creations left behind 😊