

Title: Edible Indoor Sand

Age Group: Infant

Submitted by: **Sally (Metamorphosis)**



Type of Activity: Physical/ Sensory

Materials:

- Crackers
- Large bowl
- Food processor
- Spoon
- Small container
- Measuring cup

How to Do it:

- Add crackers to the food processor.
- Blend the crackers until they are fully crumbled.
- Pour cracker crumbs into a bowl and add a small container, spoon and measuring cups and let your child exploring and enjoy the edible sand.

Root Skill / Extension:

Physical 5.4 - Sensory motor integration

Sensory motor integration is the link between our nerves and muscles, and how we receive information through our senses. Infants use their senses but cannot organize them yet. By exploring with edible sand, infants can direct their attention to individual sensations: tasting, smelling, touching, and seeing, which helps them learn to distinguish and recognize sensations.

Extend the Learning: Try different types of edible textures and scents. Sprinkle some cinnamon or brown sugar, or simply use your child's favourite cracker or cookie and turn it into edible sand.