

Title: Water Play with vegetable/fruit peel

Age Group: Toddler

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Type of Activity: Sensory

Materials:

- Fruit and vegetable peels
- Large, steady bowl or plastic bin
- Measuring cups and spoons
- Cup or jug of water
- Funnel
- Plastic sheet or large towel
- Water

How to Do it:

Put all materials in a bowl and let your child add water, then touch, squeeze, smell and scoop.

Root Skill / Extension:

Children will practice using their senses by touching and smelling.

Extension: Verbally labelling those items' names will enhance their language skills.

You can also add a peeler to peel vegetables or oranges, to increase their fine motor skills.