

Messy Play Sensory Bin

Find it

This resource is designed to introduce new vegetables to your child. Engaging in this activity allows children to discover new vegetables by seeing, touching and smelling the foods. The goal is to encourage children to taste and eat new vegetables as they feel ready.

YOU WILL NEED



Two deep bowls, containers, or buckets



Small figurine toys such as plastic animals



Shovel, spoon, tongs or small toy digger



The food item you want to introduce (softened food such as mashed potato or pumpkin or small food items such as cooked rice or tinned lentils work best)

INSTRUCTIONS

- Fill one container with the food item and the other container with water.
- Push and hide figurine toys in the food (try to push them towards the bottom).

Time to get those hands dirty!

- Encourage your child to use their hands to dig through the food to find the toys. If they prefer, they can start by using tongs or a shovel.
- To add a challenge, use a stopwatch and time how quickly they can find and retrieve all toys!
- As they play, get them to describe what they feel and see. You may need to help with describing words (mushy, rough, slippery).
- Rinse toys and hands in the container of water and start again.