



# Kids Sensory Activities - Kitchen

## Sensory Snacks

Use descriptive words to talk about the foods you're eating. You can ask, "Is it sour? Bitter?" and so on.

- Eat something with interesting texture: chewy, crunchy or maybe silky or smooth
- Have a tasting with a few different foods (whatever is on your snack plate at the moment is fine.) Ask questions like, "Which food here tastes salty? Which ones are sweet? What does this food make you think about?"
- Make up a toothpick snack (or a whole dinner if you want to be your kids hero.) where every thing is in cubes to be stabbed. If you have large tongs these can be fun for this snack too.

## Spreading

Any of the following on crackers, tortillas, fruit or bread.

- Nut Butter
- Butter
- Cream Cheese
- Jam
- Try finger painting with pudding if you're not opposed to sticky-ness

## Straws

Mouth work can be amazingly centering for kids. These aren't big activities in themselves, but can be a good thing to include in a snack or meal time

- Drink a smoothie or milkshake through a straw
- Drink yogurt or apple sauce or pudding through a straw- Oh how thrilling!
- Use a little coffee straw or a narrower-than-usual curly straw to drink water or juice

## Mashing

- Potatoes or yams
- Cooked apples or pears
- Butter and sugar or butter and flour for baking- kids love using the dough cutter to moosh butter
- Roll out cookie dough with a rolling pin
- To make small pieces of nuts, candy, or crumbs put ingredients in a plastic bag and let you child roll with a rolling pin or bottle.

## Cutting

To teach kids to cut, have them put all their fingers together and hold their hand, "straight as a board" and place it on the back of the knife. The other hand holds the knife handle. In this way they can push the blade through the food and keep all body parts whole and attached. For food with a round edge, such as carrots, slice off one side so they don't roll.

### Practice Cutting:

- Carrots, celery, potatoes (for older kids)
- Avocados, bananas, cheese, bread, squash, cooked chicken (for younger kids, with a butter knife or plastic knife)
- Make a soup, stew or curry that involves chunks of food and let your little one dump their cut ingredients in to the pot- so exciting to REALLY be contributing to the family meal.

## Cookie Cutters

Most food is more exciting cut into a fun shape, and pressing down to cut out shapes is a good 'heavy work' activity for kids. What all to cut?

- Cookies, naturally...
- Sandwiches
- Cheese crisps (quesadillas)
- Slices of fruit or cheese (with mini cookie cutters)