

## In The Kitchen Activities for Friday

### *On the Move*

#### **Mini Pancake Flip**

Use this breakfast favorite to help build fine motor skills.

Materials:

- Cardboard
- Scissors
- Spatula
- Markers

Instructions:

1. Cut small circles from cardboard to create mini pancake shapes.
2. Color on one side of each pancake with the markers.
3. Spread the mini pancakes across a table or cleared surface.
4. Provide your toddler with the spatula and ask them to flip the pancakes over to the opposite-colored side.

### *Adventures Online*

#### **Kitchen Instruments**

Making music in the kitchen can be so much fun.

[https://www.youtube.com/watch?v=mdKXcKJMF\\_0](https://www.youtube.com/watch?v=mdKXcKJMF_0)

### *Sensory Time*

#### **Tick-Tock, Tick-Tock**

Time flies when you are having.

Materials:

- stopwatch
- kitchen timer (or other timers)
- small hourglass

Instructions:

1. Show your child the variety of timers and explain how they work.
2. Encourage your child to explore by turning the hourglass over and watching the sand trickle down or by turning the kitchen timer to hear it ding when it goes off.
3. After your child has played with the timers, decide when you will use the timer for your next activity. Set the kitchen timer for a short time and explain what will happen next ("When this timer buzzes, it will be time for a story.").
4. When the timer stops, enjoy your next activity!

### *Story Time*

#### **The Very Hungry Caterpillar**

Enjoy this classic picture book about a little caterpillar with a big appetite.

Read Aloud: <https://www.youtube.com/watch?v=btFCtMhF3il&feature=youtu.be>

## *Arts and Creativity*

### **Kitchen Role Play**

Have fun role playing in the kitchen with real kitchen items.

Materials:

- Plastic food
- Pots and pans
- Kitchen items (Plates, bowls, cups, silverware, plastic Tupperware containers, etc.)

Instructions:

1. Explore the kitchen items with your child and role play with your child about being in the kitchen
2. While role playing, ask your child questions about what they are doing. ("What do you plan to cook for me today?", "Which one of your favorite foods are you going to cook for me?", etc.)