



Applesauce & Cinnamon

Ages 1 year—2 years

Objective: The child uses fine-motor skills and senses to finger paint with applesauce.

Materials needed:

Applesauce

Cinnamon Sugar (sprinkle seasoning)

Procedures

1. Have your child sit in their highchair for this lesson and go shirtless or wear old clothing, for it will get messy!
2. Spoon out small amounts of the applesauce on the highchair tray. Sprinkle in some cinnamon.
3. Show your child to model what it is you want them to do. Take your finger and spread the applesauce around on the tray; finger painting with it.
4. Watch as your child will try to do it with you. Encourage them!
5. Mix up the cinnamon in the applesauce with your fingers, explaining to your child what you are doing using describing words.



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5. Continue finger painting on the tray with the applesauce and cinnamon until your child no longer shows any interest.

6. It is okay if they put it in their mouth; that is why we're using applesauce, safe to eat! This is how they learn, through taste and touch!

Milestones to meet:

The child can use build fine-motor skills and hand-eye coordination by manipulating applesauce like a form of paint. The child increases touch and taste through sensory food exploration.

Evaluation:

Did this lesson work for your child? Why or why not?