



Cookie Dough Learn Ages 1 year—2 years

Objective: The child uses their senses to explore cookie dough and builds early math skills.

Materials needed:

Cookie dough (any kind) *Do only if not-allergic*
1 large Ziploc bag & Cookie cutters (optional)

Procedures

1. Have your child sit in their highchair.
2. Place the cookie dough on their tray. Flatten it out with your hands. Encourage your child to touch and feel it with their fingers. Use adjective words to describe to your child what it feels like.
3. Build early math skills by making balls with it. Count the balls (#1-5 only), make different sizes (big and small), and teach it's shape (circle) or letter (Oo).
4. Let your child grab at the balls to pick them up and squish them to build hand strength.
5. Cookie dough is safe enough if it does end up in their mouth; though we encourage you to re-direct their hands away to feel and touch only.



Cookie Dough Learning

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6. Extend learning by showing your child how to make cookie cutter prints in the dough, teaching and saying the shapes you made that they are seeing. Hand them a cookie cutter and see if they try to make a print with it.

7. Put some cookie dough in a large Ziploc baggie, close it tightly and allow your child to squeeze it freely to make "less-mess" and still build hand strength and sensory discovery!

Milestones to meet:

The child can pick up the cookie dough and squeeze it or make prints in it with their fingers. The child uses their senses to feel and touch dough. The child uses their fine-motor skills and builds hand strength.

Evaluation:

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