



# Making Popsicles

## 1 year—2 years

**Objective:** The child will explore, discover, and use their senses while painting with colored ice and eating popsicles.

**Materials needed:**

Kool-Aid mix (your choice)

Ice cube tray

Popsicles of choice

**Procedures:**

1. This activity is best done outside.
2. Make the Kool-Aid with, or in front of, your child. Help their hands to stir the Kool-Aid up and help you pour in the sugar to the pitcher! Use different colors of Kool-Aid in the cube trays for multiple color fun!
3. Then, YOU pour the Kool-Aid into the ice cube tray over the sink, to avoid mess!
4. Place ice cube tray in the freezer for about three hours or until frozen.



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5. After frozen, take out the colored ice cubes and let your child use them to “paint” on the side walk or driveway. You can also let them use these to “paint” on their highchair tray too.
6. You will need to either help them hold one and show how to move the ice cubes back and forth to “paint” to model what to do first to child.
7. After “painting with ice” let your child taste and try a real popsicle.

### **Milestones to meet:**

The child builds fine-motor skills to grab an ice cube and move it on the ground in a “painting-like” fashion. The child shows reaction to a cold popsicle through their sense of taste.

### **Evaluation:**

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