



Hot and Cold

1 year to 2 years

Objective: The child uses their sense of touch to discover what hot and cold is.

Materials needed:

Ice cubes (or ice cubes in a tray)

Wet towel that has been warmed up in the microwave for 30 seconds. (Have it WARM ONLY—If it is too hot for them to touch, let it cool some first)

Hot and Cold Picture Cards (printable)

Procedures:

1. Start by showing your child the hot and cold picture cards. Use simple vocabulary such as, "the oven is hot: ouch" or "the ice is cold; brrr"
2. Explain to your child what hot and cold causes. "Hot hurts. Cold makes you shiver" Use motions or actions to express these simple phrases, too.
3. Vocabulary such as "ouch and brrr" helps your



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child understand that "hot and cold" have meaning.

4. If you use descriptions when describing objects as "hot and cold—ouch and brrr" then your child will

build prior knowledge when using real-life objects.

5. Now take the real-life hot and cold objects (ice and warm towel). Let your child feel using one hand.

Again, when your child feels each object use the describing words and say phrase: "the ice is cold, brrr" or "the towel is hot (warm), ouch"

4. Ask them to repeat you: "Can you say cold, brrr?" or "Can you say hot, ouch!?" Find other things around your house that teach hot/cold to child.

Milestones to meet:

The child can use their sense of touch to feel different temperatures of objects. The child builds their vocabulary by describing the feeling of things they touch; either hot or cold.

Evaluation:

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