



Solids and Liquids

1 year—2 years

Objective: The child is introduced to solids and liquids through sensory exploration.

Materials needed:

Large dish bucket (for sensory exploration)

Cooked spaghetti noodles

Water

Procedures:

1. Start by filling up the bucket half way with water. Place a towel underneath bucket. Do this activity in an easily cleanable area, such as the kitchen tiled floor or outside driveway.
2. Add in the cooked spaghetti noodles
3. Sit with your child. Explore and feel the noodles with your hands. Encourage child to grab them and feel, learning through senses.





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4. While your child is exploring, tell them this simple phrase, "Water is a liquid. We can drink it.

It is wet." As you are picking up the noodles, say to child: "Noodles are solids. We can squish them with our fingers."

5. Self-exploration with the solid noodles and the liquid water is key to learning for your child in this activity. Give them plastic spoons/forks, cups, and/or tongs to try and pick up the noodles in the water. (As shown in picture examples.)

Milestones to meet:

The child can explore objects using their senses.

The child discovers textures. The child builds tactile awareness. The child can scoop noodles into a cup.

Evaluation:

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