



# Physical:

## Colored Ice Grab

### Ages 1 year to 2 years

**Objective:** The child builds hand-eye coordination by grabbing at colored ice in water.

#### **Materials needed:**

- 1 large dish bucket or container
- 1 ice cube tray
- Food coloring drops
- Water

1 large cup

#### **Procedures**

1. Make the colored ice. Fill up an ice-cube tray with water. Add in different colors of food-coloring drops (1 drop per cube, use a variety of colors for extra fun). Freeze overnight.
2. Fill up a large dish bucket or container half way with water. Add in the frozen, colored ice cubes.
3. Put the bucket on a towel in an easily cleanable surface, such as the kitchen or outside.
4. Sit with your child next to the bucket.
5. Put your hand in the water to model what to do.



# Physical:

## Colored Ice Grab

### Ages 1 year to 2 years

6. Pick up the ice cubes and use easy wording to teach the name of the color. ("Look, blue ice.")

7. Encourage them to touch the water and try to use hand-eye coordination to grab at the colored ice cubes. Tell them to put the ice cubes in the cup.

8. Now add in some more small plastic cups into the water/ice bucket and see what your child does with those. Model what you can do with them. Pick up water and dump it out. Put the ice cubes in the cups.

9. This activity is safe enough that if your child does "drink" or get some water or colored ice in their mouths, it is not harmful. Always monitor carefully and supervision is required.

#### **Milestones to meet:**

The child can touch water and pick up the ice cubes. The child uses hand-eye coordination to grab at the cubes of ice and can put them inside of a cup.

#### **Evaluation:**

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