

My Senses: Hearing

Edible Sensory Activity



You will need:

Cooked boiled rice - cooled
Crispy rice cereal
Milk or water
Large tray

Method:

This edible sensory recipe is designed to explore the sense of hearing, while not necessarily stimulating other senses. Let the baby explore with their hands in the knowledge that everything they are touching can be safely eaten.

1. Spread the cooked and cooled boiled rice on one side of the tray.
2. Spread the crispy rice cereal out on the other side of the tray.
3. Just as the baby starts to play at the tray, pour a small amount of either milk or water on to the rice on each side of the tray.
4. Get playing! Allow the child to explore the contrasting sounds of the different types of rice, the quiet boiled rice and the noisy rice cereal.

