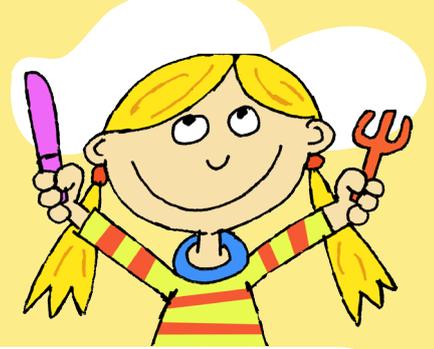




30 THINGS TO DO IN THE KITCHEN BEFORE YOU'RE 3



- 1) Have a go at making playdough – it's easy, cheap and heaps of fun!
- 2) Get squishy and make some playdough pets – what's yours called?
- 3) Decorate a wooden spoon as a storybook character and tell a funny story
- 4) Make some awesome green gloop with this easy recipe, 1, 2, 3...eww!
- 5) Make a slimy sensory bag using hair gel and a sandwich bag
- 6) Take the plunge and have a go at water play – all you need are some plastic toys and water
- 7) Have a go at finding different colours in your kitchen. Can you see anything red?
- 8) Make waves and waterfalls in your washing up bowl using bubbles and plastic cups
- 9) Get your heart racing with a plastic cup race. Ready, steady...blow!
- 10) Cook some alphabet spaghetti and spell out your name
- 11) Get gooey and try painting with yoghurt – it's great fun and really tasty!
- 12) Cook some spaghetti for lunch then dip the leftovers in paint and make a worm picture
- 13) Imagine you're a sea creature and create your own underwater adventure in a plastic bottle
- 14) Get a piece of string and some dry pasta and make a beautiful necklace
- 15) Play 'guess the smell' with different foods in the kitchen
- 16) Explore what's in the cupboards and read out the labels
- 17) Take a look at a cookery book and choose a yummy recipe to make
- 18) Have a shot at potato printing with some halved raw potatoes and colourful paint
- 19) Take an old empty jar, fill it with rice and shake along to a song
- 20) Wash some vegetables in the sink before dinner
- 21) Decorate a box with paint, pipecleaners, spare buttons and anything else you can find
- 22) Wobble wobble! Have a shot at making some jelly with Mum or Dad
- 23) What do you like in your sandwich? Find your favourite filling and have a go at making your own
- 24) Make some funky fruit kebabs – all you need is some tasty fruit, a skewer and a grown up helper
- 25) Use your muscles and give the chef a hand mashing the tatties for dinner
- 26) Put the radio on in the kitchen and have a dance-off
- 27) Pull out some pots and pans and make a drum kit
- 28) Make some soapy bubbles and grow a funny bubble beard
- 29) Have you tried cracking an egg? Get someone to show you how
- 30) Be a wee helper and set the table at dinner time

