

Dinosaur Swamp or Dolphin Beach or Jaguar Jungle or Unicorn Island or.....

Some children find mushy food textures difficult preferring crunchy textures. Others prefer mushy and not crunchy, or maybe prefer chewy. Try this game with your child and vary the textures and foods according to your child's own preferences and needs.

You will need:

- Small world toys your child enjoys eg. dinosaurs, farm or wild animals, cars, people
- A tray or shallow container with a bowl (eg. for a yogurt 'pond')
- Mushy foods: eg. applesauce, yogurt, custard, jelly
- Crunchy foods: eg. cereals, popcorn, carrot sticks, breadsticks
- Chewy foods: eg. raisins, dried mango

Sensory benefits: Oral- motor, speech/language; communication

Wash your hands and the small world toys first.

Set up the Swamp/Beach/Jungle/Island. Put the food your child finds least desirable at one end of the tray and the toys at the opposite end. The foods your child likes are the food for the toys. Use the scenario to invite your child to have make-believe play involving the toys eating and playing.

For example – say your child loves crunchy food and hates mushy food.

We have a tray with mushy food for the swamp and crunchy food for the dinosaurs.

Adult: "I'm the stegosaurus. You be TRex. Let's go for a walk in the swamp."

Encourage your child to do the same (they may be very reluctant at first but after a couple of sessions and time to familiarise themselves with the activity, they will hopefully join in more).

Drop some crunchy food in the 'swamp'.

Adult: Pick a piece of crunchy food up out of the swamp and pretend to feed stegosaurus (not TRex – that's your child's job 😊). "Mmmm – delicious! How about TRex?"

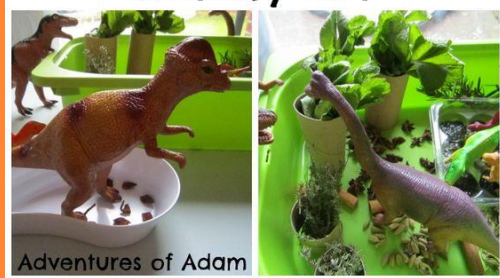
Then try some crunchy food yourself "Mmmm – delicious! How about you?"

You can work towards this goal and introducing different foods. The key is to have fun, allow your child to go at their own pace. NB. Play with the food for up to 30 minutes, then throw away.

Adapted from: The Out-of-Sync Child Has Fun by Carol Kranowitz



Dinosaur Smelly Swamp Sensory Bin



Adventures of Adam



unicorn SENSORY BIN



INSPIRE my play



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