



# NC SEEDLING

## Dish Pan Play



Study to  
Explore  
Early  
Development

North Carolina  
**SEED**

UNC-CH, Department  
of Epidemiology

Winter 2014

[www.NCSEED.org](http://www.NCSEED.org)

### NOTES

- SEED has enrolled nearly 1600 families
- Nearly 900 have done the main study activities. If you are one of those, THANKS!

It's winter and it's cold! What is there to do indoors with your child that you haven't already done? Here are some sensory play ideas that use items you already have in your kitchen. You will need a dish pan, spoons, and some empty containers of different sizes (don't forget the lids!). You will also need uncooked pasta, uncooked beans, or

uncooked rice. First, put as much rice in the bottom of the dish pan as you want. You could also use beans instead of, or with the rice. Then show your child how to fill the containers with a spoon. Fill a few of the containers and leave some empty. After you close all the containers, shake a few to hear the different sound effects. For a completely

different sensory play, boil the pasta, let it cool and let your child play with the sticky pasta. If you have a non-slip mat put it under the dish pan to keep it from sliding around. This will help keep the fun right in front of your child!



## Simply Enjoy the Snow!

You don't always have to be indoors in the winter! You can go out and have fun too! If your child is able to tolerate the feeling of snow there are several activities you can do

with him. You can place a little bit of snow in your child's hand and have him watch it melt right before his eyes. Allow your child to create some things in the snow as well. Snow is like play-doh in

the sense that it enables your child to create something and strengthen his creative abilities. You can even place your child's snow creation in the freezer to keep for a few days!

