

# Individual Activity Lesson Plan

**Date:** Wednesday 13<sup>th</sup> May 2020

**Activity Title:** Vegetable Printing

**Learning Intention:** Shows a desire to help with dressing/undressing and hygiene routines.

**Links to EYFS:** Physical Development: Health and Self-Care: 16-26 months.

**Activity Overview:**

The children will cooperate and help with changing into suitable clothes/putting on an apron to join in with a messy activity and with cleaning up afterwards.

**Resources:**

- Selection of raw vegetables (cut into appropriate shapes and sizes) – we recommend broccoli/cauliflower florets, a halved bell pepper, a halved potato, halved corn on the cob, a halved onion (if you dry this out overnight first, the layers will separate and create a lovely pattern)
- Paint →
- Large tray or plate (for the paint)
- Paper or card
- Apron or messy play clothing



**Key vocabulary:**

Vegetable names, colour names, print, dip, press, feel, dot, marks, circles, brush, roll, stamp, wear, protect, messy, clean, help.

## ACTIVITY IMPLEMENTATION (including key question)

**Introduction:**

- Prepare the paint and vegetables and set them out in a suitable area.
- Invite your child to put on an apron or change into suitable clothes and encourage them to help as much as possible.
- Explain to your child that they will be using the vegetables to create a picture.

**Main Activity:**

- Let your child explore the vegetables with the paint and support them in trying out different ways to make marks.
- Draw attention to the range of marks that are made. For example, “look, the sweetcorn has made lots of little dots”, “the pepper has made a shape like a flower”.
- Encourage your child to use different colours and mix them together to see what happens.



**Activity review:**

- Once finished, look over the painting together and talk about how it looks. “Your picture is very colourful. I can see you enjoyed using the red paint today. I like the marks you made with the broccoli; they look very interesting.”
- Offer your child the opportunity to wash their hands independently at the sink or using a warm flannel.
- Choose somewhere to display the picture together!

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### **Additional ways to support your child:**

- Try using homemade paint as your child may be tempted to put the vegetables in their mouth.
- Some children are unsure about the feeling of getting paint on their hands. Reassure your child that it's fine to get a bit messy and they can get cleaned up afterwards, but have wipes or a flannel on hand in case they still don't like it.

### **Extension:**

Provide a tub of warm water for your child to wash up afterwards. They could clean the paint off the vegetables to use in a later activity. They could also try wiping down the table or mat where they painted using a clean cloth.