


Individual Activity Lesson Plan

Date: Tuesday 12 th May 2020	
Activity Title: Vegetable Messy Play	
Learning Intention: To develop an understanding of simple concepts.	Activity Overview: The children will explore cooked vegetables with their hands and kitchen utensils.
Links to EYFS: Communication and Language: Understanding: 22-36 months.	
Resources: <ul style="list-style-type: none"> • Cooked (and cooled) vegetables of your choice (we recommend using potato and peas to link to the story, as well as a few others) • Kitchen utensils such as spoons, potato masher, rolling pin, child's knife, spatula, small pans and bowls/containers • Large tray or shallow tub. 	Key vocabulary: Potato, carrot, pea, sweetcorn, in, on, under, big, little, hiding, where, mix, mash, find, count, yellow, orange, green.
ACTIVITY IMPLEMENTATION (including key question)	
Introduction: <ul style="list-style-type: none"> • Prepare the cooked vegetables and place them into the tray. Mash some of the vegetables and leave some whole to provide different textures, for example have half of the potato mashed and half in big chunks. You can do the same with carrot and peas. • Invite your child to come and play. If your child is a little wary of touching messy play directly, show them how the utensils can be used to play. 	
	
Main Activity: <ul style="list-style-type: none"> • Model playing with the vegetables, using the utensils to mix, scoop and mash and encourage your child to join in. • Your child may enjoy this as a sensory experience, a role-play opportunity and a creative activity, or a combination. Support your child in the direction they choose to take it. They may even want to taste the vegetables! • Use key language with your child to describe colours, textures and movements as well as basic positional and number language. For example, "where is the pea hiding? Look, he's in the mashed potato. I can see him because he's so green." 	
Activity review: Talk with your child about what they did during the activity and the choices they made. "I really liked how you put the peas into a bowl and pretended to feed them to me." "You tried really hard to mash the carrot all by yourself – well done!" "I like that you tasted the sweetcorn. Did you like it this time?"	
Additional ways to support your child: Have some of our child's favourite toys nearby that are suitable to be used with the activity (i.e. can be cleaned easily!). For example, your child may enjoy rolling a ball or car through the vegetables or using	Extension: Have raw vegetables on hand and help your child to match the raw vegetables to the cooked ones they're playing with! Alternatively, you could show some images of vegetables on a phone or tablet to do this.

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it for small world play with some people or animal figures.	
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