

Malleable Play 4: Edible Sand

With babies and young children, you'll know that they love to explore using their mouths and sense of taste. So, you can combine their sensory, motor skills and coordination together in one fun activity!

WHAT DO I NEED

- Whole wheat cereal (such as cheerios or wheetabix)
- Blender
- Bowl
- (Optional) Sea themed toys or various utensils

METHOD

1. Blend the cereal until it resembles sand
2. If you don't have a blender you can crush the cereal or add some of your child's milk to soften it and then mix it
3. Put it into a bowl along with sea themed toys or utensils such as spoons for your child to scoop and make marks in the sand
4. Let the fun begin!

