



My Senses: Touch

Edible Sensory Recipe

You will need:

Crisps

Whippy dessert

Milk

Large tray

Method

This edible sensory recipe is designed to explore the sense of touch, while not necessarily stimulating other senses. Let the baby explore with their hands, in the knowledge that everything they are touching can be safely eaten.

1. Using the milk, make the whippy dessert to the instructions on the packet.
2. Pour the whippy dessert out on 1 side of the tray.
3. Spread the crisps out on the other side of the tray.
4. Get playing! Allow the babies to explore and feel of the different textures, the crunchy crisps and the smooth dessert. Do they enjoy the way it feels?

*This recipe is intended to be used as soon as it has been made and not to be stored for future use.

**If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.

