

Squishy Squashy

Best Start

Learning Goal: Exploration and Discovery

What you will need

- ♥ Cooked Pasta (i.e. spaghetti, macaroni or shapes)
- ♥ Large bowl
- ♥ Drop sheet, if desired

Optional - Kool-Aid for coloring the pasta

Objective:

Curious Investigation: Incorporate investigation and exploration into their play activities.

Activity

- ♥ Cook pasta ahead of time and drain.
- ♥ Put the cooked noodles into a big tub or large bowl.
- ♥ You can sprinkle Kool-Aid on the pasta to create colors and smells, if wanted.
- ♥ Lay out drop sheet and place container of noodles on top.
- ♥ Strip baby down to diaper and let him walk/crawl around in the tub.
- ♥ Let baby play in the noodles, by squishing them in his hands.



What baby learns

- ♥ **Sensory Development** - sense of touch, smells, and colors (sight)
- ♥ **Brain Development** - thinking skills, new experiences
- ♥ **Physical Development** - small muscle movements

Nurturing Thoughts

- ♥ Baby may not like the feel of the noodles at first so you may have to be patient and encourage baby to play in it. Stay close to baby as he may be tempted to eat the noodles.
- ♥ Stay with baby as he/she will need your support to get in and out of the tub or to lay down or stand up.
- ♥ Ask baby how the pasta feels..."Does it feel Squishy?"
- ♥ Activity can be messy, so try to be open-minded and be sure to do it in an area that can be easily cleaned up.
- ♥ Be prepared to bath baby after activity.