

Babies/Toddlers

Ice Play

YOU WILL NEED

For this activity you can use:

- An ice cube tray
- Lolly moulds, or a freezable lunch box.



WHAT TO DO

Choose a range of ingredients e.g. soft fruits like bananas and strawberries, herbs or blended vegetables, such as carrots, then add to the water and freeze. Once frozen, let babies and toddlers taste the ice to discover the flavours.

LEARNING & DEVELOPMENT

Ice play is a much-loved experience for children, and this activity is no different. This is a great way to introduce the concept of delayed gratification – having to wait for the ice to melt before tasting what is inside. It is also a good way to introduce toddlers to early science; exploring the effect of heat when applied to ice.