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## The Power of Flour

### Purpose

To help children engage in calming sensory play, using fine-motor, measuring, creative, and pre-math skills

### Materials

Flour, measuring spoons and cups, funnels, bowls, plastic knives, cookie cutters, large sheets of paper (approximately the size of folded newspaper)

### Procedure

Give children their own sheet of paper to use as a place mat. This defines their play space and makes cleanup easier. Also give each child a bowl of two to three cups of flour and an assortment of tools. Instruct the children to measure, pour, and play. The intensity with which the children engage in this activity will amaze you. Note how quiet the room becomes.

**Note:** Some teachers do not approve of using food for purposes other than eating. I use certain foods—flour, for example—that are inexpensive, natural, abundant, and reusable, making them excellent classroom materials. If you feel that your child and parent population would view the use of food for play as disturbing, honor their beliefs.