

curious
minds

Ages
1 and up



Special Kitchen Cupboard — Introducing Kitchen experiences

The kitchen cupboard idea is a great way to introduce children to the kitchen and cooking experiences. Giving your child access to a safe low kitchen cupboard with items they can handle and access safely, provides an opportunity for children to explore containers and lids, measuring cups and spoons, and other safe to use cooking utensils.

Learning benefit/skill development

- Fine motor skills, using the small muscles in the hand as well as hand-eye coordination in manipulating and stacking containers.
- Language development, as you discuss the activity you are doing.

Benefit for family

- This activity provides children with a space in the kitchen to learn and copy what you are doing.
- Being close to you also provides opportunities for language development as you discuss the activity you are doing as well.
- This activity also provides an opportunity for parents to do the things they need to while also engaging and supervising their children.

What you'll need

- Plastic or tin containers with matching lids
- Wooden Spoons

- Measuring cups and spoons (ones that stack inside one another are best)

Instructions

- Select a kitchen cupboard not near high traffic areas of your kitchen or too close to the oven and cooktop. Clean it out and add materials.
- Allow children to access this cupboard and remind them that this is their special cupboard.
- Play with your children on the floor, making sure that it is not in an area where people need to access the fridge.
- Encourage children to stack the containers and measuring cups, use a wooden spoon to experiment with the different sounds of the containers. Find and match lids to the containers.

Modification

- This idea would also work within a home office. Using the same materials and add notebooks and coloured pencils.