

**make
your
own**

**Ages 1
and up**



Rainbow chickpea foam - sensory play

Encourage your child to explore different colours and textures, as well as early mathematical concepts through this experience.

Learning benefit/skill development

- Helps visual awareness through colour
- Assists in understanding textures
- Promotes language development (using words like full, empty, soft, in, pour)
- Introduces early mathematical concepts like spatial awareness and capacity

What you'll need

- 2 x tins of chickpeas
- Food colouring
- A plastic tub
- Electric mixer (can be done with a whisk but will take much longer)

- Assorted cups, bowls, small containers and spoons
- Art smock/old clothes (in case colour stains)

Method:

- Drain liquid from chickpeas into a mixing bowl
- Mix on high for 5-10 minutes or until liquid foams up and turns white (should resemble shaving foam).
- Separate into smaller portions and mix through food colouring.
- Pour into tub and its play time!

N.B the foam will melt if left in the sun