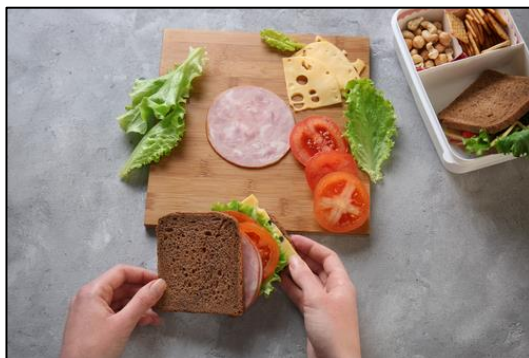


IT'S LUNCH TIME

Suits ages 30 months – 60 months



What you'll need:

- Loaf of bread
- Sandwich filling – cheese, ham, tuna etc.
- Knives
- Clingfilm or tin foil
- Lunch box with clips or zip
- Other lunch box food items – yogurt, banana etc.

What you do:

1. Be brave.
2. Support your child with a footstool at the kitchen counter.
3. Let them spread butter and fill their sandwich.
4. Support with cutting the sandwich in the shape they want.
5. Discuss their choices of fillings, shape of sandwich, more or less etc.
6. As an adult wrap the sandwich in Clingfilm or foil and place all contents in a lunch bag.
7. Support you child in handling and unwrapping the sandwiches, opening a yogurt and peeling a banana etc.

This is a perfect activity to support and develop children's physical development as well as offering a wide range of safe sensory materials to explore.

It can be tricky to un-wrap sandwiches at lunch time at school so they need practice.