



My Senses: Hearing

Edible Sensory Recipe

You will need:

Cooked boiled rice - cooled

Crispy rice cereal

Milk or water

Large tray

Method

This edible sensory recipe is designed to explore the sense of smell, while not necessarily stimulating other senses. Let the baby explore with their hands in the knowledge that everything they are touching can be safely eaten.

1. Spread the cooked and cooled boiled rice on one side of the tray.
2. Spread the crispy rice cereal out on the other side of the tray.
3. Just as the baby starts to play at the tray, pour a small amount of either milk or water on to the rice on each side of the tray.
4. Get playing! Allow the babies to explore the contrasting sounds of the different types of rice, the quiet boiled rice and the noisy rice cereal.

*Disclaimer

*This recipe is intended to be used as soon as it has been made and not to be stored for future use.

**If you are preparing this activity for multiple children, you may want to set up individual trays to avoid cross-contamination.