

Supporting our children by noticing the world around them can sometimes seem challenging. Being able to see the world around you can take practice. We are giving our children a chance to explore and discover while at home will give them the confidence to explore as they go out into the world. PLAY is our children's work.

Remember – We model fun to our children. Play with them and bring your best silly self. They will respond and want more.



Materials Needed:



Tote or sensory table

Foam Soap (homemade recipe below)

Toys to play with – dinosaurs, babies to wash, trucks/cars (items that are okay to get wet)

Towels for wiping foam off

Inside –

If you choose to set up inside, you may want to lay down a blanket/tablecloth for easier cleanup.

Sit with your child and model how to play, explore, dig, dump. Use simple words to model functional language – such as in/out, scoop/dump, dig/pat along with concepts like hide and seek but burying a toy and exploring to find it.

Outside –

If you choose to go outside, cleaning up can be easier. Again, plan to play with your child to model how to engage with the activity.

Developmentally this activity encourages language development, such as labeling objects, using adjectives to describe items and actions, giving choices, and waiting for your child to respond with a gesture, sound or word gives them control in how their play looks – even if the gesture is a slight eye glance in one direction. This activity supports social and emotional development and connection time, explore and know you are there to connect with, support them. You're building trust by interacting, reading their cues, and being part of their play/adventure.

Recipe – Home Made Foam Soap

Bubble foam is a 2:1 ratio – 2 parts bubble bath to 1 part water.

- Example: 1/2 cup bubble bath with 1/4 cup of water for each color.
- Add in a few drops of food coloring to allow for color mixing and more language opportunities.
- Mix with a hand or stand mixer to add volume to the liquid.

Recipe – Home Made **Edible** Foam Soap

- Chickpea liquid (canned)
- Food coloring (liquid or gel)
- Cream of tartar

Use a strainer to drain the liquid into a bowl. Divide the liquid into how many colors you would like to make. Add food coloring and a pinch of Cream of tartar. You can use a whisk or mixer to add volume to the liquid to make the consistency of foam.



Divided liquid with color before whipping.

Lesson Plan by AnnMarie Adams

Recipe Links and Photo Credits: [Bubble Trucks Sensory Bin with Soap Foam - Busy Toddler](#)
[Taste-Safe Sensory Foam - The Craft-at-Home Family \(thecraftathomefamily.com\)](#)