

Make a shopping list!



Suitable for:

4+ year olds

What to do:

- Sit with your child and begin writing your shopping list
- Talk aloud as you write, e.g. “we need bread”, “I need tomatoes”
- Invite your child to add to your list or begin writing their own
- Ask your child what they think you need to buy and make suggestions to help
- Chat as you go, asking questions like, “shall we have sandwiches for lunch?”, “What will we need to make them?”

What you need:

- Paper and pen/pencil to write with

Benefits of this experience:

This is a great activity to promote the importance of writing. It will get your child chatting, having a go at writing. It will encourage them to talk about foods they do and don't like and perhaps try something new. As well as this, it will give them a focus and purpose during a food shop.

Story and rhyme time:

Visit your local library to find this book:
'Don't Forget the Bacon!' by Pat Hutchins