

Tips for Thanksgiving Sensory Food Play



Thanksgiving is a great time for hands-on sensory food play, allowing children to explore new textures, smells, and tastes.

This interactive play can help increase food tolerance and reduce mealtime anxiety. It's especially beneficial for picky eaters, as kids need to feel comfortable with food before tasting it. During this activity, introduce holiday-themed foods and demonstrate how to engage with them.



Mashed Potatoes

Start with the classic mashed potato! Mashed potatoes are perfect for squishing and poking. Children can use their fingers to draw in the potatoes or use a spoon for stirring and mixing. Instant mashed potatoes are an easy way to start sensory play!

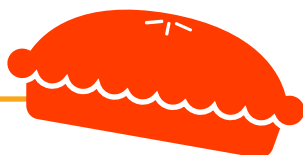
Cranberry Sauce

Canned cranberry sauce makes for an awesome sensory activity. Children can slice, squeeze or pinch! Try hiding small objects inside of the tube so children can explore by touching and digging through it to find a prize!



Stuffing

Stuffing provides great exposure to different textures, smells, and flavors. Try crumbling the stuffing into a bowl or smashing it with a fork. Flatten stuffing and use cookie cutters for extra fun!



Turkey

To encourage carryover on Thanksgiving, try to provide turkey meat that will look like the kind your family eats on Thanksgiving. Try using turkey meat and condiments for drawing, writing, smashing, or ripping.