

FAMILY NEWSLETTER



MYSTERY BOX OR BAG

One of the activities the children will be doing with Grow It, Try it, Like It!, is using a mystery box or bag. This helps introduce the food to children and encourages them to think about the way the food feels. This is also an activity that could be done at home! To make a simple mystery box, place a large cardboard box (18 in x 12 in or larger) onto its side. Cut a hole in the side of the box, 4 inches in diameter, large enough for the child to slip a hand and arm through without it getting stuck. To use the box, place it with the small hole up and turn the open side of the box to the wall. Drape a cloth over the large box opening to prevent children from looking into the box.

Tips for Using the Mystery Box or Bag

- Materials needed: Box with a fitted lid or large, non-see through plastic container (e.g. ice cream tub) with lid; tube sock; duct tape to attach sock to opening; and scissors. Or use a draw-string bag.
- Before you use it, introduce it to the children. Let those who are hesitant feel inside of it prior to beginning.
- Ask the children to sit in a semicircle and remain seated. Take the mystery box/bag to a location where a child can feel inside of it without the other children easily hearing.
- Tell the children that they each will have a chance to describe to you what they feel.
- One at a time, ask each child to come to the mystery box/bag. Have them feel inside without looking inside.
- Ask each child to describe quietly what he/she feels. Encourage descriptive words. Have each child guess what is inside and whisper his/her guess to you.
- After everyone takes a turn, remove the fruit or vegetable and show it to the children.