



Child Activity: **Anchor Center Bread Routine**

The Anchor Center uses this activity one time a week, but it can be done more. The goals are to integrate a routine based sequencing, sensory and fine-motor activity into a real-life learning experience. It can be done one on one or in a group setting.

Step one:

- Assemble ingredients.
 - We use: flour, pre-made bread dough (from a bread machine), brown and white sugar, soft butter and different spices (your choices). You may also try cinnamon, ginger, pumpkin pie spice.
 - Also use different colored sprinkles, small M & Ms, raisins, etc.
 - We keep small amounts of each ingredient in small plastic containers that are used only for this activity. This makes clean up easier.
 - Baking sheet with cooking spray

Step two:

- Have child wash their hands (independently when ready)
- Wear a smock or apron
- Sit in a well supported chair.
- Initially, introduce the PROCESS to the child and allow them to spend extended time in each part of the sequence.
- Place a handful of flour on the table.
- Place a handful or two of bread dough (oooh, sticky!!).
- Roll, Pat, Press in the flour.
- Spread soft butter across the top. We use real cheese spreaders, not sharp, but they look like little knives and fit great in little hands.
- Choose brown sugar or white sugar—sprinkle on.
- Choose spice or decorating sugars.
- Place bread on baking pan, bake!
- Eat your bread for lunch or dinner!

Important things to remember!

- Let the child spend lots of time in each step—do not rush!
- After a while, ask child—"What's next?"
- Tasting, touching, and smelling are OK! They are an important part of the process!
- HAVE FUN!