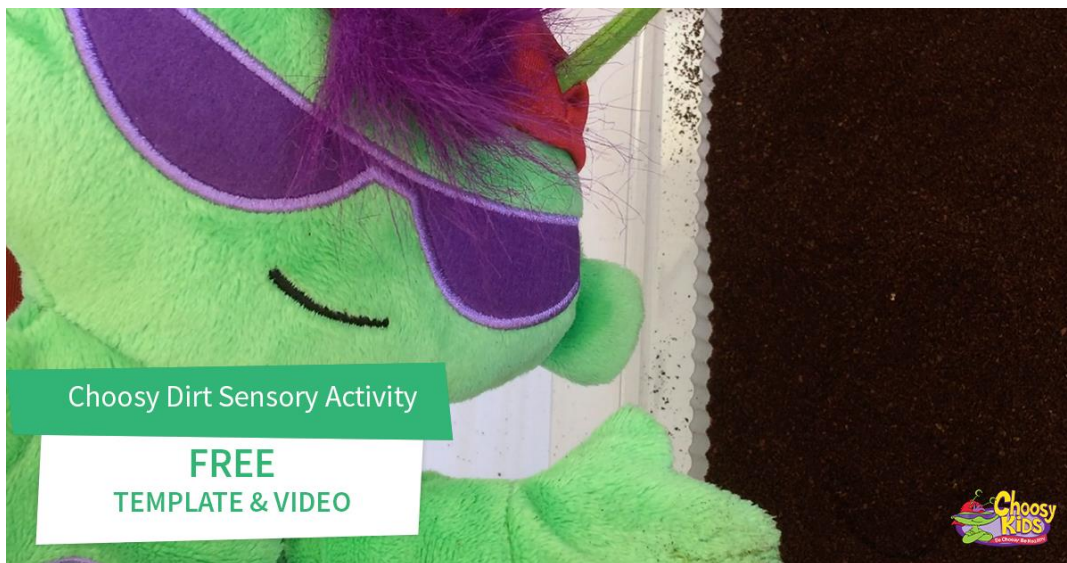


# Choosy Dirt Sensory Activity

Dig, push, nudge and plow through the dirt to help Choosy pull the root vegetables and complete the free printable. This fun interactive sensory bin not only helps with the recognition of healthy vegetables but also incorporates writing practice and fine motor skills. Encourage young children to discuss healthy habits like, "Choosy really enjoys activities like this that include healthy options. What's your favorite vegetable? What color is it? How does it feel?"

Materials: Printable template, scissors, crayon, container, ground coffee

Estimated Time: Less than 30 minutes



## Step 1

Print and cut templates. The FREE template is available to download at [choosykids.com](http://choosykids.com).



## Step 2

Fill an empty container with ground coffee.



## Step 3

Bury your vegetable templates into the coffee.



## Step 4

Use your hands (or tongs) to search through the container to match the vegetable to the template.



## Step 5

Once a match is made, write out its name.

