

Name of lesson/Programme:

Milk the cow activity/ Messy play activity.

Section: Section 3 - Self management skills

Lesson: 21

N.B. Make sure your child is supervised when carrying out this activity.

Purpose: For your child to have fun and enjoy a wet messy play/ sensory play activity.

Materials required:

1. Rubber glove
2. Black marker.
3. Water or milk if preferred.
4. Needle or something pointy to poke holes in the glove. **(Adult only!!)**
5. Some containers to “milk” the cows into.

Method:

1. Start off by colouring black patches on the glove to resemble a cow’s markings.
2. Once the glove has been covered, use your needle to poke a hole in the bottom of one finger. **(Adult Only!!!!)**
3. Take the glove and fill it with the liquid of choice (milk or water).
4. Holding the top of the glove try and fill some containers with your milk.
5. You can also see if the containers fill faster by squeezing the fingers of the gloves to resemble milking cows.

