

Grocery Shopping Race

Set up a pretend grocery store for your children and have them gather all of the items on a grocery list before time runs out. You or another family member can also play with them as a competitor! This can be done outside or inside spread among different rooms. Spread out the aisles so that players have to walk to get to each aisle. Place items where children can still reach them, but high enough that they have to stretch a bit. Also, use items light enough for them to hold, but heavy enough that it works their muscles a bit to hold the items (for example, cans of beans and bags of brown rice). Create a picture-based shopping list and place the items on your list in addition to other items in different aisles. These can just be foods from your own kitchen. Give the shopping list to your child and set a timer for how long they have to find all of the items on the list. You can also read the items that they need to them instead of giving them a shopping list. As they grab items, have them put the items in a reusable grocery bag.

