Frozen Yogurt Pop

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical, Cognitive

What You Need:

- 1 8-oz. container of your favorite flavor of yogurt
- Small paper cups
- Wooden chopstick
- Carrot sticks
- Plastic wrap
- Favorite fruits like fresh blueberries or bananas, sliced

What To Do:

1. Have your child pour/scoop her favorite yogurt into paper cups. Fill the cups about ¾ full. Then, add fruits to the cups.
2. Talk to your child about the texture of the yogurt.
3. Stretch a small piece of plastic wrap across the top of each cup.
4. Using a chopstick, poke a hole in the plastic wrap. Stand a carrot stick straight up in the center of the cup.
5. Put the cups in the freezer until the yogurt is frozen solid. When you take the frozen yogurts out, ask her about how the texture changed from when you first put the cups in the freezer.
6. Enjoy!

Adapted from: www.kidshealth.org