

Cooking up a crumble!

Cooking is a great, fun way to practise getting both hands to work together.

This helps to develop and test the children's co-ordination, hand and finger strength and dexterity skills.

How to do it

Making a fruit crumble is the purpose of this activity. The facilitator can help the students to prepare the fruit. The following ingredients will need to be gathered together:

For the crumble

120g plain flour

60g caster sugar

60g unsalted butter *at room temperature cut into pieces*

For the fruit compote

300g apples

30g unsalted butter

30g demerara butter

Quarter teaspoon ground cinnamon

If this is too difficult for younger children then it is easier to buy prepared fruit. They can definitely help to make the crumble topping. With clean hands, get them to rub the flour and butter together through their thumb and fingers using both hands at the same time, until the mixture looks like bread crumbs. Then add the sugar, gently sift the mixture through the fingers of both hands to mix it in. That's your basic crumble topping ready.



Cook at 200° for 25 minutes and enjoy!

For more activities

This activity is taken from **60 Sensory Minutes** by **Dr Tina Rae**. Please visit nurtureuk.org/publications/practical-tools to see the full range of publications designed to increase children's mindfulness and improve wellbeing.

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