



MY SHOPPING LIST

Materials you need:

- A4 size thick paper or thin cardboard.
- Old cooking magazines, grocery store recipe cards and booklets, food junk mail (always plenty at the op shops!)
- Glue sticks, scissors, pencils

Setup for play:

- Set up all materials on an easily accessible table.
- Talk together about what the children usually like to eat in their family home, what do they have in their lunchbox, what do they love for dinner? Where do they get their shopping and food from? Who buys it? How do they help with shopping?
- Help the children to cut out some foods from the booklets and magazines to paste onto their paper and create their own shopping list. Have some pictures already cut out for the younger children to choose from and stick to their paper.
- Encourage older children to try writing the name of their food (not important to get it right – just the act of mark making and creating a symbol to represent something real is the learning process)

What are they learning with this activity?

As the children make their own shopping list they are learning to:

- Become aware of connections, similarities and differences between people
- Develop new descriptive vocabulary and language skills
- Recognise symbols and how things can represent other things
- Strengthen fine motor muscles, visual motor integration and control
- Manipulate equipment and real-life tools with increasing competence
- Listen to and follow directions
- Work together in a group with others
- Recognise their individual achievements and successes – show pride in their work
- Use their imagination to explore real life events
- Show increasing independence and competence
- Explore the unique aspects of their identity through simple actions and play

Extending the play:

- Set up a grocery store/shopping dramatic play area.
- Take the reusable bags on an excursion to the shops as a prompt to discuss waste and how we can be eco friendly when shopping.

