



Approaches to Learning Activity for 42 to 48 Months

Carrot Top

During this activity, children have to demonstrate a growing capacity to maintain concentration over time on a task despite distraction and interactions.

Materials:

- Food coloring
- Water
- Glass or container (2)
- Carrots
- *The Carrot Seed* by Ruth Krauss or *The Giant Carrot* by Jan Peck

What to do:

1. Read the books to the child.
2. Fill a glass with water and add eight to ten drops of red food coloring and a carrot top. Place another carrot top in a second glass or container of water.
3. Place both glasses in a sunny window for several days.
4. Take both carrots out of the glasses and cut them in half. The one sitting in colored water should show how water is absorbed.

Variation:

- Make a carrot salad by mixing carrot slivers with raisins or chunks of apples. Serve this salad at snack time.

