



## 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.

