



Pyramid Support at Home Activity Plan: Popsicle Making

Description: This is a simple cooking activity to make basic popsicles with your learner. You and your learner have flexibility to modify or select the ingredients to make a preferred flavor of popsicle.

Materials: Freezer, cup (Dixie Cup is a good size), popsicle sticks, tape, scissors, juice, fruit, blender and chosen ingredients like milk or water and the fruit or things you are blending into a popsicle mix.

Supplemental Links: These are some links to different popsicle recipes

<https://joyfoodsunshine.com/homemade-fruit-popsicles/>

<https://www.jessicagavin.com/make-your-own-homemade-fruit-popsicles/>

<https://www.countryliving.com/food-drinks/g830/popsicle-recipes-0709/>

<https://www.livingonadime.com/easy-homemade-popsicle-recipes/>

POTENTIAL LEARNING OPPORTUNITIES – You DO NOT need to do these all at once. Remember you can run the activity multiple times and focus on the same or different learning opportunities each time you do the activity. Take a look below or brainstorm your own learning opportunities and pick a few to focus on when working with your learner.

Requests	Comments	Directions	Critical Skills	Other Learning Opportunities
-Water or Milk	-Yum!	-Pick a fruit	-Work on waiting	- Independently setting up and cleaning up materials
-Cup	-Yuck	-Put in	-Work on turn taking	-Wiping down cooking surface
-Pour	-I like...	-Take ____	-Requesting Help	-Washing and putting stuff into sink or dishwasher
-Help	-I don't like	-Open the ____	- Answering a yes/no question	- Pouring liquid into the cup
-Blender	-Cold	-Look	- Hearing no if something is not available and making another choice	-Independently eating a popsicle snack
-Juice	-It's frozen	-Stop		
-Any type of fruit that you use (e.g. banana, watermelon, blueberry, raspberry, lemon...)	-It melted	-Get the ____		
-Popsicle/Popsicle Stick		** These can be vocal direction or picture directions		
-Tape				
-I want/I don't want				