



Lesson: Winter Snacks

Description: The temperatures are dropping, and we are all inclined to spend a little more time indoors. This lesson plan includes three simple winter themed snacks including snowman pudding cups, chocolate covered banana penguins, and cinnamon snowflake tortillas.

Materials: You can always add in your own twists to the recipes...

Snowman Pudding Cup – Cup, Markers or Construction Paper and Tape, Spoon, Pudding, Choice Toppings (e.g. marshmallows, etc.)

<https://www.gluedtomycraftsblog.com/2014/01/snowman-pudding-craft-recipe.html>

Chocolate Covered Banana Penguin – Bananas, Chocolate Chips, Bowl, Microwave or Stove, Water, M&Ms or other similar candy

<https://sadlercrazylife.wordpress.com/2012/12/03/crafty-christmas-snack-frozen-banana-penguin/>

<http://www.readingconfetti.com/2014/01/sledding-penguins-frozen-banana-snack.html>

Cinnamon Sugar Snowflake - Tortillas, White sugar, Cinnamon, Butter

<https://happyhooligans.ca/cinnamon-sugar-snowflakes/>

External Links –

Penguin Dance for Preschoolers - <https://www.youtube.com/watch?v=uf0uKmkwnKs>

Science Video About Penguins - <https://www.youtube.com/watch?v=O8qilxaBR20>

How to Draw a Cartoon Penguin - <https://www.youtube.com/watch?v=MilR2D3cJRY>

Five Little Snowman Song - <https://www.youtube.com/watch?v=n2ukrBhmcD8>



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

Requests	Comments	Directions	Possible Behavioral Tolerance opportunities	Other Learning Opportunities
-Markers -Toppings (Marshmallows,etc_ -Cup -Spoon -Pudding -Banana -Chocolate Chips -Microwave -M&M or other candy (could be a specific Color) -Bowl -Tortilla -Sugar -Cinnamon -Butter -Melt it -Plate -Cookie cutter -Napkin - Learner give direction to peer or adult (put in, stir, hold this, opn, etc.) -Look	- It's a _____ (snowman, penguin, etc.) -It smells _____ -It tastes _____ (sweet, gross, yummy, crunchy, etc.) -It feels _____ -I like/ I don't like -Its melting -Its frozen -Its gooey or comment on texture of something -Penguins are _____ -The snowman is _____ -I made a _____	-Do this _____ -Get the _____ or Take the _____ -Put the _____ here or Put in/on/next to - Open/Close -Draw a _____ -Taste the _____ -Dip in the chocolate -Stir *Can do vocal or picture directions	-Hearing "no" and accepting an alternative -Responding to "yes" or "no" to different things they might want/not want or need/not need -Help request -Waiting for item to cook -Indicating they are all done with the snack -Transitioning safely to or from the cooking or snack time	- Independently setting up and cleaning up materials -Feeding Self -Trying new foods or touching different textures -Using the microwave or stove -Supplemental Links above for a song, dance, science video -Reading or listening to related books -Counting out a specific quantity of M&Ms or Chocolate chip or cooking material -Drawing or decorating Snowman cup -Writing name on bottom or back of cup