

Fun-Filled Food Sensory Activities For One-Year-Olds



Jell-O or pudding play

Mix Jell-O with cream or fruit juices to create a sticky pudding. Your child can run their fingers through it and have fun with its jelly-like consistency.



Edible finger paint

Mixing mashed avocado, yogurt, or other food items with food coloring to create safe and edible finger paint.

Oatmeal or rice play

Fill a shallow container with oatmeal or rice, add some small toys, and let the baby explore and play with their hands.



Vegetable or fruit stamping

Cut different vegetables or fruits in half and let the baby use them as stamps to make marks on paper.