

Food Mat

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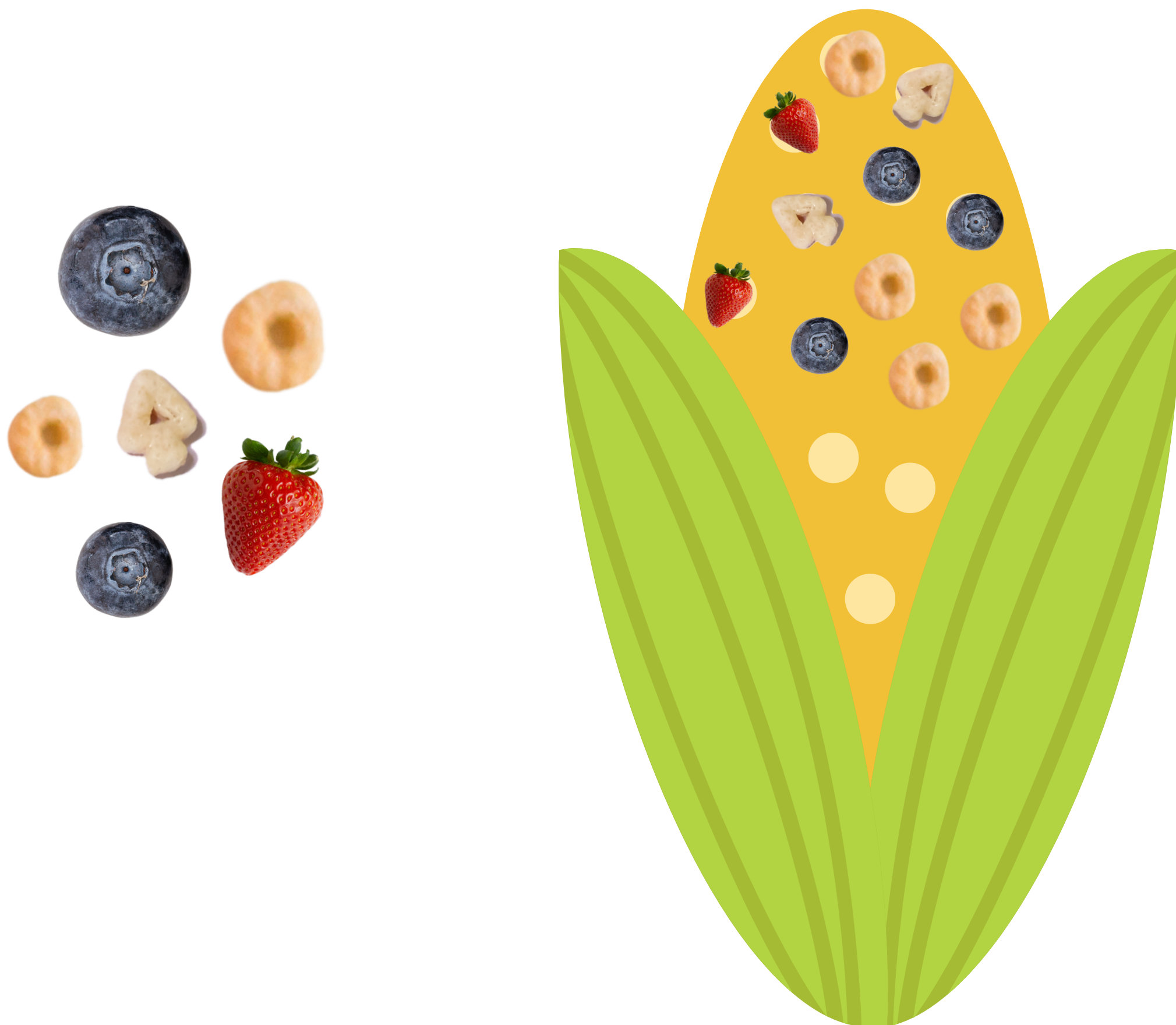
Description: Feeding mats are fun addition to the therapy and home toolkit to transform mealtime or snack time into an engaging and educational experience, providing a platform for young learners to make progress and build confidence while they eat.

Instructions:

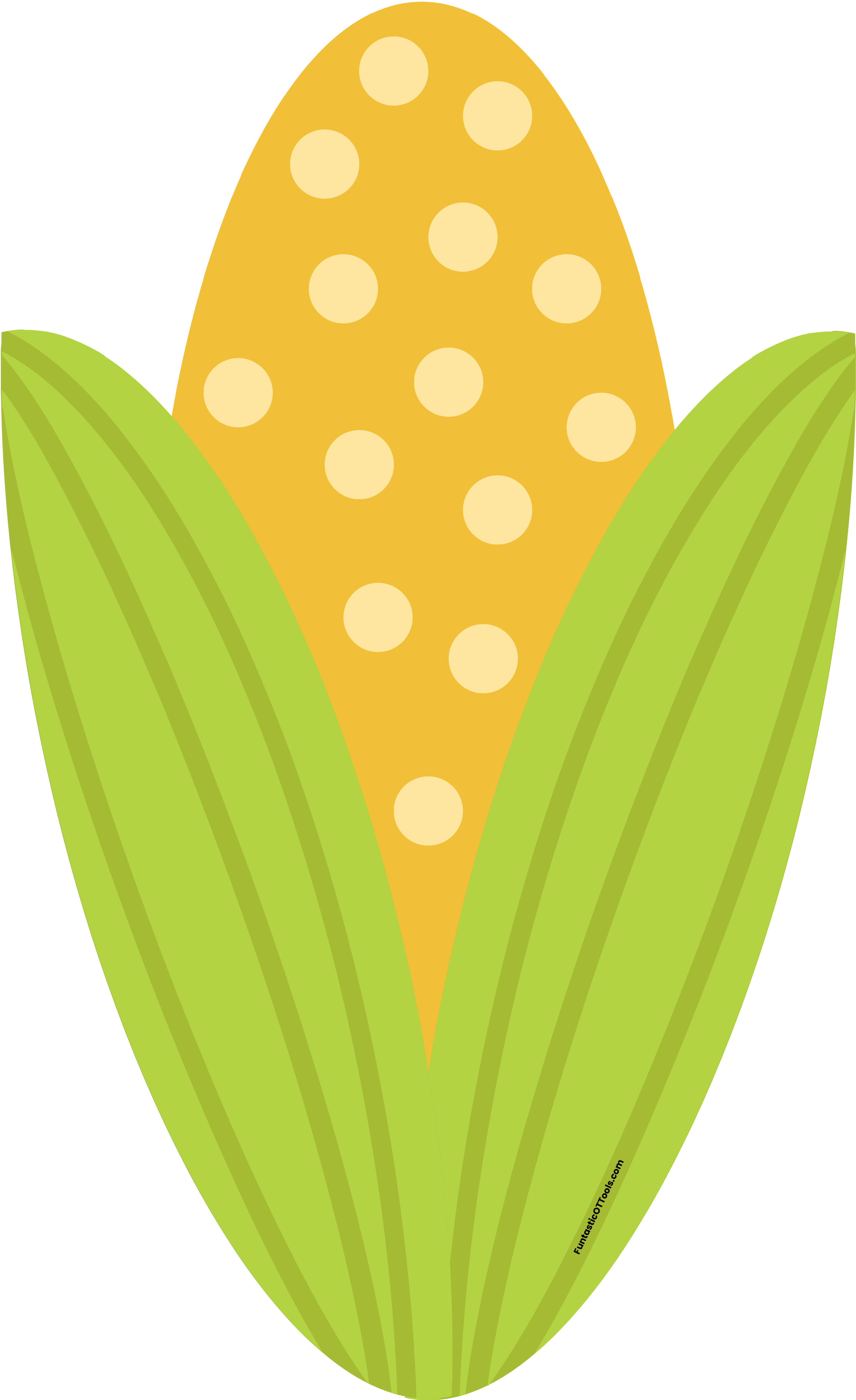
1. After printing out the handout, it is strongly recommended that you either laminate the handout or place in a clear transparent paper in order to be able to reuse the handout multiple times.
2. After laminating or placing in a clear transparent paper, lay the feeding mat on a clean surface, such as a table.
3. Encourage the child to explore the image and have a conversation with them about what they see. Ask them what they can add to make the image more lively, entertaining, and fun.
4. Use the feeding mat as a fun backdrop for trying new foods or practicing using eating utensils like spoons or forks.
5. Use the feeding mat into your daily routine to make mealtime or snacktime more enjoyable and engaging.

Example Below:

Let's add corn kernals on the corn by adding food of your choice, like cereal or fruit!
Below is an example of how you can add to the corn.



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It's your turn to have fun!



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