



Short Activity
Ages 3–5
15 minutes

Mystery Container

Description

Stimulate your senses with a container filled with a variety of objects.

Competencies

- Body awareness
- Sensory motor skills
- Creative and imaginative thinking
- Development of fine motor skills

Materials

- A container (box, bag, etc.)
- Filler material (water beads, kinetic sand, colour rice, pasta, shredded paper, cotton balls, oats, beans, etc.)
- Larger objects to manipulate that are different shapes and textures (toys, buttons, spoons, tongs, wire cleaners, foam shapes, etc.)

Preparation

- Load the container with the chosen filler material
- Distribute the larger objects inside the container
- Optional: cover or seal the mystery container

Implementation

1. Have participants insert their hand into the mystery container, either as a small group or individually
2. Encourage them to explore and feel inside the container
3. Ask the participant if anything seems familiar about the objects inside
4. Optional:
 - If the container is closed, ask them to guess what they think is inside
 - Track the participants' guesses and see who can correctly identify the most items

Book Suggestions

Explorers of the Wild by Cale Atkinson

The Night the Forest Came to Town by Charles Ghigna

Images and Templates

