

Shopping List Activity

This Shopping List activity is a fun way for young children to build language and social skills as they talk, listen and take turns while pretending to shop. It boosts confidence and helps them learn through everyday play. At the same time, it brings early reading and maths, like matching pictures to words, counting and sorting, all in a hands on way that supports early learning.

You will need:

Printable Shopping Lists, Trolley & Groceries

Scissors

Laminater and Pouches



Instructions:

Step 1: Print out the shopping lists, trolley and groceries. (see attachment). Discuss with your child the different foods on the shopping lists, and where they come from or how they grow? What are the colours of the fruit and vegetables?



Step 2: After the printing is complete, carefully cut everything out.



Step 3: It is a good idea to laminate your pieces so they are more durable and reusable. This will prevent them from getting torn or crumpled. If you don't have the use of a laminator, simply use some clear tape to strengthen them.



Step 4: Once all the pieces are laminated and cut out, give your child one of the shopping lists and encourage them to find the matching item to place in their trolley. Use this opportunity to discuss which fruits and vegetables taste sweet or savoury. What is their favourite fruit and vegetable.



You could also turn this into a memory game if you have more than one child. Each child would have their own trolley and shopping list. The grocery items are placed face down on the table. Take it in turns to turn over the grocery item. If the child turns over the item that is on their shopping list, they can add it to their trolley. If they don't have the item they must put it back, and the next person takes their turn. The first one to fill their trolley wins the game!

