

# I'll Make Dinner

## Primary Objectives

14b. Engages in sociodramatic play

## Why It's Important

Acting out pretend roles not only encourages your child to explore his surroundings, but it also builds his confidence in participating in everyday situations. In the same way that role-playing allows your child to express his feelings in a safe environment, imitating adult activities and taking on new roles develops his understanding of his home and classroom experiences.

## Materials

Pretend kitchen materials

## What You Do

1. Make sure the play area or kitchen is equipped with basic kitchen supplies that are easily accessible to your child.
2. Invite your child to join you in this dramatic play. Ask him if he would like to prepare dinner for you.
3. Allow him to guide the activity by choosing what meal to prepare, what dishes to use, etc. Offer limited input for his choices.
4. Encourage his play by talking about what you see. *I see that you are making spaghetti. That looks delicious!*
5. As he serves the meal to you, express gratitude and pretend to eat the food. Invite him to describe what he made and join you as you eat.
6. After the meal, help him clean up the kitchen by putting food and dishes where they belong. Let him know that you enjoyed the meal. Invite him to cook for you again in the future.
7. You can extend this activity by encouraging your child to pretend he is preparing food in a restaurant. He can use paper and crayons to create a menu of meal choices.