



## MUSTARD SQUIRT

*There are many ways to practice making letter shapes. Here's a fun project that you can adapt for other letters. Try it with numbers, too!*

### **What You Need:**

Yellow mustard in squirt bottle, large piece of paper or plastic tablecloth (optional)

### **To Prepare:**

Fill a half empty squeeze bottle of prepared mustard with water, diluting it until you get a consistency that's easy to squirt.

### **Activity:**

1. Announce that you are doing a really fun project with the letter *m*. Say, "*m* is for *mustard*." Have your child chant *m, mustard* a few times.
2. Bring out the bottle of mustard. Make sure the lid is secured, then ask him give it a vigorous shake.
3. Now show him how to write the letter *m* with the mustard. Do this outside on snow or sand, in a bathtub or shower, on a large piece of paper, or on a plastic tablecloth.
4. After practicing writing a few *m*'s, invite him to draw designs of his own.

