

Activity: Spot, Mix, and Describe!

Step 1: Can you find all the differences? Circle them when you spot them!



Step 2: Create your own snack using the recipe below.

Recipe Name: Build-Your-Own Snack Mix

Ingredients:

- Rice cereal squares (like Chex)
- Mini pretzels
- Dried cranberries
- Sunflower seeds or pumpkin seeds (optional for added texture)
- Mini marshmallows (optional for a treat)

Instructions:

1. Grab a small bowl or cup for your snack mix.
2. Look at the bowls of yummy ingredients on the table.
3. Scoop up the ones you like best and mix them together in your bowl.
4. Enjoy your tasty creation!

Step 3: Use these sentence starters to write or talk about these activities.

- One thing I noticed that was different is

_____.

- I found _____ in one picture but not the other.

- My favorite part of making the snack mix was

_____.

- I would describe the snack as

_____.

- If I made it again, I would add

_____.

Teacher - Occupational Therapist Activity Information

Spot, Mix, and Describe! supports visual-motor, fine motor, and language skills:

- Spot the Difference: Builds visual discrimination, scanning, and attention to detail.
- Snack Mix: Improves fine motor coordination (scooping/mixing), motor planning, and sensory exploration.
- Reflection: Encourages language development, self-expression, and critical thinking with sentence starters.

Key Benefits:

- Strengthens visual-motor integration and executive functioning.
- Promotes engagement, independence, and adaptability for all skill levels.