



# Bright Ideas: Baking

Are you looking for a way to target some important skills on a rainy or snowy day?

Try baking cookies!

First, baking can help develop organization and planning skills as you read the recipe and gather the ingredients. Second, baking can help develop upper body strength as you stir the stiff cookie dough. Along with this, stirring the dough helps develop the use of two hands together as one hand stirs while the other hand holds the bowl.

Third, you can practice counting skills. Count how many cups of flour, or teaspoons of cinnamon go into the dough. How many different ingredients are there? How many cookies can fit on the cookie sheet? How many cookies did you eat?

Have fun!

