

Transition Thursday Lunchbox

To explore a food options and build independence in their ability to opening containers and packaging themselves.

Please note: Some foods will be restricted from the children's lunchboxes, most commonly eggs and nuts, due to another child in the classroom having a severe and possible life-threatening condition if they encounter these foods.

Play-based learning ideas:

- Explore your child's lunchbox together
- Practice opening and closing containers at home
- Work together to discover what may fit into their lunchbox and how much can fit to ensure they have a selection of food options
- Google "lunch box ideas" with your child and explore some new recipes to create and try together

Benefit to the child:

- Aware of what is in their lunchbox
- Independence in their capacity to open own lunchbox
- Able to respond to own needs
- Less support allows them to eat during the lunch break without waiting for support