



# Lemonade in a Bag

Get ready for summer with the fun and easy Lemonade in a Bag activity! As we head into the hot summer months, what's more refreshing than homemade lemonade? Lemonade in a bag is an easy summer treat kids will love as they head outdoors, get out their wiggles, and make their very own cool drink perfect for a day of play.

## How Can I Include This In My Lesson Plan?

Lemonade in a Bag may look like just another food-based activity focused on creating a fun summer treat, but it's actually a great way to incorporate gross motor development and learning areas like math into outdoor play. For example, encourage children to help you count and measure the ingredients needed to make your lemonade. Together you'll add two halves of the lemon and measure out 1 tablespoon of sugar into your bags.

You can also extend gross motor development and learning by encouraging children to come up with new and creative ways to wiggle and move! Shake your lemonade like an elephant, dance around and shake your lemonade to the beat, the possibilities for fun and engaging movement are endless, and you'll have a delicious treat at the end.

### Required Materials:

- Plastic storage bag
- 2 lemon wedges
- 1 cup of ice
- 1 TBS of sugar
- Splash of water

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### 1. Gather Your Materials

Gather all of your lemonade ingredients together and cut your lemon into 2 wedges to begin making your sweet summer treat! Make sure to remove any seeds from the lemon while cutting to prevent children from swallowing them. Add your lemon wedges, a cup of ice, and 1 tablespoon of sugar to your plastic storage bag and zip it shut.

### 2. Get Out Your Wiggles!

When their bags are secure, encourage children to move, jump, shake, wiggle, and more to mix up their lemonade.

### 3. Enjoy Your Lemonade

After all of the ingredients are mixed together, add a splash of water to your bag, add a straw, zip the bag closed around the straw, and enjoy your lemonade!

