

Shape Sammies

This is a great way to extend the learning from the Wiggle Shapes lesson. Be sure to discuss the shapes as you hand them out.

Prep time: 10 minutes or 30 with the children.

Ingredients:

- Thin-sliced wheat or white sandwich bread
- Lite ranch-style salad dressing
- Thin-sliced turkey
- Thin-sliced cheese
- 2-3 inch circle cookie cutter
- toothpicks
- Knife
- Four plates

1. Assemble a regular sandwich by spreading the salad dressing onto 2 slices of bread.
2. On one slice lay 1 piece of turkey and 1 piece of cheese.
3. Put the other slice of bread on top of the cheese.
4. Mash the sandwich down a bit.
5. Have an adult use the knife to make two cuts on the diagonal to make four triangles.
6. Have an adult use the knife to make two cuts down the middle to make four squares.
7. Use the cookie cutter to cut four circles out of the sandwich. These are your shape sammies!
8. On each plate, put one triangle, one square, and one circle sammie.
9. Chose a fruit or veggie of your choice to go along with your shape sammies.
10. Shapes may also be made from PB&J or grilled cheese sandwiches