

EXPLORE WITH SENSORY PLAY



Sensory play has a very important role in your child's development and often ignites curiosity, creativity and even problem-solving.

Our environments are saturated with opportunities to engage the senses. Below are a few fun activities to try with your child.

HEAR



TAKE THINGS OUTDOORS!

Go on a hearing hike where children can identify sounds of animals, leaves crunching beneath their feet, or skipping a rock across the water.

SMELL



GET CRAFTY

Create a "smell collage". Collect scented items and glue them on paper or cardboard. This could include coffee beans, flowers, herbs, etc.

TOUCH



ASK QUESTIONS

Children are constantly touching things, so take this opportunity to talk about what they feel when they touch an item and how it feels on their skin or in their hand.

TASTE



MAKE IT A GAME

Children can blindly feel various foods for their texture, trying to identify their food. Next they can taste or smell to see if their first guess was correct or not.

SEE



Sight provides a unique ability to incorporate all other senses as well. Nearly every activity that focuses on a particular sense, can also be associated to sight; what do you see when you hear? What do you see when you smell? What do you see when you touch? What do you see when you taste?

Some children don't respond to sensory input the same as other children. Perhaps avoiding sensory input by covering their ears, or not wearing socks because the stitching bothers them. Some children seek sensory input more than other children—finding things to chew on or bouncing for hours on a trampoline. Sensory avoidance or sensory seeking can sometimes indicate a sensory processing disorder (SPD).

Visit your local EFMP office to read more about SPD or check out some sensory materials. Be sure to discuss any concerns with your child's pediatrician at their next visit.