



The Power of Sensory Play

Sensory play is an important part of a child's development. Sensory play includes play that involves sights, sounds, smells, tastes, and touch. Sensory play stimulates a child's brain and helps the child think about the world. Sensory experiences are as simple as the feel of a soft stuff animal against the skin or the smell of chocolate chip cookies. Allowing your child the opportunity to touch different textures provides the child new and different information about the world and builds problem solving, thinking, and math skills. Try this simple idea that is easy to change up.

Create a Sensory Box:

- What you need:
 - » A medium-sized cardboard box (shoebox will work great) or a plastic container
 - » A newspaper or a large cardboard box that can be cut so that it lays flat
 - » Different size plastic containers or measuring cups
 - » Spoons
- What to do:
 - » Spread out the newspaper or the large cardboard box that is cut to lay flat (this helps contain any mess your child may create)
 - » Place the box on top of the newspaper or large cardboard box
 - » Choose one item to put in the box
 - » Add some plastic containers or measuring cups and a couple of spoons
 - » Watch your child enjoy the activity
 - » When your child gets tired of playing with one kind of item, place that item in a sealed container or plastic bag
 - » On a different day try another item



Ideas of items to place in the box:

- Rice
- Different textures of fabric
- Sand
- Shredded paper
- Playdough

What items can you think of to place in the box?



References: Overland, Haley, (2019, November 12). *20 indoor games to keep the kids entertained on a rainy day.* <https://www.todayparent.com/toddler/20-fun-indoor-games/>; Perry, B.D. *Curiosity: The Fuel of Development.* Early Childhood Today 15:6, 22-23 2001