



SENSORY PLAY

Benefits of Sensory Play for Children

- Promotes problem-solving skills
- Enhances memory and executive functioning skills
- Supports language development
- Supports development of self-regulation skills
- Provides vestibular and proprioceptive input to inner sensory systems
- Fosters learning dispositions such as curiosity, fun, concentration, resilience, persistence, determination and independence

Sensory Play can be calming/soothing. Consider:

- Massage cushions
- Music
- Mindfulness/meditation

Sensory Play experiences can occur indoors and outdoors. Consider: Lighting, sound & smell

- Sensory room
- Light table
- Blackout tent with LED lighting inside
- Musical instruments
- Adding food scent, herbs or essential oils to water tables and play dough
- Nature:
 - Wind and rain
 - Snow, ice, frost and sun
 - Mud, compost and soil
 - Gardening - growing herbs, fruit and vegetables to taste and smell

Sensory Play can be tactile. Consider:

- Gloop
- Variety of dough recipes
- Sand
- Kinetic sand
- Water/ice
- Painting with fingers and tools; provide a choice of materials
- Tactile board for exploration

Sensory Play can be Active. Consider:

- Action songs and games
- Movement to music
- Rough and tumble play
- Climbing, jumping, and running