

Sensory Play

Why is Sensory Play so important?

Research has shown that sensory play, using smell, taste, touch, sight and hearing, are all important for developing nerve connections in the brain. Engaging in sensory rich experiences enhances children's thinking and learning capabilities.

Strategies / Interventions - Provide a range of multi-sensory experiences:

Visual

- Paint with water on tissue paper.
- Repurpose wrapping paper and ribbon remnants by gluing them onto a piece of paper.
- Scribble on aluminum foil using coloured markers.

Auditory

- Make a sound wall using pots, pans, stainless steel, and wooden utensils.
- Provide sound making toys/objects in a treasure basket.

Kinaesthetic

- Provide treasure baskets containing household objects with different textures.
- Provide different materials in a tuff spot tray for children to explore with their hands. Add in different utensils.
- Try painting with feet. Put the paper on the floor and remove the children's shoes and socks.
- Walk over different surfaces in bare feet e.g. bubble wrap, sand etc.
- Construct an indoor obstacle course using couch cushions, blankets, pool noodles, and hula hoops.
- Encourage moving in different ways.

Olfactory

- Create a smell laboratory using spices from the kitchen.
- Play "Guess that Scent" using variety of lotions, like sunscreen, hand soap, dish soap, tooth paste.

Gustatory*

- Taste and compare different food items.
- Play "Guess that Flavour" using ice cream or smoothie flavours.

***See also Useful Tips 'Sensory Processing', 'Sensory Profile', 'Sensory Audit', and Creating a Sensory Area'.**



Parent Partnership

– Try this at home:

Provide trays of different resources, cardboard tubes, rice/pasta, stones, twigs and gloop to develop play, conversations, new words, and different imaginative scenarios. Have fun!

Some [great ideas](https://childhood101.com/sensory-play/) can be found here:

<https://childhood101.com/sensory-play/> .

Links to EYFS: C&L, PD, PSED.

Links to SEND Code of Practice: C&I, SEMH, C&L, P&S