

SUPPORT AT HOME: SENSORIAL ACTIVITIES



- Allow children to use hands to touch and feel objects. This is the way they can really grasp ideas wholly. Show them how to handle precious belongings with care and respect, or how to wash hands after touching objects from the ground or outside.
- Give qualitative vocabulary that is accurate and increasingly complex: eg. high/low, higher/lower, highest/lowest.
- Use really expressive words to describe what you see, hear, smell, taste, feel, not just basic words: e.g. not just red but maroon, scarlet, crimson, burgundy, cardinal. These new words delight the young child and tickle his language receptors!

- Encourage early exposure to different scents and textures in food and play: sticky, slippery, dry, wet, rough, smooth, brittle, pulpy etc. Exploration is your child's way of examining, discovering, categorising, and making sense of their world. The more exposure that he has, the more comfort he will gain with all the new experiences out there.
- Play "I Spy" games to draw their attention to details in their environment.
- Play "What do you Hear?" or "What can you taste?" or "What can you feel?" games with a blindfold on with children ages 4-5. Most 3 year olds will be uncomfortable and hesitate to have their eyes covered.
- Play the "Memory Game" with 10 objects found on an outdoor walk or items that are related by theme (eg. kitchen utensils). Name each object aloud together to ensure that the child knows vocabulary. Place all the objects on a mat. While the child looks away, remove one object. Ask the child to identify the missing object. Take turns.
- Create opportunities for water and messy play with hands (eg. finger painting, sand, clay work). Showing your child how to properly clean up on his own should be part of the process.
- Involve your child in meal preparation and let them do the tough work like kneading dough, mixing thick ingredients, pounding meat, and scrubbing dirty potatoes. Children love to help prepare food for themselves and their family. Cooking activities are an essential part of developing fine motor skills in the home, and also are a great opportunity to introduce different sensory concepts, strengthen muscles, and enhance vocabulary through real experiences.
- Find daily opportunities for your child to exert maximum effort with his body: pushing, pulling, kicking, hanging, jumping, and lifting (eg. bowling, playground monkey bars, trampolines, pushing a heavy bag back and forth, pulling a heavy wagon filled with rocks)