

Child's Name: _____

Age: _____

Parent/Guardian: _____

Introduction to Sensory Play

Welcome to Sensory Play and Exploration:

This activity is designed to promote sensory awareness, fine motor skills, and hand-eye coordination in 1-2 year old children.

Learning Objectives:

- Develop sensory awareness through exploration of different textures and materials
- Improve fine motor skills through play-based activities
- Enhance hand-eye coordination through interactive games and exercises

Activity 1: Sensory Bin Exploration

Instructions:

1. Fill a bin with rice, beans, or sand and hide small toys or other objects for the child to find and explore.
2. Provide various tools such as scoops, spoons, and small cups for the child to use during exploration.

Questions:

1. What do you see in the bin?
2. What do you feel when you touch the rice/beans/sand?
3. Can you find the hidden toys?

Activity 2: Play Dough Creations

Instructions:

1. Make or purchase play dough and provide various tools such as rollers, cutters, and molds.
2. Encourage the child to create and explore different textures and shapes.

Questions:

1. What does the play dough feel like?
2. Can you make a ball with the play dough?
3. What shape can you make using the roller?

Activity 3: Water Play

Instructions:

1. Fill a container with water and add soap, sponges, and other objects for the child to explore.
2. Encourage the child to experiment with pouring, measuring, and splashing.

Questions:

1. What happens when you pour water into the container?
2. Can you make bubbles with the soap?
3. How does the water feel on your skin?

Activity 4: Texture Walk

Instructions:

1. Gather various textures such as carpet, wood, stone, and fabric.
2. Place the textures on the floor or a table and have the child walk or crawl on them, exploring the different sensations.

Questions:

1. What does the carpet feel like?
2. Can you walk on the wood without making a sound?
3. Which texture do you like best?

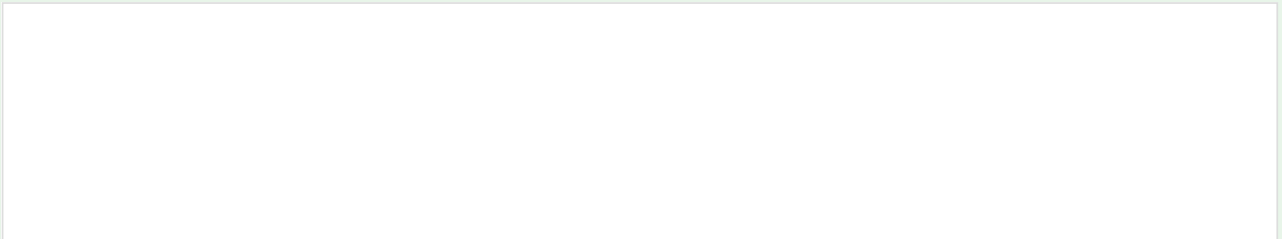
Extension Activity: Sensory Bottles

Instructions:

1. Fill empty bottles with water, oil, and food coloring, and add glitter, beads, or small toys.
2. Have the child shake and explore the bottles, observing the different textures and colors.

Questions:

1. What happens when you shake the bottle?
2. Can you see the glitter moving?
3. What color is the liquid in the bottle?



Participation and Engagement (30%):

- Did the child participate in all activities?
- Was the child engaged throughout the activities?

Ability to Identify and Describe Textures (20%):

- Could the child identify different textures?
- Could the child describe the textures using their own words?

Fine Motor Skills and Hand-Eye Coordination (20%):

- Did the child demonstrate fine motor skills during activities?
- Did the child demonstrate hand-eye coordination during activities?

Creativity and Self-Expression (30%):

- Did the child demonstrate creativity during activities?
- Did the child express themselves through play?

Tips for Supporting Your Child:

- Always supervise your child during sensory play to ensure their safety.
- Encourage your child to explore and learn, providing support and guidance as needed.
- Engage in discussions with your child about their experiences and observations, promoting critical thinking and reflection.

Additional Tips:

- Allocate 15-25 minutes for the activity, taking breaks as needed to avoid overwhelming the child.
- Be patient and flexible, adapting the activities to meet your child's needs and interests.

Congratulations on Completing the Sensory Play and Exploration Activity:

Remember to always supervise your child during sensory play and provide support and guidance as needed.

Final Thoughts:

- Sensory play is an essential part of childhood development, promoting cognitive, motor, and social skills.
- Encourage your child to explore and learn through play, providing a nurturing and supportive environment.