

Sensory & Exploratory Play

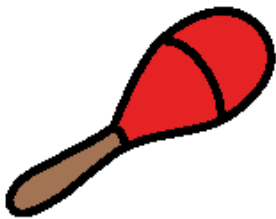
Sensory and Exploratory play helps children to learn about the world around them. It also,

- helps children become more accepting of new sensory experiences including food
- helps children to develop movement and coordination
- helps children learn that they can have an effect on the things around them

Activities to encourage sensory and exploratory play that you could try:

Help child to bang, shake, examine, drop and throw objects.

Support child in putting safe objects to their mouth.



Give child toys they can squeeze and shake.

Gather together objects that have different textures, such as rough, smooth, spiky, feathers for the child to feel and explore.

Use baby oil to massage a child's hands and feet.

Explore sounds using bells, rattles and musical toys.



Play with toys and objects that are brightly coloured, shiny, lit-up.



Encourage the child to try a range of tastes and smells through messy play with food.

Help the child explore touch and feel books.

Play with a range of messy activities such as sand, water, play dough.

Make shakers out of pots filled with dried pasta or rice.

