

Sensory Activities for Toddlers

Hello StrongStart families,

This content is put together by Teacher Sandy (from Queen Alexandra).

Sensory play is a type of play that stimulates your child's senses (e.g., sight, taste, touch, etc). Even peeling an orange is considered sensory play. You can allow your child to hold the peel, smell it and even taste some of the orange juice. Some parents have asked me when they can start their child with sensory play. You can start them as young as 4 months - you may have to adjust the materials you use and be mindful of small pieces and any choking hazards. Here are four ways to do sensory play at home:

Sensory Bins



Gather some containers/bins with lids. It's great to have a few bins on hand so you can interchange the play without taking all its content out. You can have small bins for highchairs and tables and large bins for floor and outside play. Some materials you can put inside include cotton balls, rice, pasta, beads, sand or packaging peanuts. You can use tools like measuring spoons, ladles, bowls or tongs.

Sensory Foam for Toddlers



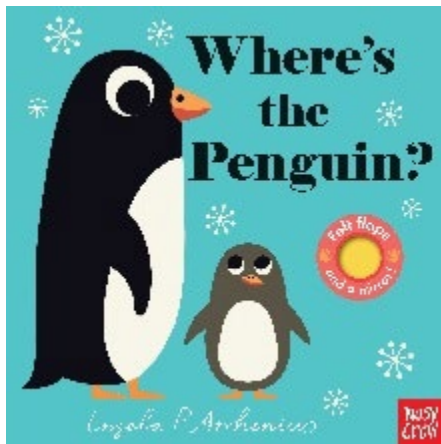
The recipe for sensory foam is 1/4 cup tear free baby wash and 1/2 cup of water. To make it colourful, you can add a few drops of food colouring. Mix it all together with a hand mixer until soft peaks form. You can use this in the bathtub or outside on a nice day! Add in some spoons and bowls for extra fun!

Sand Foam



Sand foam requires two ingredients - clean sand and shaving cream. Mix the two together until a desired consistency. You can use spatulas, shovels or a muffin tray. Add some rocks or small animal figurines for some hide-and-seek play!

Sensory Books



Join Teacher Sandy as she read a sensory book called "Where is Penguin" by Ingela P. Arrhenius - <https://youtu.be/guxQyxB0pPw>

To wrap up, here's a list of easy sensory play ideas:

- freeze small toys into ice cube trays and drop them into the bath or slide on a tray
- fill a whisk with pompoms and encourage your child to pull them out with their fingers

- put some cooked spaghetti into a strainer and get your child to pull the pasta from the holes
- fill Ziplock bags with gel or clear shampoo and items like jewels, large buttons, small animal figurines, etc

