

Supporting children to engage in sensory play.

For young children, early sensory experiences play a vital role in supporting brain development. Through exposure to new experiences, objects, and interactions, children also gain information, learn about, and make sense of the world around them.

Not all children will naturally enjoy sensory play. There are certain groups of children, such as those who have autism or those who have sensory integration difficulties who will find it challenging to make sense of and organise all the stimuli that come at them via their senses. The truth is, all children need help learning how to use their senses.

Sensory bottles:

Sensory bottles are an ideal way to individualise sensory play experiences and are mobile so they can be taken to the child rather than relying on the child to access them in a fixed location.



Tabletop Sensory Boxes/Bowls:

Another idea to offer individualised play for specific children wherever they might be in the setting!



Sensory Bags:

Sensory bags offer the same individualised benefits as the ideas above but allow for children to begin to experience different textures without directly feeling the items on their fingertips – children can even use an additional tool such as a paintbrush or roller to push and swirl the contents of the bag if they don't want touch the bag.



And remember, sensory play is not just look and touch – how can you make it noisy, smelly and tasty??!