LET'S PLAY!

sensory play

Exploring textures, sound, tastes, smells, and movement awakens children's senses, body awareness, and balance. These activities help children interact with and make sense of the world that surrounds them. Sensory play helps build connections in a child's brain that are the foundation for learning.

Share sensory experiences with children of all ages! Describe what children are seeing, hearing, touching, tasting, and smelling to connect the experience with language.

Sensory play is when children use their sight, touch, hearing, taste, smell, or vision to explore the world around them.

infants

Your role
Allow infants to explore sounds, faces, and objects. Comment on what babies are hearing, seeing, smelling, and tasting.

When, where and what
Sensory play happens all day! Make new sounds, comment on baby's sounds, share new things to look at, and different textures. Make sure that children regularly have opportunities for new experiences that involve all of the various senses.

toddlers

Your role
Explore the world together using your senses! Listen for different sounds, feel different textures, and explore different tastes and smells. Talk about what they are experiencing.

When, where and what
As children get older, they can begin to engage more actively with sensory materials – at home, child care, and outdoors. Let children get messy, make noise, and taste new foods!

preschoolers

Your role
Expand on children's experiences. Plan new experiences. Ask questions and prompt children to talk about their experiences, use new vocabulary to reflect on their own reactions and preferences, and try new things.

When, where and what
Children use their senses all day long. Allow them to use and combine objects in new ways. Help prepare snacks, do a cooking activity, use playdough, or make music together!

Visit **ctoec.org/play** to see how these ideas connect to the CT ELDS, Sparkler, and other OEC Resources.