



The Halton Resource Connection

SENSORY

INFORMATION AND INSPIRATION SHEET

“And while some children seem to crave sensory experiences more than other, they are important for all kids. The more senses we involve regularly-- touching, seeing, hearing, smelling, tasting--the better.” - Jean Van’t Hul

HOW CAN WE SUPPORT SENSORY EXPLORATION?



Take sensory explorations outside for more space and easier clean up of messy sensory exploration.



Sealable plastic bags can be used for cleaner sensory play as well as targeting fine motor skills. Fill them with paint, hair gel, shaving cream and take to a table for exploration.



Providing options for sensory exploration that support children who seek out more sensory input and for the children who don't seem to enjoy sensory experiences.



✓ Sensory is more than just tactile explorations. Think about ways to explore sight, taste, auditory, and smell as well. There are also ways to support proprioceptive* and vestibular* experiences as well.

✓ Try incorporating a variety of textures, temperatures, colours, and patterns in your sensory provocations.



Reflection Time:
How is sensory being supported in the pictures below?



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905-875-4600 ext. 101



Come into the Resource Library to speak with a library staff today!



WHAT COULD YOU TRY TO INCREASE SENSORY OPPORTUNITIES FOR CHILDREN IN YOUR PROGRAM?

Did you know the Resource Library has materials to engage children's sensory needs? Check out the full list here: [List of Sensory Bins available at THRC's Resource Library.](#)

