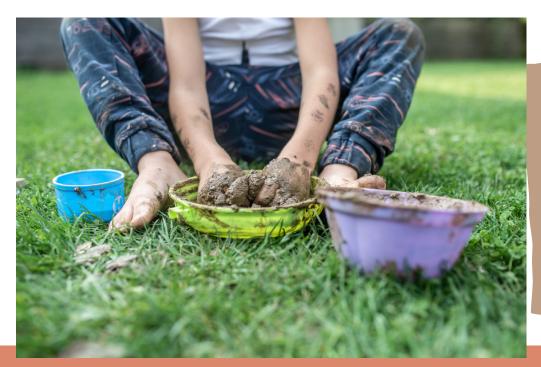


SENSORY

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?







ADDITIONAL RESOURCES





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: <u>List of Sensory Bins</u>
available at THRC's
Resource Library

