

## Sensory Exploration Ideas

Encourage your child to explore and enjoy a wide range of sensory materials to music. You could play different sound tracks for each one. Use your imagination and the objects you have around the house. You can join in with your child and show them different ways they could interact with the materials. We hope you find these ideas useful.

### Bubbly

Small pots of bubbles, bubble machines, small trays with water and washing up liquid, small paddling pool with bubble bath in water, bubble wrap, water tray, small plastic bottles filled with sparkly water.

### Floaty

Collection of coloured scarves, feathers, netting, balloons, large ribbons, Lycra, bubbles, use hand held fans to move items around, electric fans if this is appropriate and safe.

### Light

Range of torches, flashing toys, blacked out tent/den (cover in thick fabric), metal instruments, reflective materials (space blankets, shiny gift bags) or disco ball.

### Rolling

Rolling pins variety sizes and textures, kitchen roll tubes, empty plastic containers, plug chain, beads on string, balls in a tray, hair rollers (spiky or sponge), variety of colours and different size balls, marbles in bags/socks (if safe), paint rollers.

### Smooth

Plastic cups, smooth material, leather, candles, adults rocking the children in time to the music, shiny card, space blankets, squirty cream, angel delight, jelly.

### Stompy

Metal tins, wooden spoons, bang your hands, stomping around the room, big drum in the middle and one beater take turns to hit the drum, tambourine.

### Water

Paddling pool, water spray's, using small shallow containers on the floor will allow access for all children, foot spa, putting on raincoats and spraying them with water, putting up an umbrella and spraying them with water.

### Wind

Paper fans, electric fans (if this is safe to use), blowing or wafting leaves, seaside/beach windmills, ribbons, strips of crepe paper, mobiles, wind chimes.

### Wood

Rolling pins, wooden spoons, wood shavings, wooden instruments, wooden drums, bongo's, rhythm sticks, wooden bowls, wooden pegs, wicker mats to sit on, lolly pop sticks.

Don't forget - If you can, use Evidence for Learning so we can see and comment on what your child is doing. 😊