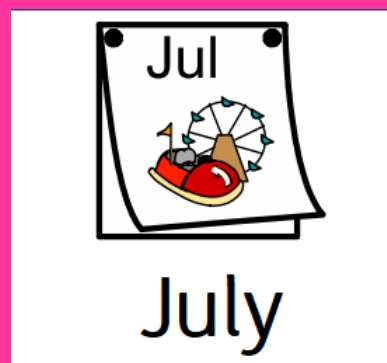
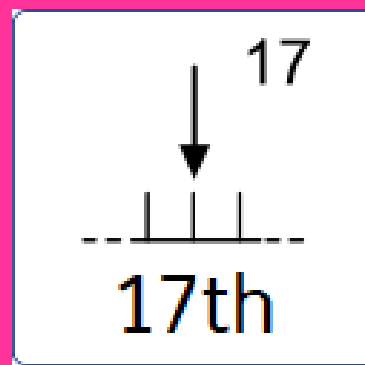


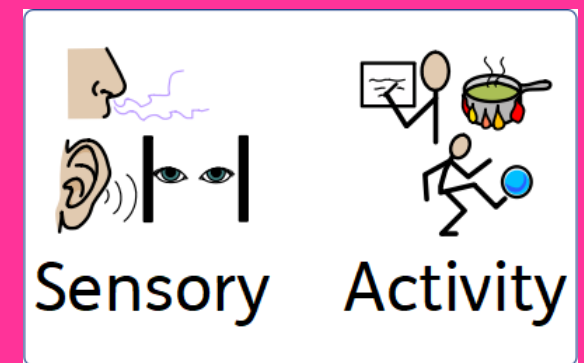
Friday



July



17th



Sensory

Activity

Sounds Pairs and Scent-y Pairs!

Helping your child to tune into one of their senses is really helpful in improving their concentration and focus as well as helping them develop their communication skills with you. This activity can be adapted for listening or smelling and can be used again and again.

Sensory Benefits: auditory, smell: motor planning, fine motor skills, social-emotional skills

You will need:

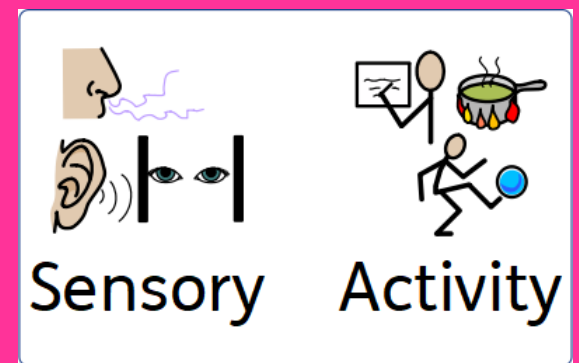
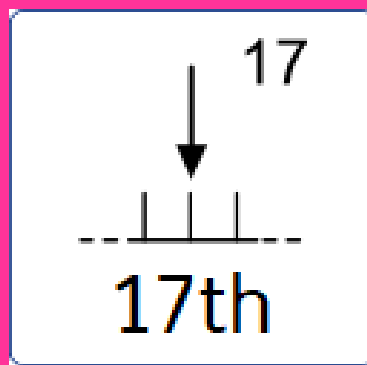
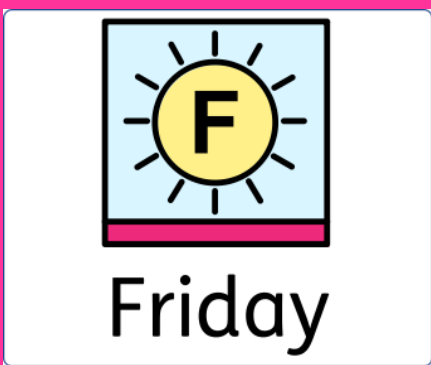
- Collect an even number of identical opaque containers with lids. 10 is a good number to start with. A good example are the white plastic milk shake bottles you can get, about 200-400ml. Make sure the labels are easy to remove so you are left with a plain bottle, not see-through.
- **For Sound Bottles:** a selection of dried pulses, buttons, paper clips, playdough, water, rice.
- **For Scent-y Bottles:** cotton wool pads, vinegar, selection of essential oils or food flavourings or fresh herbs such as lavender, peppermint, citrus, rosemary, rose, coffee grounds.
- Insulation or gaffer tape or glue gun



What to do:

- Make sure the bottles are washed out and dried thoroughly.
- **Sound Bottles:** place 1 or 2 tablespoons of the first item into a bottle. Secure the lid with tape or a glue gun. Make a second identical bottle. Repeat for the other items so you end up with 4 or 5 sound pairs, with the outside of the bottles looking identical.
- **Scent-y Bottles:** place a few drops of an oil or flavouring onto 2 cotton wool pads/balls and place one each inside a bottle, so you have a scent-y pair. Or place the fresh herbs or coffee grounds in the bottle. Screw the lids on and repeat for the other bottles so you have 4 or 5 scent-y pairs.



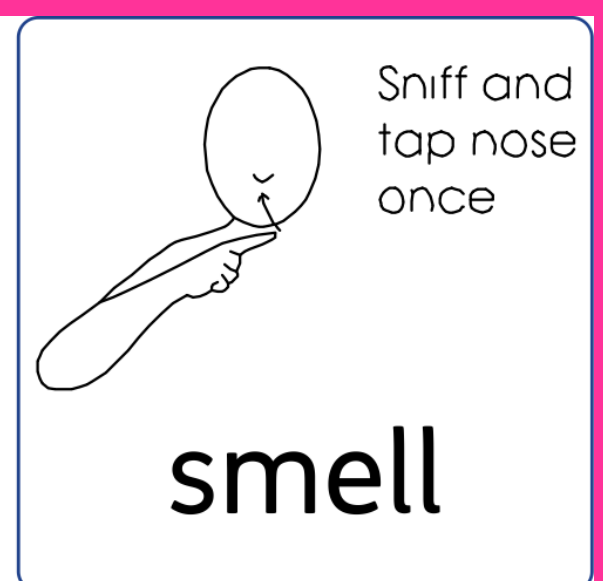
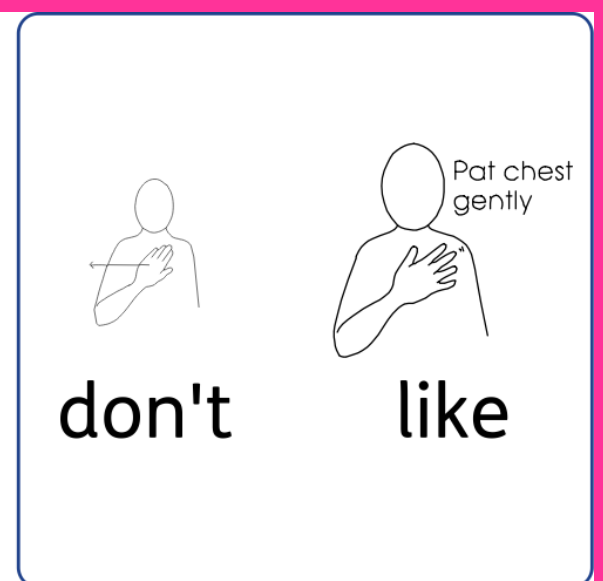
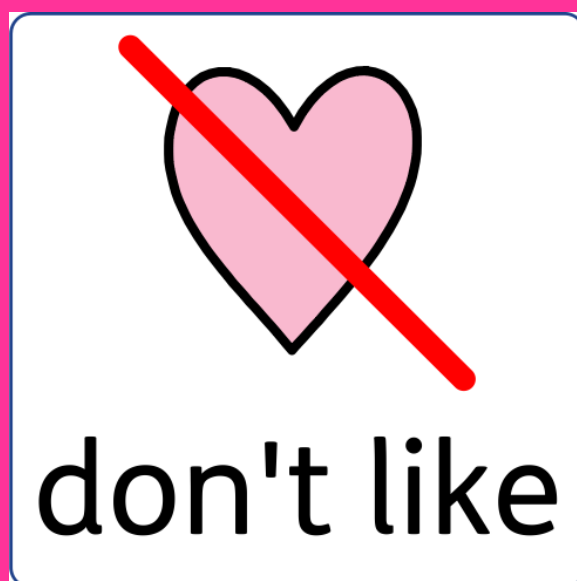
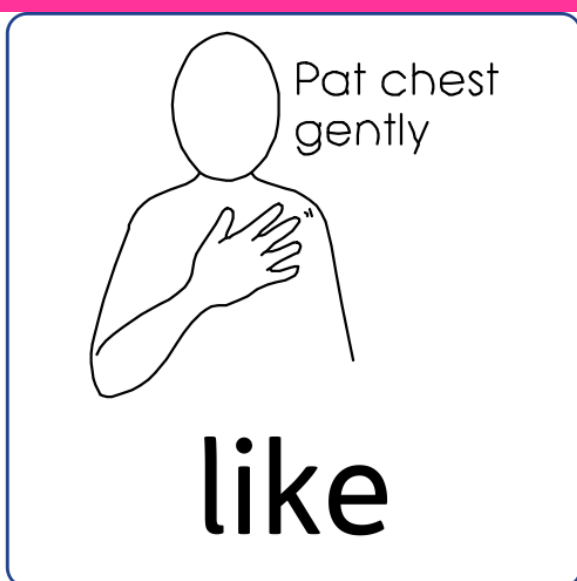


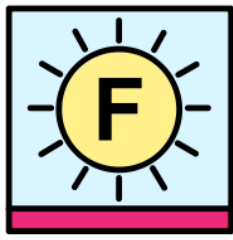
Sounds Pairs and Scent-y Pairs! continued

- **To play the game with sound bottles** – have one of each sound bottle in a container or on a table for your child to explore. Use the game as a chance to introduce sound vocabulary such as ‘rattle’ ‘shake’ ‘thud’ ‘slosh’ ‘tinkle’. After a while pick up one of the extra bottles from behind you or under the table and shake - “Find same” and see if your child can match the sound. They may need help to do this at first, helping them listen to each one in turn. With more experience and familiarisation, your child will begin to tune into their hearing and start to recognise the sounds more easily.
- **To play the game with scent-y bottles** – again have one of each bottle in front of your child and supervise careful unscrewing and smelling of the scent. Name the scent for each one as they smell. Again, after they have familiarised themselves with the scents, bring out one of the second bottles and get them to smell and find the matching bottle. “Find same.”

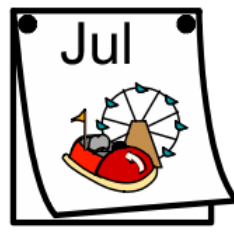
Adaptations:

- Use the symbol cards to help reinforce vocabulary and communication.
- Try not to put your own words or feelings into the game eg if you don't like a certain smell, try not to let this show but let your child decide 😊 You could comment on their expression - “I think you like that smell/sound.”

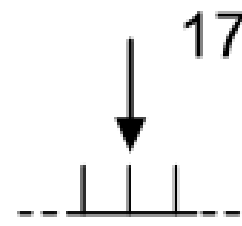




Friday



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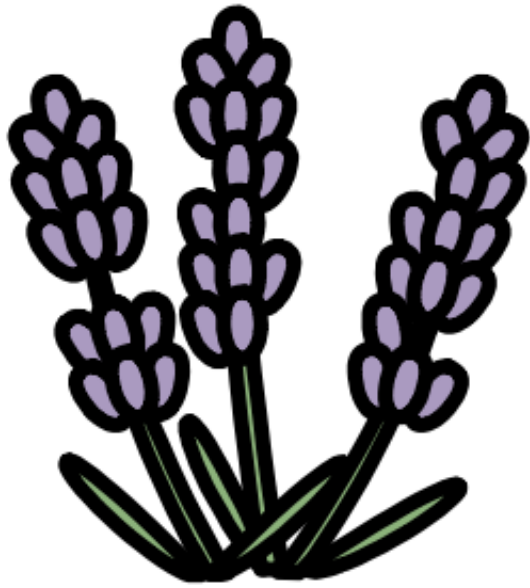
17th



Sensory



Activity



lavender



rosemary



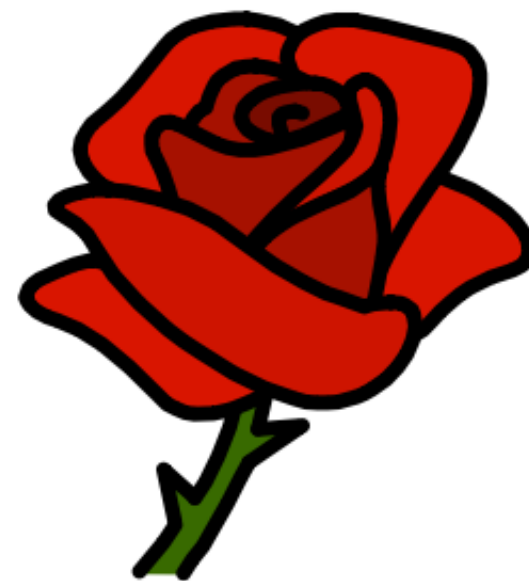
coffee



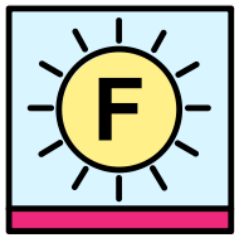
mint



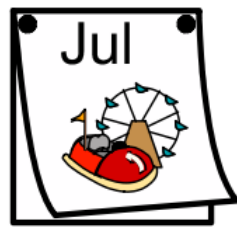
vanilla



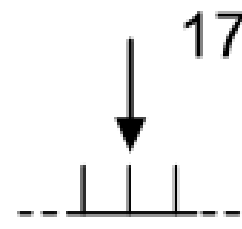
rose



Friday



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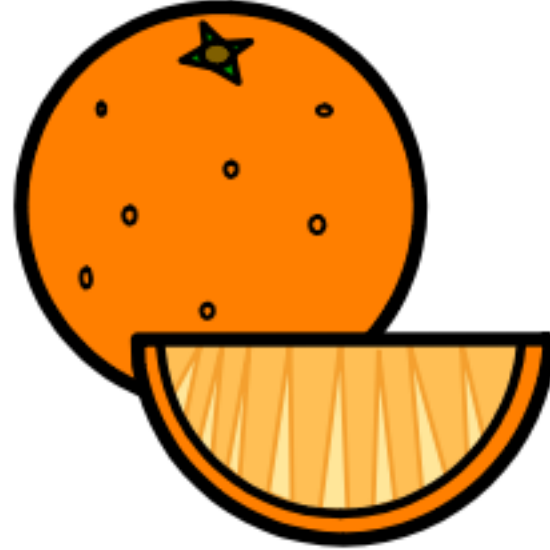
Sensory



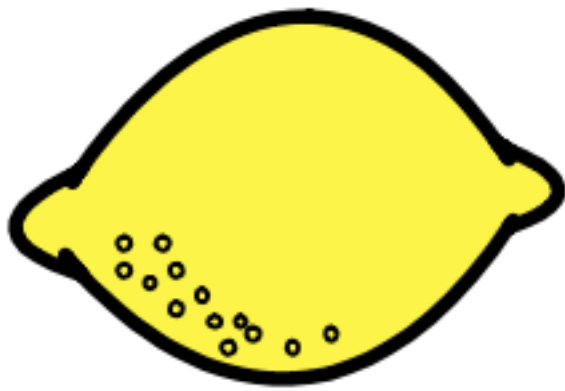
Activity



vinegar



orange



lemon



basil



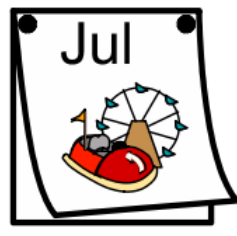
cinnamon



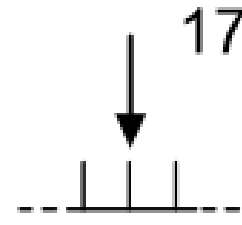
cloves



Friday



July



17th



Sensory



Activity



splash



sprinkle



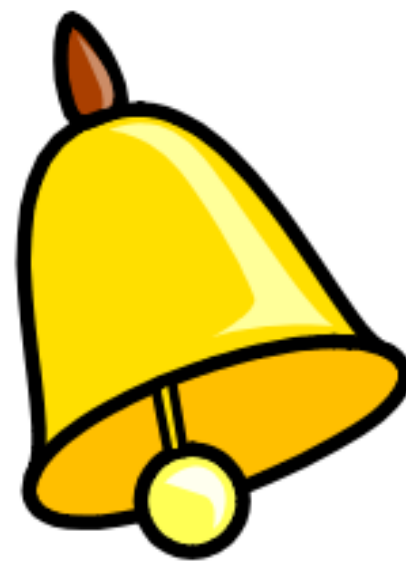
thud



rattle



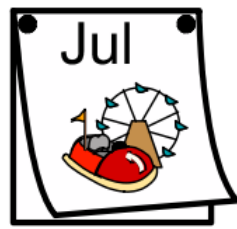
shake



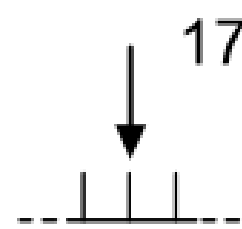
tinkle



Friday



July



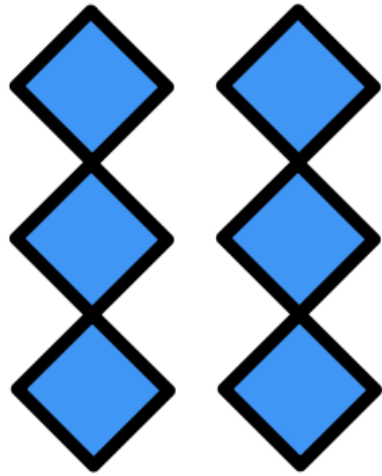
17th



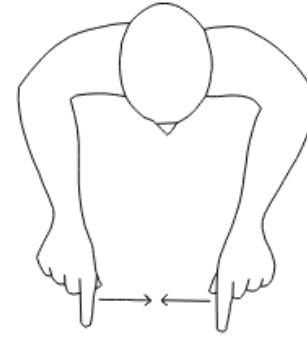
Sensory



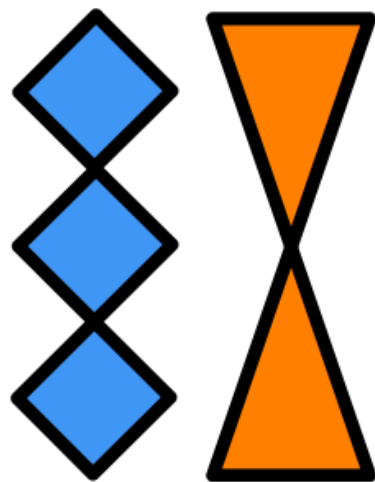
Activity



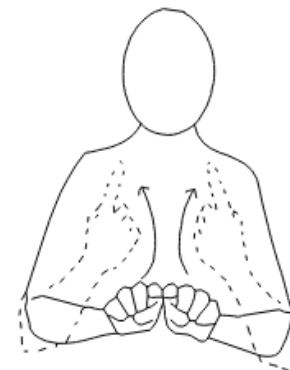
same



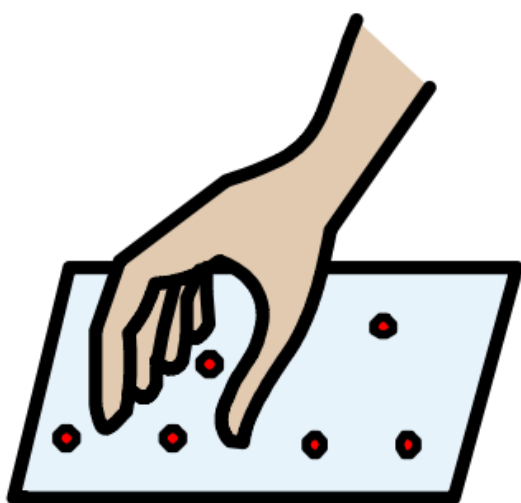
same



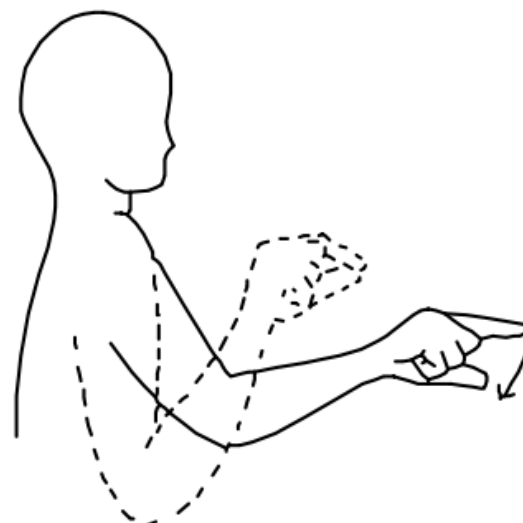
different



different



choose



choose

Use these symbols and signs to reinforce communication and help your child participate in the activity with greater independence.