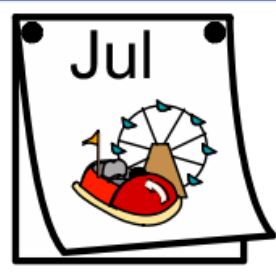
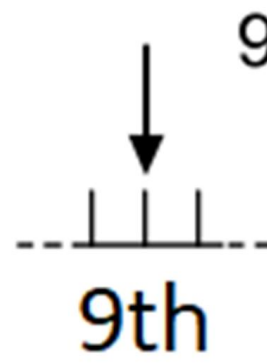


Thursday



July



9th



Sensory



Activity



Citrus Spheres!

A lovely tactile, visual and scent-y sensory experience exploring colour, shape, smell and texture.

You will need:

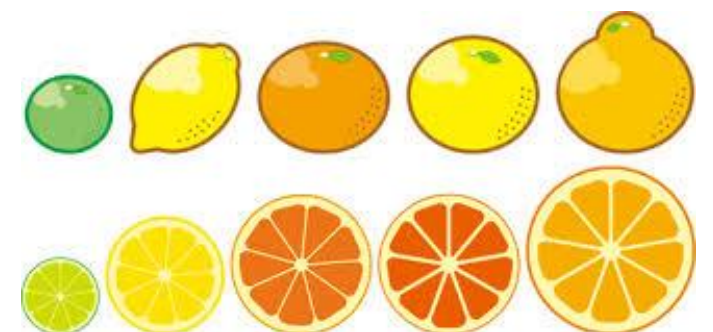
- A selection of different citrus fruits – such as lemon, lime, orange, grapefruit, tangerine
- A bucket or bowl
- A paper bag



Sensory benefits: bilateral co-ordination (using both sides of the body simultaneously), social-emotional, tactile, proprioceptive, visual, olfactory (smell), gustatory (taste)

What to do:

- Sitting on the floor, pass your child the bucket of fruit
- Place the open paper bag opposite them
- Roll the fruit into the bag OR lie on their tummy to do this OR face each other and roll backwards and forwards



Alternatives – so many!

- Playing catch with the fruit
- Putting them into groups or order – by colour or smallest to largest
- Choosing and naming – then taking in turns to pull a fruit out of the bag and guess the name, or guess which it is just by feeling
- Counting games or hide and seek with the fruit
- Smelling, feeling, squeezing the fruit – then peeling off the rind to smell and feel before pulling segments apart and then tasting

Adapted from 'The Out-of-Sync' Child Has Fun' by Carol Kranowitz

Save any lemons as part of today's **Lemon Volcano Science** experiment!