



Sensory Play—Touch

Using our sense of touch helps us understand the world around us. Children like to touch everything. Touching things allows children to learn about their environment. When children touch objects, they discover that objects have different textures and that those textures feel different. As children get older, they associate language with those textures. Providing children different objects to touch ignites their curiosity and helps them discover new textures. Here are a few sensory items to explore with your child.

Get out the Playdough:

- What you need:
 - » Playdough
 - » Optional: Cookie sheet or flat cardboard box
- What to do:
 - » Give your child some playdough
 - » Show your child how to smash it, roll it, squeeze it
- Activity Extensions:
 - » Let your child experiment with making animal footprints with plastic animals
 - » Let your child experiment with making car tracks with toy cars



What other items can you think of to extend the playdough activity?

Other ideas for sensory play:

- Fingerpaints
- Play in the sand
- Play in the mud



References: Perry, B.D. Curiosity: *The Fuel of Development*. Early Childhood Today 15:6, 22-23 2001; Lerner, Claire and Parlakian, Rebecca. Zero-to-Three (2016, February 17), *Play Activities for 12 to 24 Months* <https://www.zerotothree.org/resources/167-play-activities-for-12-to-24-months>; Slater-Mulder, Andrea. 2019, November 17. *14 Science Experiments for Kids*. <https://www.todayparent.com/family/activities/fun-science-experiments-for-kids/#gallery/fun-science-experiments-for-kids/slide-1>