

Sensory Play

Easy Read Guide



What is Sensory Play?

Sensory play means doing activities that help children use their five senses: touch, taste, smell, sound, and sight.

We use our senses to understand the world. Sensory play helps children notice how they use their senses. When children practise using their senses, it helps their brains grow and learn, like knowing to put on a jumper when they feel cold.

What are the five senses?

Touch

- **Texture:** Fill a bowl or tray with things like pasta, lentils, rice, or yogurt on foil. Let your child touch and move their hands in them. Watch your child and put a cloth under the bowl to keep the area clean.
- **Sensations:** Let your child walk barefoot in the garden or sit on the grass. Talk about how the grass, mud, and stones feel.
- **Wet and Dry:** When it rains, let your child play outside and splash in puddles.
- **Hot and Cold:** Put ice cubes in one bowl and warm water in another. Let your child touch and mix them



Taste

- **Food Buffet:** Make a plate with new fruits like papaya, mango, star fruit, pomegranate, and kiwi for your child to taste.



Smell

- **Garden and Park:** Go outside and let your child smell flowers, plants, and cut grass.
- **Shopping Smells:** Visit a soap shop and smell the different soaps. Let your child pick their favourite smell.
- **Kitchen Smells:** Let your child smell herbs and spices in the kitchen and help with cooking.



Sound

- **Listening Walks:** Go for a walk and talk about the sounds you hear, like cars, birds, wind, or sirens.
- **Kitchen Instruments:** Let your child make noises by banging spoons on pans or containers.



Sight

- **Dark and Light:** Turn off the lights and close the curtains. Use a torch to make patterns on the walls or ceiling.
- **Shadow Walk:** Go for a walk in the sun. Look at your shadows and make fun shapes.



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