

What sensory play can offer

Sensory play includes any activity that stimulates children's senses: touch, smell, taste, sight and sound.

Sensory activities and sensory tables facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore.

The benefits of sensory play include:

- **Cognitive development**
Even non-verbal children are developing an understanding of things in their environment by actively exploring them with all their senses. As they become more verbal, they talk about similarities and differences in what they see, hear, taste, touch and smell.
- **Social skills**
Working closely together, trying out the ideas of others, sharing their own ideas and discoveries, and building relationships.
- **Physical skills**
Developing and strengthening the development of children's small and large muscles through interacting with different textures and materials
- **Emotional development**
Sensory experiences can be very calming for many children and can help them work through troubling emotions, such as anxiety or frustration, and sensory materials help children to express positive feelings, such as joy and excitement.



A lot of learning can occur while children are doing what they do best: playing and exploring!