

SENSORY PLAY IDEAS

DRY TEXTURES

- Lentils
- Corn kernels
- Rice
- Beans
- Dried Pasta
- Leaves
- Rocks/pebbles
- Dry dirt/soil
- Sand
- Grass
- Wood chips
- Bird seed
- Aquarium rocks
- Coffee grounds
- Pieces of fabric

IN BETWEEN TEXTURES

- Play-doh
- Clay
- Moonsand
- Cooked noodles
- Squishy type fidget toys
- Theraputty
- Water beads/crystals

WET/MESSY TEXTURES

- Pudding
- Yogurt
- Whipped cream
- Frosting
- Finger paints
- Shaving cream
- Soap bubbles
- Lotion
- Baby oil
- Mud
- Oobleck (cornstarch and water)
- Slime
- Water

***If your child is sensitive**

START WITH DRY

TACTILE SYSTEM

Tactile Processing refers to our sense of touch through our hands, feet, mouth, and skin! It helps us discriminate and interpret light touch, pressure, vibration, pain, and temperature. Activities rich in tactile exploration helps us understand the world around us.

BENEFITS OF TACTILE PLAY

- Improves Body Awareness
- Improves Motor Planning
- Helps develop discrimination skills.
- Promotes language development
- Promotes play/social skills
- Facilitates fine-motor skills
- Facilitates gross-motor skills
- Helps with self-regulation and arousal

REMINDER

Encourage
Touching
DON'T force it!

WAYS TO GET TACTILE INPUT

- **Get Messy**-let your child feed themselves, make art and craft projects, do not wipe their hands/face immediately after getting messy.
- **Use Sensory Bins** (see the side list and YouTube link below for ideas).

<https://littlebinsforlittlehands.com/all-about-sensory-bins-5-things-need-know/>

- **Play Outside**-explore dirt, grass, tress, climb, use playground equipment, play with bubbles and water.
- **Choose Toys and Books with Different Textures**-avoid play with only smooth plastic toys.
- **Add Input to Daily Routines**-vibrating toothbrush, compression clothing, wear different fabrics, give a massage after bath time, use a weighted blanket or lap buddy.

https://www.youtube.com/watch?time_continue=9&v=spvYx1XJrh8&feature=em

