

Big Idea: Sensory Box

There are different ways to engage your child in sensory play. One way is through the exploration of a 'sensory box'.

This simple and educational activity will help your baby learn about the feel of different textures, support colour recognition and assist with hand/eye coordination.

Setting up a sensory box is easy to do:

1. Collect lots of interesting household objects and things from nature with different textures that are safe for young children, such as bits of fabric, pine cones, leaves, kitchen sponges, hair rollers and feathers.
2. Once you have around six differently textured objects, place them in a container such as an empty tissue box or ice cream container.
3. Give the box to your child and watch them express surprise and delight as they pull out and examine the bits of different coloured and textured objects.

As your child explores an object from the sensory box, describe it to them and talk about its features, for example, "What did you find? A pine cone! Look, it is brown and spiky."

Remember to limit the number of objects in your sensory box and change them every now and then to keep it interesting. Items may not seem interesting at first so always remember to revisit some of the items.

Older toddlers will enjoy the sensory box, too – just keep introducing new objects. You can also get them to close their eyes as they pick objects out of the box and to try and guess what they might be.