

The Value of Sensory Play

Sensory play is any form of play that involves the 5 senses. Play-dough, water play, smelling flowers, jumping in puddles, making mud pies...etc.

Fine/Gross motor skills

Children learn through all their senses, engaging many parts of their brains. When squishing paint or play dough around, children exercise the muscles of their torsos, arms, and the very small muscles of their fingers without even realizing it!

Creativity

Sensory play is a self-directed activity, with no right or wrong way to play. Children's imaginations can go in any direction.

Social development

When children play in the water, paint, or sand with other children or caring adults, they learn how to get along with others. Taking turns and sharing space are important skills to have in school and in life. Self-esteem Having fun is good for children! Children who try new things, learn new things and feel good about themselves as learners.

Cognitive development

Sensory play is a gateway to science concepts. Experimenting with paint colours, or wet and dry materials, children make predictions and grow ideas and understanding about the world around them. Problem-solving and reasoning can be learned at the beach, colour recognition through painting at the kitchen table, or measuring during water play in the bath tub.

Language development

When children hear you use words that describe the many sensations and actions that come with sensory play, their vocabularies grow! When you ask children what they think about what is happening, you help them learn to think and talk in a more complex way.

Presented by the York Region Early Literacy Specialists

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