



SENSORY BASKETS

Suits ages 0 months - 26months



What you'll need:

- A basket
- Household items
- Natural items
- Materials and clothing
- Craft items

What you do:

1. The list of what you can add to your sensory basket is endless. Prepare your basket with lots of interesting items that your child can explore. *Ensure items are safe to play with.*
2. For children under 12 months, it is best to start with around 5 items so as not to overload them.
3. There is no limit as the child gets older – although do not have so much that you then lose your child's interest.

This activity is perfect for children to explore different shaped items as well as the texture of items. This is great for children to start to discover and understand the world around them. Use language such as 'hard' and 'soft' as well as 'big' and 'small'. For the youngest children touch and feel the items and pass them, or brush the item, onto the child's skin. This helps with sensory processing – understanding the feel of an object. Enabling children to physically experience something enables them to have an understanding of its meaning – this is the first part of writing – they become able to make connections in play.