



The Halton Resource Connection

# SENSORY PLAY

## INFORMATION AND INSPIRATION

Excerpt from Operational Guidance during COVID-19 Outbreak, Ministry of Education

“If sensory materials (e.g., playdough, water, sand, etc.) are offered, they should be provided for single child use (i.e., available to the child for the day) and labelled with child’s name, if applicable.” (Pg. 26)



## HOW CAN WE SAFELY ENJOY SENSORY PLAY?

- ✔ While group sensory play activities must be suspended, providing the same materials in individual containers is a great way to continue offering important sensory exploration to children.
- ✔ Use individual containers; Think about materials already available in your centre that could be used for individual sensory play e.g., trays, bowls, plates or buckets etc.
- ✔ Sealable plastic bags can be used for cleaner sensory play as well as targeting fine motor skills. Fill with paint, hair gel, shaving cream, and tape to a table for exploration.
- ✔ Try incorporating a variety of textures, temperatures, colours, and patterns in your sensory provocations.
- ✔ Take sensory play outside for more space. Provide children with buckets and shovels/spoons and use seasonal natural items such as snow, leaves, twigs, bark, dirt for play.





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REMEMBER THAT SENSORY PLAY IS MORE THAN TOUCH AND SIGHT. OFFERING CHILDREN OPPORTUNITIES TO EXPLORE VARIOUS GENRES OF MUSIC AND TYPES OF MOVEMENT WILL HELP THEM IN DEVELOPING THEIR HEARING, VESTIBULAR (MOVEMENT AND BALANCE) AND PROPRIOCEPTION (BODY AWARENESS) SENSES.

WHAT COULD YOU TRY TO INCREASE SENSORY OPPORTUNITIES FOR CHILDREN IN YOUR PROGRAM?



## ADDITIONAL RESOURCES

[Exploring Benefits of Sensory Play](#)

[List of Sensory Bins available at THRC](#)

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