

# Truro Nursery School

## Sensory play



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### What are the 7 Senses?

Most of us are familiar with the traditional five senses - sight, smell, taste, hearing, and touch.

The two lesser known senses refer to our movement and balance (Vestibular) and our body position (Proprioception).

Some children are "sensory seekers, which means frequent movement helps them to organise their behaviour and attend better to a task. You might find that your child is engaging in more sensory seeking behaviour in response to the strange times we are in.

### Activities

- ◆ PE type activities and playing outside are really important. If it is raining maybe try setting up an obstacle course inside which encourages your child to walk on different textures such as pillows, blankets, or bubble wrap!
- ◆ Try and schedule any sitting down games or puzzles that require concentration after your child has had a good burst of physical activity.
- ◆ Provide your child with opportunities for rhythmical sustained movements (e.g. marching, jumping, bouncing on cushions or a trampoline) as this helps organise behaviour.

- ◆ Providing children with extra sensory input to their hands may also help them to organise their behaviour e.g. sensory pencils / rulers, fidget toys.
- ◆ Also sensory input through their mouths, particularly if they constantly chew things. This could be through chewing on crunchy snacks e.g. rice cakes, bread sticks, raw vegetables
- ◆ Special jewellery for chewing can be helpful, e.g. chewlery, fruit or chewigems.
- ◆ Drinking from a plastic bottle
- ◆ Access to swinging or climbing equipment is useful as these activities are often calming to over-active children

### Watch more:

<https://www.youtube.com/watch?v=yGZ1eEDJ3tc>

<https://www.youtube.com/watch?v=qmJ7dNQRn3w>

[https://www.youtube.com/watch?v=MsxdkIiFK\\_k](https://www.youtube.com/watch?v=MsxdkIiFK_k)

### Read more:

If you would like some more information about the 7 senses please have a look at this website:

<https://pathways.org/topics-of-development/sensory/>