

SENSORY PLAY

*Mess-free*



SUGGESTIONS FOR MESS-FREE SENSORY  
PLAY. BECAUSE NOT ALL SENSORY PLAY IS  
MESSY!

# SUGGESTIONS FOR mess-free sensory play

## LANGUAGE AND SENSORY PLAY

Because sensory play includes a huge range of activities that engage one or more of your child's senses, that means that not all sensory play is messy play! And because any kind of play that

encourages you and your child to focus on the here and now is good for both of your mental health, enacting sensory play through different methods that work for you and your family is important.

## SUGGESTIONS

### Nature Play

- Get outside!
- Take your shoes off and wiggle your toes in the grass (yes, even in Australia, just look out for bindis and ant's nests).
- Scavenge for different rocks, leaves, sticks, nuts. Explore the textures of them.
- Smell the flowers (literally, because this engages the olfactory sense)

### Music

- Whether it be a dance party at 5am or 7pm or making your own music with little instruments, encourage your child to get involved.
- playing instruments (even a xylophone) encourages gross and fine motor skills
- Dancing also encourages gross motor skills.

### Baking/Cooking/Food

- This one is great! It engages smell, sight, taste and touch (but it can be a little bit messy depending on how you do it!
- But food is such an easy and great way to do sensory play with all kids.
- Ask them questions about what they sense to help them focus on the here and now and get the most benefit from sensory play.

### Kids Yoga

- Kid's yoga is awesome for vestibular development (balance) and an undeveloped vestibular system can lead to struggles in the classroom!
- It also generally helps gross motor development (like throwing, jumping, walking, running) too.