

curious minds

6 months
and up



Sensory path - exploring sights, textures and sounds

Create a path of different sights, textures and sounds for your child to wonder and explore.

Learning benefit/skill development

- Encourages physical movement and develops children's sense of wonder by encouraging their sensory exploration of sight, touch and sound.
- Develops balance for children who are crawling and in early stages of walking.
- Assists in children's understanding of different colours, textures and sounds

What you'll need

- Laminating sheets or thick sandwich bags
- Masking tape
- Recycled or craft materials such as ribbon, bubble wrap, paint, felt, pom poms, leaves, dried flowers or anything else you find suitable

Instructions

- Fill each laminating pouch or sandwich bag with desired materials (if using laminating pouches, seal the edges with an iron or hair straightener so they don't leak)
- Use masking tape to tape pouches onto the floor to create a path

Extension for older children: try creating a different number, colour, letter, or shape from the materials in each pouch and encourage them to find the letter/shape/colour/number.

Try encouraging your child to do a different movement with every section of the path they stand on (for example, jumping on the bubble wrap or clapping when standing on the felt)