

Wellbeing

Sensory play works wonders on supporting our wellbeing. In meditative practice, we are often asked to tune into our senses as a form of mindfulness - sensory play offers an opportunity for children to explore and build awareness of their senses even more fully. This in turn has a positive impact on thought patterns and also supports language development, problem-solving, fine and gross motor skills and creativity.

Nature Ice Blocks

A nice sensory play idea for this time of year is to go on a nature walk or trip into the garden and collect some natural items. You can also collect fresh herbs to add a lovely fragrance. Pop it all in a tub with some water (you could add some food colouring too for a visual effect!) and freeze. Once frozen, put into a tray or on a waterproof surface to explore as it melts and changes consistency. What can you see, smell, hear? You can add some pots of warmer water and tea spoons/pipettes for pouring over the block. This is a wonderful scientific enquiry but also has a calming effect.

We would love to see any sensory activities you have a go at!

