

Text

Which senses to activate and what to use

Action

There are tall plants which twist and sway in the breeze

TOUCH and SOUND both come into play here and no equipment is needed!

Give your child a big coil behind, hold them and rock them side to side, a swishing noise into the The vestibular sense let know when you're not slightly off balance!

Can you feel the VESTIBULAR sense at play?

All shades of colour in the leaves of the trees

Go outside and forage for leaves. SIGHT and TOUCH come into play here, and depending on how crunchy the leaves are, SOUND might even play a role too!

Drop leaves from high ab child's head and let them > they fall down. Let the if them in their hand and each one together. Can you leaves fluttering without it That's the proprioceptive.

Ponds for dipping

Use a bowl or basin of cool or lukewarm water for a different type of TOUCH and SIGHT experience. The next three actions will involve this water experience too!

Guide your child's Sng the water and let them their fingers in it

Stones for skipping

Find some large pebbles in the garden, park, or at the beach!

Let the child feel the dry exploring their shape, > any ridges they have. Th into the water carefully, child move them aroun water. Do they look different w!