

Activity 2: 5 Senses of Exploration Play



Activity 2: Exploration play is an important time for your baby to explore all of his senses: seeing, feeling, tasting, smelling, and hearing. During this activity, your baby will begin to discover that the things around him have different colors, shapes, textures, smells, and sounds.

What does it build? Sensory exploration

Materials: Your baby's favorite children's books (with texture), toys, learning blocks, leaves and other objects found in nature that are of various colors, sizes, shapes, and textures.

*Always use supervision and make sure objects are baby safe for your little one

How to Play:

1. Put various objects on the floor near your baby and use this time to explore the objects with him while asking questions and making statements. Oh, what's this? It is a leaf. Leaf. Feel the leaf – it tickles! Gently caress the leaf along your baby's arm, cheek, and bottom of foot.
2. Next, help your baby hold the leaf and mimic the motions from above then move on to discover the next object. What do we have here? It's a ball and a block. Look the ball rolls. Roll the ball, baby. Put your baby's hands on the ball and help him roll it then compare it to the block. Continue with all the objects you have chosen as your child learns, discovers, and explores using his 5 senses

*During your daily walks and visits to the park, talk about all the things you see in nature. Oh, look – it's a bird! See the birds in the blue sky? Also point out the different sounds you hear. There's a car. Can you hear the cars? They are going so fast! Fast cars!

