



Sense-Sational Play

Sight. Sound. Touch. Smell. Taste.

Young children learn best by exploring with their senses! Try these five easy ways to explore them together.



Color Hunt

Grab a piece of colored paper, a toy, or an item of clothing and go on a hunt around the house or yard for things that match. Talk about what you find: "This leaf is the same green as your shirt!"

Adjust it: For infants, hold up high-contrast objects (black and white or bold primary colors) a few inches from their face and let them track it with their eyes.



Sound Walk

Step outside (or open a window) and just listen together. Birds, cars, wind, a dog barking. Ask, "What do you hear?" and name each sound as it comes.

Adjust it: For babies, try gentle sound-makers like a rattle or crinkly paper near their ear, one at a time, and see how they react!



Texture Bin

Fill a basket or bin with a few safe household items that feel different: a cotton ball, a wooden spoon, a piece of fabric, a cool metal cup. Let your child explore each one and describe how it feels: soft, bumpy, cold, smooth.

Adjust it: For infants and younger toddlers, supervise closely and skip anything small enough to be a choking hazard.



Sniff n' Guess

Set out a few child-safe, natural scents like cinnamon, orange peel, fresh herbs, or a flower. Let your child try to guess what it is by the smell before you tell them.

Adjust it: For babies, simply narrate scents you notice together during everyday moments, like lunch cooking or fresh air outside.



Snack Talk

At your next snacktime, choose foods with different flavors and textures, and talk through what you're tasting together: sweet, sour, salty, crunchy, smooth.

Adjust it: For infants starting solids, this is a great time to introduce new textures slowly and talk through what's happening, even though they can't respond in words yet.

