



DAY AT HOME SESSION – TINIES

Home Activity: Sensory Bags

Sensory Bags are great for developing a whole range of skills for baby and for offering a detailed sensory experience. They will help to develop fine and gross motor skills – as they provide lots of different textures for baby to grasp - and offer sensory experiences for touch, taste, sight and sound.

Benefits include:

- **Good for eyesight – include different colours and types of colour i.e. glittery, shiny, matt**
- **Good for honing listening skills as baby listens to the sounds different textures and materials make**
- **Great for touch and feel if you include different textures – hard / soft, rough / smooth, silky / smooth, reflective / matt surfaces etc**
- **Can include edible items (fruit, ice cubes etc), offering taste sensations for baby. In addition, baby will put lots of the items into their mouths to ‘explore’.**

To make your sensory bag, you will need a nice sparkly bag. Not too big, as baby needs to be able to reach into it and grasp things from the bottom.

Choose one that has a surface that is attractive to to baby

Include whatever you can find:

- Paper with different textures
 - Feathers
 - Pom poms
 - Lollipop sticks
 - Shiny surfaces
 - Sandpaper
 - Fruit
 - Make sure baby is not left alone if plastic substances included
 - Things from outside - leaves, soil, (washed) sticks etc
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- A photograph showing various craft materials: a yellow star-shaped pom-pom, a green lollipop stick, a red heart-shaped pom-pom, and several colorful feathers (blue, pink, purple) on a white surface.

