

# SENSORY PLAY

Children 0-2 learn through their senses first. Sensory play supports **cognitive**, **fine motor**, **emotional** and **social** development. Exploring textures can help children build sensory processing skills and learn to regulate emotions. Sensory experiences support fine motor control, problem-solving and spatial awareness. Sensory play in a group setting develops communication, social connection and curiosity. Sensory experiences build the foundation for all other learning.

## ACTIVITY BENEFITS

- Builds sensory processing skills
- Supports emotional regulation and calm
- Encourages problem-solving and curiosity
- Develops communication and social skills
- Strengthens fine motor and spatial awareness

## MORE PLAY IDEAS

### TO SUPPORT COGNITIVE SKILLS:

- Peek-a-boo
- Large wooden puzzles

### TO SUPPORT FINE MOTOR SKILLS:

- Sensory playdough
- Picking up objects with small tongs

### TO SUPPORT SOCIO-EMOTIONAL SKILLS:

- Calm-down bottles
- Communication boards



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# SENSORY BAG CRAFT

Sensory craft bags support **fine motor** and **sensory** development in a calming way. Squeezing, pressing and exploring textures helps children develop hand strength and coordination, while also providing a gentle, contained sensory experience that supports focus and self-regulation.

## ACTIVITY BENEFITS

- Provides soothing tactile experiences
- Builds hand and finger muscles
- Encourages creativity and focus
- Supports emotional regulation

## MORE PLAY IDEAS

### TO SUPPORT FINE MOTOR SKILLS:

- Squeezing and playing with playdough
- Picking up pom poms with small tongs

### TO SUPPORT SENSORY SKILLS:

- Fabric play
- Bouncing, swinging, spinning
- Cooking or gardening



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