



## Play to Learn! June 1, 2022

### Edmonds Park - Outdoors!

#### Sensory Play & Gross motor activities

##### ***Materials Needed:***

- Sensory steps
- Sensory balance beam
- Jingle balls

##### ***Directions:***

- Prepare children to feel the tactile sensation as they walk from step to step.
- Show what to do on the balance beam, how to step, coach also to feel the texture as they step one over the other.
- Talk about the jingle balls, listening for the jingle to support ease of catching the ball.
- Coach children on how to pass the jingle ball, this can be leveled by sitting down with your legs open to pass, or standing up for a bit more challenge, different ball skills can be modeled. \*If the child is visually impaired, then they will also find hearing the sound a help to their participation.

##### ***Variation:***

- Ball pass can be adapted from seated position, to underhand pass, or over hand pass standing up.

##### ***Sensory Play will help your child's development in the following areas:***



##### **Physical Health & Well-Being**

- This activity develops gross motor skills such as, agility, & balance.
- Gross motor skill development involves large muscles in the arms, legs and torso, and form the basis for fine motor skills (the smaller muscles in the body, like those in the hands, fingers and thumbs).



### **Language & Cognitive Development**

- This game helps children learn gross motor activities through all sensory systems, not just seeing, also feeling, and hearing.
- By creating multisensory input, all children with all types of learning styles can access the gross motor play, label, and name the motions, retain their motor memory more easily.



### **Social Competence and Emotional Maturity**

- Playing games with simple rules helps build focus and concentration, essential components for learning.
- Allows children to access learning through multiple sensory systems from tactile to auditory, as well as, visual.



### **Communication Skills & General Knowledge**

- Taking turns helps children learn the back and forth rhythm of communication, about fairness, compromise and negotiation.
- Taking turns also helps develop self-control and delayed gratification (the ability to wait).