



LKG Activity Sheet

Sensory play includes **activities** that stimulate children's senses such as sight, sound, smell, taste or touch. By providing this type of activity children will learn more about the world around them in a natural way, through their senses.

Benefits of Sensory Play

- It helps to build nerve connections in the brain.
- It encourages the development of motor skills.
- It supports language development.
- It encourages 'scientific thinking' and problem solving.
- It can involve mindful **activities** which are beneficial for all children.

SENSORY PLAY

https://www.youtube.com/watch?v=Pe_HgobY0I

<https://www.youtube.com/watch?v=Cih4U17ph8A>

<https://in.pinterest.com/pin/545217098645004201/>

COLOUR MIXING ACTIVITY

- Place the two coloured paints for each zip lock bag in the corners opposite each other. One bag with blue and yellow, second bag with red and blue and the third bag with red and yellow.
- Use sticky tape to seal and strengthen the squishy bags. If you are concerned the bag may break, you can double bag it for extra strength. I find that by fastening the squishy bags flat on a surface with sticky tape also assists in avoiding the bag breaking.

- Read the stories Little Blue and Little Yellow or Red, Blue, Yellow Shoe and talk about the colours and what is happening in the stories.
- Gently press and push the paints to the centre of the bag to blend. Using your fingers gently rub the paint to mix and blend.
- Watch as the colours blend together. Make predictions and talk about what is happening throughout the process. Use descriptive language.
- Label and name each colour throughout and talk about the new colours that they see.
- Ask questions, such as, which two colours made green? Name other objects that are green? Can you go and find me something that is green? What do you see?