

# Areas of Learning

## Physical Development - Sensory



Sensory play helps children to develop their physical skills; sensory play introduces actions such as shaping, scooping and moulding.

These skills require multiple muscles to work together which helps a child's fine motor skills. The more a child engages in sensory activities requiring certain movements, the better their motor skills and ability to balance and move their body will become.

### **Task 1**

Take a piece of playdough in your hand.

List how many things you can do with your hands and the playdough, using different muscles and positions. Such as pinch, poke and squeeze. How many can you and your team think of?

This task can take place with all types of sensory play. It is good to do this with staff to develop the creative ways of using our hands. Staff can then extend their own learning and create more opportunities to scaffold children's learning.

## Task 2

How could you raise awareness with parents about the value of sensory play and how it contributes to physical development?

How would you engage staff in this task?

How could you gain feedback from parents and celebrate them getting involved?

Here are some more ideas for you to help support and empower parents around the benefits of sensory play. Perhaps you could use these in your information sharing.

[10 Benefits of Sensory Play in Early Childhood - Empowered Parents](#)

Further reading:

[Inclusive provision - physical and sensory: physical \(leicester.gov.uk\)](#)